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# REMARKABLE FEATS

ACCOMPLISHED BY THE GREAT EUGENE SANDOW.

G. A. Palmer Speaks Of His Work In The Gymnasium—Did Much To Promote Physical Instruction.

In an interview with a representative of the Whig, G. A. Palmer, physical instructor at the Collegiate Institute, who for some time served as an instructor and manager for Eugene Sandow, who was shot as a German spy, some interesting information was secured regarding the career of the celebrated athlete. Eugene Sandow was first introduced to the British public about twenty years ago. He was then about twenty-four years old. A strong man named "Samson," was appearing at the leading theatres in England, performing some wonderful feats of strength, which consisted of breaking chains, which were placed around his chest and arms in various ways, at every performance. He was challenging all comers to a trial of strength. He offered a sum of money to anyone who could defeat him. While appearing at a leading London music hall, he announced the usual challenge by a smart young man in evening dress, who not only performed "Samson's" feats of strength with ease, but also gave an exhibition of weight-lifting, which "Samson" could not perform. He thereby challenged the champion and became the strongest man in the world. This young man announced his name as Eugene Sandow, of Germany. A few weeks later, Eugene Sandow appeared at all the leading theatres in Great Britain, giving wonderful feats of strength, showing his marvellous muscular development. Some of his feats of strength were almost incredible which consisted in the following: Raising with one hand from the floor to a straight arm above his head, a bar-bell weighing 218 pounds; a back somersault with a sixty-pound dumb-bell in each hand. He usually finished his performance by raising a full-sized grand piano, (which was resting on

two pedestals). He would take hold of a handle at the back of the piano, in his right hand, and rest the bottom on his back, and carrying it off the stage with a man weighing 150 pounds, playing. After Eugene Sandow had performed at various halls for some time, people marvelled at his wonderful development, and asked him to introduce to the public the system of exercises which gave him his wonderful strength and development. He then opened up a school of physical culture at thirty-two St. James' street, London, England, which is situated about 200 yards from Marlborough House, the residence of the Royalty and also St. James' Palace. All the instructors who were employed were first-class army physical directors, and the pupils who attended this school consisted of many of England's highest nobility, including many of the realm, and so many prominent men in employ, that the school was in demand by many so exclusive as to bar all but the very rich.

Eugene Sandow was so successful, that he opened several other schools in London, Birmingham, Liverpool, Manchester, and various other places and met with great success. In fact he did more to advance physical education in Great Britain than any other man at that time. All who knew Eugene Sandow personally, found him a perfect gentleman and no less an employ in the slightest suspicion that he was in any way connected with the German military secret services unless it was because his secretary and valet were Germans. Before coming to England, Eugene Sandow was supposed to have studied medicine in Germany, but gave up the studies before he graduated. He married an English lady named Brooks, a photographer's daughter, of Manchester, England.

Mr. Palmer knew Mr. Sandow personally, having studied under him, and was one of his first instructors and afterwards rose to chief instructor and manager. He taught at Sandow's schools at London, Birmingham and Liverpool for eight years. Sandow was never defeated in all round feats of strength although he had a close rival in a man named Arthur Saxon, who was also a German. Saxon, in 1904, came to Sandow's school in Liverpool, England, and raised above his head with one hand a bar-bell weighing 336 pounds. The feat was witnessed by several instructors, including Mr. Palmer. This was the only time Sandow's one-handed lift was known to have been exceeded.

In order to stimulate physical training, Eugene Sandow gave a gold statuette of himself valued at £1,000 for the best developed man in Great Britain. There were hundreds of competitors in each district, the best men being chosen to compete in Albert Hall, London, England.

**LIE SIDE BY SIDE.**  
In A Roman Catholic Cemetery Somewhere In France.

Major Beattie, Cobourg, a chaplain of the forces at the front in a letter to St. Andrew's Church people relates the following pathetic burial scene.

One of our battalions had four men killed last week. Two of them died here in this village from wounds received in the trenches. The funeral was most unique. One was a Roman Catholic, the other a Protestant. The Roman Catholic chaplain joined me and walked beside me ahead of the wagon in which lay the two lads, stitched up in their grey blankets. Ahead of us the band marched playing the Dead March in Saul. When we arrived at the church door the Roman Catholic priest stepped into the church while we proceeded to the grave. While I was still reading the burial service the other body was brought up and lowered into the same grave while the Latin of the Roman Catholic service mingled with the English of our service. There we stood side by side at the common grave, he sprinkled the holy water and I sprinkled the dust of mother earth as in reverence we committed them to the grave, earth to earth, ashes to ashes, dust to dust. The benediction pronounced, the buglers played the last post (lights out) and the band struck up, "Abide With Me, Fast Falls the Even Tide." We departed leaving to their rest the brave warrior lads, who, companions in life, lay side by side in death in a corner of a little Roman Catholic churchyard in far France they lie waiting the bugle call that shall awake them to newness of life. How many more of our brave boys shall pay the utmost price no one can possibly say. This we know, they have not sacrificed in vain; their lives have laid down their lives for "Greater love hath no man than this, that a man lay down his life for his friend."

### THE OFFICERS ELECTED

By Queen's Engineering Society On Saturday.

Queen's Engineering Society elections took place on Saturday and the following were elected:  
President, W. S. Orr; 1st Vice-President, R. H. Farnsworth; 2nd Vice-President, A. A. Paoli; secretary, A. Jackson; assistant secretary, D. J. Ludgate; treasurer, M. R. Byron.

Representatives—E. Leslie, J. H. Ferguson, H. C. Wright, and G. Wrong, J. Gratton and W. McFarlane.

Athletic Association—President, W. H. Slinn; Vice-President, M. Cooke; Secretary, Treasurer, W. S. Mills. Representatives, W. B. Barrett, A. B. Rogers, M. F. Ker, R. A. Phillips.

Villainous Committee—Sr. Prosecuting Attorney, W. B. Denyes; Junior prosecuting attorney, J. M. Marshall; clerk, S. Boyd; sheriff, M. T. MacLennan; chief police, W. C. Ringsleben, and J. R. Stewart, tied; crier, F. A. Sproule; constables, M. D. Nicholson, R. P. Blackburn, W. A. Morrison, J. R. Gordon and T. F. Silla, tied.

Vilhjalmur Stefansson has started from Bank's Island on a northward trip, with fully equipped expedition and supplies for two years. Wilkins going in charge of a separate party. Two new public libraries were opened in Toronto.

# THE SPORT REVIEW

Stalling says Snodgrass will play center field regularly for the Boston Braves next year.

A Mexican promoter offers a \$10,000 purse for a scrap between "Freddie" Welsh and "Bat" Nelson.

Barney Dreyfus has signed all of the Pittsburgh Pirates for 1916. Harmon was the last to get into line.

A white-painted football is used in Lafayette's practice, for it is long after sundown before scrimmage is through.

It is announced from Buffalo that Harry Lord has been signed to a contract as manager of the Buffalo Federal team for 1916.

If the New York State Boxing Commission desires to permit referees' decisions in pugilistic contests Governor Whitman will not object.

Rugby on Saturday—Big Four: Argo, 12; Montreal, 9; Hamilton, 13; Ottawa, 7. Hamilton Rowing Club, 29; Toronto R. and A. A. 13.

The New York Giants have released Frank Carroll, the Fordham College recruit to Toronto in part because of the pitcher Herbert Carroll is an infidel.

"Eddie" O'Leary, defence player of the Ottawa Aberdeens last year, is attending Toronto University. He will likely play with the St. Michaels team in the senior O.H.A.

Football at Dartmouth, the New York Tribune has found out, is more than a sport. "It is a controlling force in character and spirit building," says the Tribune.

The Patriots declare they expect to land twelve or fifteen western players. There is no chance of peace, even if Lalonde is paid for, according to western advisers.

Arthur Peiky, the Chatham heavyweight, was down twelve times in five rounds at Oshkosh, Wis., and still wanted to continue. Peiky may not be able to fight, but he is game.

Reg. Noble, the star of last year's Collingwood, junior O. H. A. team, semi-finalist, is a student at St. Michael's College, and is good enough for the senior O. H. A. St. Michaels.

Dr. Robert Hanley, Kingston, who owns Euterpe and Otero, among others, was the latest individual winner at the recent Mount Royal race meeting. Dr. Hanley's purses netted him \$1,095.

Toronto News: It looks as if the bubble has burst in the professional hockey market. The Ontario Hockey Hockey wars in these times have little effect, and neither the Coast League or the N. H. A. are in a position to pay big salaries.

Jose Gigarola, one of the best players ever developed in Cuba, was instantly killed last week in Havana in a baseball game. Gigarola was at bat in a practice game and was struck over the heart by a ball pitched by Mendez. Death was instantaneous.

Toronto Mail-Emire: The Hamilton Herald wants to know why Joe Donnelly is allowed to play for M.A. A.A., and Bush of Ottawa, is barred. It's a case where the C.A.A.U. found the goods on one player and of the other only rumors. One might put Donnelly in Kid Smith's class.

See Heney and "Dink" Madden, of last year's Ottawa College team are now attending McGill. Heney played covertly, while Madden was a substitute defence and forward man. It is expected that both these men will play with McGill this winter.

"Bobby" Sinclair, who has been granted a commission with the Royal Field Artillery in Three B Reserve Brigade, stationed at Exeter, England, is the well-known Victoria outside wing. "Bobby" Sinclair went to England as a gunner with the Canadian Field Artillery, 4th Brigade, Second Expeditionary Force.

A letter has been received by a prominent Ottawa amateur hockey player from the Brockville club, winners of the western section of the year, asking for information as to the formation of a senior O. H. A. section to be composed of Brockville, Belleville, Cornwall, Kingston, Smith's Falls, and Ottawa.

Orilla Packet: Frederick Grant, of Midland, youngest son of the late Rev. R. N. Grant, D.D., has been granted a provisional commission as lieutenant in the Simcoe Foresters, and goes to Toronto on November 10th to go into training. Stanley Barracks, W. H. Duncan, of Midland, secretary and manager of the hockey club, also has been given a commission.

A letter in an English paper from a Free Church man, Rev. C. L. Perry, of Newport, Monmouthshire, tells this incident of the best battle of the last week of September in France:

One officer had a football with the names of his platoon written on it. Getting on top of the parapet, he kicked off, crying, "Follow up, lads," and was almost immediately shot down. The lads followed up nevertheless.

London Express: Those who were present at the Eton Hasn Bas for the Herd St. Clement's Club gala saw a wonderful performance by the Rev. W. H. Jackson, the Chairman of the club, who has the misfortune to be blind. In the long plunge he did 36 feet, being beaten by 1 foot for first prize by W. Brown. In the blind-fold race the Rev. Mr. Jackson again came in second, but in the rope-climbing he won premier honors. In addition to the competitions he took part in several displays.

included diving from a good height while tied up in a sack, releasing himself very quickly.

### VICTORIA IN WAR TIME.

British Columbia, City Feels Spirit Even More Keenly Than East. War time in Victoria, B.C., is, in many ways, like war time in the inland cities; in one or two important respects, however, it is different. For one thing, although the eastern cities are a whole realize the seriousness of the situation, and are responding splendidly to the call, yet their citizens, individually and collectively, can hardly view the contest in quite the intimate way the people do on the Pacific coast. Ontario, although also is sending her sons to Europe, is not in any danger herself. British Columbia, on the other hand, is an exposed coast province, and has been in actual danger of attack from the Germans.

For several months last year, however, at the beginning of hostilities, there was a genuine chance that Victoria might be attacked. This proximity to actual fighting threw Victoria citizens into a particularly serious and determined mood from the very start and this feeling has remained constantly with them, and has been transmitted into zealous and efficient work, both in actual enlistment, and in all activities connected with the war.

Toronto has its aeroplanes, but Victoria has its cruisers, and more interesting still, its submarines. If you want to feel quite a new sensation, and to have it driven home to you graphically that Canada is developing war-time scenery of her own, take a peep through the periscope of one of the submarines in Esquimalt Harbor, a few miles from Victoria, says a writer in Toronto Star Weekly. Not only will the actual experience of being in a submarine and looking through one of the periscopes, which, owing to the abuse of submarines by Germany, have come to stand in the world for something sinister and alarming, be of interest in itself, but through the lens you are as likely as not to see the Rainbow or the Kent floating at anchor in the harbor. The Rainbow is a cruiser of the Canadian Navy, now used as a training ship. The Kent is a cruiser of the British Pacific fleet, which, after doing its share in the work of expelling the Germans from the Pacific, and being rudely battered in the tank, came to Esquimalt for recuperation. To view this war-seared and battle-wounded ship even from an ordinary point on the shore is to feel one's blood course faster with excitement and with pride. To see the veteran through the periscope of a submarine adds to the effect, both dramatically and picturesquely.

Both good sense and censorship prevent any detailed description of Canada's submarines, but, as may be imagined, anyone privileged to inspect one of these craft, finds the visit a fascinating experience. The submarines in Victoria are now officered and partially manned by members of the staff and crew of the Kent, which, as mentioned above is now in Esquimalt Harbor. They are under direct control of the British Admiralty.

**Cause for Alarm.**  
One of the best known newspaper men in Canada, Victor Ross, Financial Editor of The Globe, who for some weeks back has been lying ill in Wellesley Hospital, Toronto, Mr. Ross has a multitude of friends in all walks of life who visit him from time to time. These include J. Owen, a shopkeeper, who, through of different faith, cherishes for him a kindly regard. His Grace resides near Wellesley Hospital, and frequently drops in to have a chat with such patients as he knows. One day, while he was sitting with Mr. Ross, Mr. John Thompson, ex-Chief of the Toronto Fire Brigade, called to see the newspaper man, and, as the nurse did not deem it advisable that her patient should see two visitors at once, was asked to wait a few minutes. A little later, Murdoch McDonald, the well known City Editor of The Mail and Empire, arrived on a similar mission and asked if he could see Mr. Ross. "I don't know," said the lady at the office. "Archbishop McNeil is with him now, and Chief Thompson is waiting."

"The Archbishop and the Fire Chief here!" exclaimed McDonald. "My God! Is he worse?"

**Blake a Disappointment.**  
Sir Joseph Pope in his new book on Sir John A. Macdonald, devotes a considerable space to an appraisal of Sir John's contemporaries. Edward Blake declares "one of the rarest minds that have adorned the Bar of Canada, or of any other country." Viewed as intellectual personages, says the author, his speeches in the Canadian House of Commons have never been surpassed. In spite of these accomplishments, the author says: "I never recall his memory without a tinge of sadness that so gifted a man should not have accomplished more in the way of constructive statesmanship."

During 1888, when Sir John's health was on the down grade, he confided to his secretary regarding a proposal to resign. "George Stephen keeps pressing me to retire," he said, "and I think I shall. My only difficulty is about my successor."

"Whom do you think of as such?" I asked. "Oh," replied he, "Langens; there is no one else."

**A Prize Family.**  
A special prize was offered at Spencerville Fair for the biggest family on the grounds, and was carried off by Mrs. Kingston of Groveton and her six stalwart sons clad in khaki. Two of these were Captain Kingston of the 5th Liasar Rifles and Private J. E. Kingston of the 2nd Battalion, 1st Canadian Expeditionary Force, who has been invalided home. He has had two bullets removed, but is said to still carry four about with him. Their presence and that of other military men gave a distinct military aspect to G. Fair.

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**CHARMING VERSION OF THE RUSSIAN BLOUSE.**  
Women of youthful figure will find particular pleasure in wearing this Russian blouse of forest green broadcloth, with a self-girdle trimmed with rope silk and bead embroidery. The front and back are in panel effect, while the sides are pointed. Provision is made for a lower straight edge, however. A collar of heavy satin and streamers of the same material are also attractive features of the costume. In average size, 4 1/2 yards 54-inch material and 3/4 yard 40-inch satin are required for the blouse and skirt. In order that the cutting may be done with the greatest economy, yet in such a way that the lines of the blouse will be retained, it is well to study the cutting guide carefully. First fold the material, then along the lengthwise fold place the collar, as shown in the diagram. Opposite the collar, on a lengthwise thread, arrange the front section, and to the right of the front place the sleeve. The back is laid on a lengthwise fold of material, as is also the belt, but the belt is cut crosswise. Lay the cuff and yoke on a lengthwise thread. If desired, the front ends of the wide belt may be made of contrasting material from 3/4 inch forward of slot perforations. The small "o" perforations about the neck are for the neck effect. There are also small "o" perforations along the lower edge of the blouse to determine the shape that may be preferred, both round and pointed outlines being favored. The silk and bead embroidery adds considerably to the beauty of the blouse and can be used on serge as well as broadcloth. The model is one of the most pleasing gowns in which the blouse has been presented.



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