HE STRUCK IT RIGHT AT LAST

After Suffering Almost Two Years, "Fruit-a-tives" Brought Relief.

MR. WHITMAN

382 St. Valier St., Montreal.

"In 1912, I was taken suddenly ill with Acute *Stomach Trouble* and dropped in the street. I was treated by several physicians for nearly two years. I was in constant misery from my stomach and my weight dropped down from 225 pounds to 160 pounds. Several of my friends advised me to try 'Fruit-a-tives' and I did so. That was eight months ago. *I began to improve almost with the first dose.* No other medicine I ever used acted so pleasantly and quickly as 'Fruit-a-tives', and by using it I recovered from the *distressing Stomach Trouble, and all pain and Constipation and misery were cured.* I completely recovered by the use of 'Fruit-a-tives' and now I weigh 208 pounds. I cannot praise 'Fruit-a-tives' enough". H. WHITMAN.

50c. a box, 6 for $2.50, trial size, 25c. At all dealers or sent postpaid by Fruit-a-tives Limited, Ottawa.

How to Save Your Eyes

Try this Free Prescription.

Do your eyes give you trouble? Do you already wear eyeglasses or spectacles? Thousands of people wear these "windows" who might easily dispense with them. You may be one of these, and it is your duty to save your eyes before it is too late. The eyes are neglected more than any other organ of the entire body. After you finish your day's work you sit down and rest your muscles, but how about your eyes? Do you rest them? You know you do not. You read or do something else that keeps your eyes busy; you work your eyes until you go to bed. That is why so many have strained eyes and finally other eye troubles that threaten partial or total blindness. Eyeglasses are merely crutches; they never cure. This free prescription, which has benefited the eyes of so many, may work equal wonders for you. Use it a short time. Would you like your eye troubles to disappear as if by magic? Try this prescription. Go to the nearest wideawake drug store and get a bottle of Bon-Opto tablets; fill a two-ounce bottle with warm water, drop in one tablet and allow it to thoroughly dissolve. With this liquid bathe the eyes two to four times daily. Just note how quickly your eyes clear up and how soon the inflammation will disappear. Don't be afraid to use it; it is absolutely harmless. Many who are now blind might have saved their eyes had they started to care for them in time. This is a simple treatment, but marvelously effective in multitudes of cases. Now that you have been warned don't delay a day, but do what you can to save your eyes and you are likely to thank us as long as you live for publishing this prescription. The Valmas Drug Co., of Toronto, will fill the above prescription by mail, if your druggist cannot.

A Real Flesh Builder For Thin People

Thin men and women—that big, hearty, filling dinner you ate last night. What became of all the fat-producing nourishment it contained? You haven't gained in weight one ounce. That food passed from your body like unburned coal through an open grate. The material was there, but your food doesn't work and stick, and the plain truth is you hardly get enough nourishment from your meals to pay for the cost of cooking. This is true of thin folks the world over. Your nutritive organs, your functions of assimilation, are probably sadly out of gear and need reconstruction.

Cut out the foolish foods and funny sawdust diets. Cut out everything but the meals you are eating and eat with every one of those a single Sargol tablet. In two weeks note the difference. Let the scales be the judge. Five to eight good, solid pounds of healthy, "stay-there" fat may be the net result. Sargol aims to charge weak, stagnant blood with millions of fresh new red blood corpuscles—to give the blood the carrying power to deliver every ounce of fat-making material in your food to every part of your body. Sargol, too, mixes with your food, to prepare it for the blood in an easily assimilated form. Thin people tell how they have gained all the way from 10 to 25 pounds a month while taking Sargol and say that the new flesh stays put. Sargol tablets are a careful combination of six of the best assimilative elements known to chemistry. They come 40 tablets to a package, are pleasant, harmless and inexpensive, and all good druggists in this vicinity sell them subject to an absolute guarantee of weight increase or money back as found in every large package.

Do you want to earn $10 a week or more in your own home?

Reliable persons will be furnished with profitable, all-year-round employment on Auto-Knitting Machines, $10 per week readily earned. We teach you at home, distance is no hindrance. Write for particulars, rates of pay, send 2c. stamp.

AUTO-KNITTER HOSIERY CO. Dept. 115 257 College St. Toronto (Also at Leicester, England)

Elderly People

Who are weak, chilly and easily exhausted should take as required.

FERROVIM

TRADE MARK

The Invigorating Tonic

FREAK OF THE TIDE

Curous Phenomenon That Occurs In the River Trent.

FURIOUS RUSH OF THE AEGIR.

Like a Monster Tidal Wave the Water From the Sea Sweeps Up the Stream With an Angry Roar, Flinging Its Foam High Into the Air.

"Ware aegir! Ware aegir!"

The river Trent has been flowing out to the sea for hours, leaving long stretches of brown mud glittering in the light of the setting sun. It is a calm summer evening, and we sit waiting and listening on one of the old wharves of Gainsborough, Lincolnshire. The cry is taken up by every boatman, who shouts it again upstream—a strange, eerie warning.

Several small boats are now pushing off into midstream to avoid the mass of churning water which breaks on the foreshore. A group of children add to the tumult with a shrill cry of "Wild, aegir! Wild aegir!" which they consider a much better rendering than "Ware aegir!"

By craning forward we can see it now, rounding a bend of the river by the shipyard. The first wave is big and smooth, stretching right across the river, with a swirl of angry water at each side; next follow five or six big rollers, which roar and foam along, leaving masses of broken water in their wake. These are called the "whelps."

Presently we shall see the force of these "whelps" when they reach those big, unwieldy, square nosed barges—which, by the way, are called "keels." There is one such swinging at anchor in midstream just opposite to us. For the last half hour the old keelman has been lolling about the deck smoking his clay and looking idly at the water.

Now he is alert all at once, and, knocking the ashes out of his pipe, he gives a turn at the windlass to tighten the anchor chain. After a glance along the deck to see that all is secure, he looks back up the river. He is calculating where the aegir will carry him to.

There is another barge higher up the river, and as yet nobody has stirred on board. The old man has noticed it, for he shouts, "Ware aegir, Stoney, my lad!" and a young fellow jumps up the hatch and runs to the tiller.

The distant swish has increased to a roar now, and a feeling of intense excitement grips us as we see a small boat rise up on the first wave and disappear for a moment in the hollow. Up again she rises, right into the froth of the "whelps." Another moment and she is through into calmer water.

See! The billow dashes like a monster tidal wave against a wharf and splashes high up into the air with a roar and smother of white foam. Now it has reached the "keel." With a groan and rattle of chain she rises to the wave and is carried along with it, but not very far, for the anchor holds fast and she swings slowly round.

The keel is broadside on now, and the creamy "whelps" dash right over her deck as she rolls in the trough of waves, but as quickly as it takes to tell she swings stem on to the current, which is now rushing upstream with tremendous force, and will continue to do so for two hours or more until high water, when the water lazily returns toward the sea.

The aegirs are not all as big as this one; some are a mere swell about a foot high. The best time to see them is in the spring and autumn, when the equinoctial tides are big on the coast. Just below Gainsborough the aegir is seen at its best, as it rushes along some of the longest reaches of the Trent.

This curious tidal phenomenon only occurs on one or two other rivers in Great Britain, the Severn being one of them, where it is known as the "bore." Those who have seen it, however, say that it does not equal the aegir in any way.—Wide World Magazine.

How Railroads Create Wealth.

Our marvelous crops would count for nothing if forced to lie in the fields where they grow, or driven to seek such markets only as the farmer's team could reach. The cotton crop, which brings to our shores annually nearly half a billion dollars of foreign gold, would be but a fruitless burden on southern winds if there were no railways to carry it to the seaboard. We take from our mines and forests and factories twenty billions of dollars each year, but without means of transportation these costly products would be worthless junk.—Robert Mather in Leslie's.

The French Horn.

The French horn, or cor de chasse, is regarded by some musicians as the sweetest and mellowest of all the wind instruments. In Beethoven's time it was little else than the old hunting horn, which for the convenience of the mounted hunter was arranged in spiral convolutions to be slipped over the head and carried resting on one shoulder and under the opposite arm. The Germans still call it the waidhorn—that is, "forest horn."

Glad to Play a Losing Game.

"I shrink from the ordeal," she said, but there was a note of triumph in her voice.

The lady was dieting and exercising to reduce her flesh, and the scales had just shown that she had sloughed off thirty pounds.—

Resolve to walt in weakness and to walk in power.—Charlotte Stetson.

Every time you please a child you please yourself, if your heart is all right.

The devil prompts men to make some mighty foolish prayers now and then.

ARMY BUGLES.

Fashioned From Sheets of Copper by an Ingenious Process.

From start to finish the making of an army bugle is a process of much ingenuity and interest. A bugle may not at first sight present a striking resemblance to its cousin, the coach horn, but one is practically a curled up version of the other, for before the bugle is bent into shape it consists of a narrow tube fifty-one inches long.

In the first stage of manufacture the bugle is cut out of sheet copper and rolled into two thin cylinders, technically known as the "bell" and the "branch." The narrow tube, which is the "bell," is gradually shaped out on molds until the opening is the regular four inches in diameter. It is then "spun" on a wonderful machine, and an expert workman takes the rough edges off the copper.

Both sections are afterward filled with molten lead preparatory to the bending stage, and it is this solid stuffing which prevents the tube breaking in the process and allows it to keep its shape. The expert workman, with the aid of a formidable lever and hammer, bends the bugle into the familiar shape, the lead being subsequently melted out at a charcoal furnace, after which the instrument is sent off to the polishers.

One of the most intricate parts of the bugle is the mouthpiece, which is made of nickel silver and turned out on a special lathe. With the mouthpiece fixed the instrument is ready for the testing room.—Pearson's Weekly.

BUCK THE LINE HARD.

People Who Do Big Things Do Not Let Themselves Be Held.

It was on the football field at one of the large colleges. A big tackle had been brought over to the varsity field from one of the class elevens. It was his first experience with the big team. He played a fine game until the other side had the ball. Then he did not "break through" as he should. The coach finally stopped the play and went over to him.

"What is the trouble? Why don't you get through?" he said.

"The man opposite me is not playing fair. He is holding me," said the tackle.

"If he holds you again I'll put you off the field!" flashed back the coach.

Of course, as the tackle said, it is against the rules to hold an opponent unless he has the ball, but the coach wanted results and not excuses. His position was that a man ought somehow to break away; that no man must let himself be held. And that is true, no one ought to let himself be held. The excuse may be excellent, but a player who is held is put out of the game as effectively as if he were off the field. He might just as well be off the field. The people who accomplish things worth while in the world are those who will not let themselves be held. There have always been things enough to hold them. They might have found excellent excuses, but they have not had to use any excuses.—Youth's Companion.

Home For a Holiday.

Some men on a home holiday tinker all day long, others bring with them a great many books which they never read, and the result in both cases is that housekeeping becomes a prolonged picking up. All men at home on a vacation eat a great deal more than other men or than at other times, but with the sole exception of the anomalous academic, who is always concerned for his gastronomy, they will eat anything and enjoy it and say so. A man at home for his holiday is always vociferously appreciative. His happiness is almost enough to repay a woman for the noise he makes and the mess, yet statistics could show that during any man's home vacation the women of the house lose just about as many pounds as the man gains. But what are women for, or homes?—April Atlantic.

It takes real trouble to make us wonder why we were so worried over trifles.

CASCARETS SELL TWENTY MILLION BOXES PER YEAR

Best, safest cathartic for liver and bowels, and people know it.

They're fine! Don't stay bilious, sick, headachy or constipated.

Enjoy life! Keep clean inside with Cascarets. Take one or two at night and enjoy the nicest, gentlest liver and bowel cleansing you ever experienced. Wake up feeling grand. Your head will be clear, your tongue clean, breath right, stomach sweet and your liver and thirty feet of bowels active. Get a box at any drug store and straighten up. Stop the headaches, bilious spells, bad colds and bad days—Brighten up. Cheer up. Clean up! Mothers should give a whole Cascaret to children when cross, bilious, feverish or if tongue is coated—they are harmless—never gripe or sicken.

THE OLD MASTERS.

Paintings Without Signatures Are Judged by Their Technic.

It appears that many of the works of the old masters are not signed. Experts rarely rely on signatures alone in determining the authenticity of an old work, but trust rather to their knowledge of the painter's technic, says the Philadelphia Record.

False signatures can be easily detected. Spirits of wine or turpentine will usually remove a name of later date than the painting. In the course of time signatures often become very difficult to find. Painted originally in a shade slightly lighter than the ground, perhaps, they sink in, darken, and merge into the ground color or they are almost rubbed away by successive cleanings. Recognizable one day in a specially favorable light, they may not be visible again for weeks.

Experts speak of "will-o-the-wisp" signatures, and many collectors have encountered accidental strokes and cracks that tantalizingly suggest a signature, though it can never be made definite. On the other hand, there have been remarkable cases of such marks, after careful study, resolving themselves into a famous name.

Sometimes the painter's name is most conspicuous as, for example, in Raphael's "Sposalizio" at Milan. Proud of having surpassed his master, the youthful genius wrote on a frieze in the very center of the canvas, "Raphael Urbinas."

Reynolds hardly ever signed his work. But upon the completion of the portrait of Mrs. Siddons as the Tragic Muse, he wrote his name large on the gold embroidery of her dress. He was unable, he said, "to resist the temptation of sending my name to posterity on the hem of your garment."

CANCER IN THE FAMILY.

There Is No Proof That the Dreaded Disease Is Hereditary.

Perhaps nothing causes more needless worry than the fact that one or more persons in a given family have died from cancer. This is commonly taken as a proof that the disease is hereditary. This does not at all follow. There is probably no greater chance of inheriting cancer than there is of being killed by lightning or of breaking one's neck falling down stairs. Perhaps there are people who worry even about those contingencies, but the statisticians have shown that such fatal accidents are extremely rare.

People who are concerned because their relatives have succumbed to cancer fail to consider how widespread the disease is. A malady that causes one death out of every eight among women and one out of every fourteen among men over forty is fairly common. On this basis it does not take much arithmetic to figure out how likely it is that cancer will occur many times in some families.

The eminent statisticians, King and Newsholme, have pointed out that it does not prove heredity to show that in one family five deaths occurred from cancer. By the very frequency of the disease and the laws of chance such cases would be expected even if no one had ever suggested the idea of heredity.

In some species of animals it is believed a certain susceptibility to tumors may be inherited. But so far as human beings are concerned the foremost authorities believe that heredity in cancer may be regarded as a negligible factor.—Journal of the American Medical Association.

The Almanac Church.

One of the oddest churches in England is St. Botolph's at Boston. It has aptly been called the Almanac church. In the tower are 365 steps, corresponding to the days in the year. The church has twelve pillars, fifty-two windows and seven doors, representing the months, weeks and days in the week. In the west porch are twenty-four steps ascending to the library, representing the hours of the day. Again, on each side of the choir are sixty steps leading to the roof, denoting on the one side the minutes of the hour and on the other the seconds of the minute.—Boston Post.

The Office Seeker.

A man with a deep and steadfast longing for office will run excitedly around begging everybody he sees to sign his nomination petitions and then, when he finally gets enough signatures, will put on a clean shirt and announce that if the call of duty comes he will not disregard the summons.—Ohio State Journal.

Paying Him Back.

Girl Shopper—Why did you make that poor salesman pull down all that stuff and then not buy anything? Second Ditto—Why, the mean fellow was in a car yesterday and never offered me his seat, though I looked right at him; so I just decided I would get even.

Wanted Particulars.

"I am looking out for a porch climber. Can you direct me where to go?"

"Well, sir, until you particularize, I don't know whether you want me to direct you to a florist or to a policeman."

Flies and Germs.

The number of germs on a single fly may range from 550 to 6,000,000. Scientific tests have shown that the average for 414 flies was about 1,250,000 on each.

Violence in the voice is often only the death rattle of reason in the throat.—Boyer.

The man who never gives is usually a censurer of the other man's charity.

Success is sometimes due by the failure to inherit money from relatives.

Grand Prize, Panama-Pacific Exposition San Francisco, 1915 — Grand Prize, Panama-California Exposition San Diego, 1915

REGISTERED TRADE-MARK

For Flavor and Quality BAKER'S COCOA is just right

It has the delicious taste and natural color of high-grade cocoa beans; it is skilfully prepared by a perfect mechanical process; without the use of chemicals, flavoring or artificial coloring matter. It is pure and wholesome, conforming to the Canadian Pure Food Laws.

All of our goods sold in Canada are made in Canada.

Booklet of Choice Recipes sent free on request.

Walter Baker & Co. Limited

MONTREAL, CAN. Established 1780 DORCHESTER, MASS.

FIGHTING INSOMNIA.

Some Advice About How to Woo "Nature's Sweet Restorer."

In fighting sleeplessness I have found nothing so helpful as a simple procedure based on the conditions which recent psychological experiment has proved to be fundamental to sleep. These are:

Mental and muscular relaxation, limitation of voluntary movement and monotony of sensation.

To obtain these the next time you find yourself wakeful select on the wall of your room some ornament or spot which, by reason of a ray of light from the moon or street lamp, seems to stand out clearly from its surroundings. Having selected this spot, assume a comfortable position in bed, taking care that you lie in such a way that you can see the spot on the wall without straining any part of your body.

Next, remaining perfectly motionless and thinking of nothing but the spot on the wall, gaze at it through half closed lids in such a way that it seems remote and indistinct.

Be sure not to try to get a full view of it. That would mean tension, not relaxation, and would defeat your purpose. Your gaze at the spot, while steady, must be without any straining of the attention.

Soon, if you have continued to lie perfectly quiet and to think of nothing but the spot on the wall, you will find your eyelids grow heavy and close completely. Open them half way, as before, and resume the process of gazing.

They will again grow heavy and close, when you must, if you can, open them once more. Before long you will find it impossible to open them, for you will be sound asleep.

Even if your room be in total darkness you can still make use of this sleep bringing method by calling up before your mind's eye some imaginary object and gazing at it between half closed lids exactly as though it were really before you. Remember, however, that you must lie perfectly still, moving neither your hands nor your legs.

Try this device the next time you are troubled by wakefulness. From personal experience I am satisfied that, if you follow it faithfully in its details, you will find that it works like a charm.—H. Addington Bruce in Kansas City Times.

Big Hats In Colonial Days.

The question of high hats at public places was of some moment, even in colonial days. In 1769 the church at Andover, Mass., put it to vote whether "the parish disapprove of the female sex sitting with their hats on in the meeting house in time of divine service as being indecent." In the town of Abington in 1775 it was voted that it was "an indecent way with the feminine sex to sit with their hats and bonnets on in worshiping God." Still another town voted that it was the "town's mind" that the women should take their bonnets off in meeting and hang them on the pegs.

The jewel of consistency looks well on all who are fair enough to wear it.

Consideration in the family means more than something to eat and wear.

PAPE'S DIAPEPSIN FOR INDIGESTION OR BAD STOMACH

Relieves sourness, gas, Heartburn, Dyspepsia in five minutes.

Sour, gassy, upset stomach, indigestion, heartburn, dyspepsia; when the food you eat ferments into gases and stubborn lumps; your head aches and you feel sick and miserable, that's when you realize the magic in Pape's Diapepsin. It makes all stomach misery vanish in five minutes.

If your stomach is in a continuous revolt—if you can't get it regulated, please, for your sake, try Pape's Diapepsin. It's so needless to have a bad stomach—make your next meal a favorite food meal, then take a little Diapepsin. There will not be any distress—eat without fear. It's because Pape's Diapepsin "really does" regulate weak, out-of-order stomachs that gives it its millions of sales annually.

Get a large fifty-cent case of Pape's Diapepsin from any drug store. It is the quickest, surest stomach relief and cure known. It acts almost like magic—it is a scientific, harmless and pleasant stomach preparation which truly belongs in every home.

New York Fruit Store

Crawford Peaches, 11 qt. Baskets	60c
Crawford Peaches, 6 qt. Baskets	35c
Blue and White Grapes	25c
Sweet Oranges	15c, 20c, 30c and 40c a dozen
Grape Fruit	3, 4 and 5 for 25c
Bananas	15c and 20c a dozen

314 PRINCESS STREET. Phone 1405

PERRY DAVIS Painkiller The Home Remedy

APPLY IT FOR

CRAMPS—COLIC—DIARRHŒA BRUISES—SPRAINS —SORE THROAT

25c. & 50c. Bottles.

Match Specialties

We have been making matches for 64 years now—domestic matches and every other kind.

Some of our specialties are "The Gaslighter," with a 4 1-4 inch stick—The "Eddystone Torch" for outdoor use (burns 35 seconds in any weather)—Wax Vestas for the smoker, and many other varieties.

For home use the most popular match is

"The Silent 5"

But for every use ask your grocer for

Eddy's Matches

Ladies' Cloth Top

LADIES' CLOTH TOP BOOTS

Plain Toe, in Black, Brown and Tan.

Also Gun Metal, with Black Cloth Top.

$3.00 a Pair .....

H. Jennings, King Street

$ $ $

Appeals to Everybody.

Many people overlook the advantage of newspaper advertising. If the farmer has stock to sell, he can find buyers, if he wants to buy, he can have the sellers come to him. When anything is lost or found, when help is wanted, or a position is sought; when any article from a baby carriage to a pet fox could be exchanged to advantage, a small advertisement in the newspaper will accomplish the desired result.

Nearly everybody can use the advertising columns to advantage at some time, and every person will profit by reading the advertisements regularly.