OF HIS FRIEND

Stomach Trouble and Rheumatism Relieved By "Fruit-a-tives"



MR. L. LABRIE

594 Champlain St., Montreal.

"I have been restored to health by and joints and my hands swollen,

A friend advised me to try Fruit-atives' and from the outset, they did me only medicine that helped me. LOUIS L'ABRIE.

medicine made from fruit juices. 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.

SOWARDS Keeps Coal and Coal Keeps SOWARDS.

ONLY SIXTEEN, GIRL VERY SICK

Tells How She Was Made Well by Lydia E. Pinkham's Vegetable Compound.

New Orleans, La.-"I take pleasure



in writing these lines to express my grationly 16 years old and factory. I have been a very sick girl but I have improved wonderfully since

nervous spells, was very tired and had down the reputation of Canadian no ambition. Lydia E. Pinkham's Veg- cheese. cine to many of them."-Miss ESTELLA MAGUIRE, 110 Thwing St., St. Clair, Pa.

Pinkham's Vegetable Compound should this year. is within reach of all.

Lydia E. Pinkham Medicine Co. (confi. making in not taking proper care leagues and enumerated sixty-eight dential) Lynn, Mass. Your letter will of the milk which they were send of the seventy. be opened, read and answered by : ling to the factory. woman and held in strict confidence

HELD AT WOLFE ISLAND ON the factory were deprived of better

Valuable Address Regarding Milk ery factory in Ontario would be able and Cheese Given By G. G. Pub- to produce more cheese out of the low- Joseph McGrath Re-Elected

For the first time in the history of ing the necessity of the farmer tak-Wolfe Island the district meeting of ing an interest in the factory, which the Dairymen's Association was held should be well equipped and have there on Friday afternoon. Al- experienced men engaged to carry on though the meeting had been well the work. idvertised the farmers did hot attend in as large numbers as was expected, G. G. Publow, chief inspec- The quality of cheese is improvfor for Eastern Ontario, was pres- ing he was glad to say, but still ent and gave one of the finest ad- there was room for improvement. At dresses he has delivered dur-the first of the season the inspector ing his experience with dairy mat- mr/e an appeal to all the inspectors ters. He showed the farmer the under him to see that the best artiadvantage of taking care of the cat- cle possible be placed on the markey. price would be received for the the men in the trenches. His/ap-

Joseph McGrath, who occupied In closing his address Mr Pubthe chair, in opening the meeting low gave the following advice: stated that he regretted very much Stick to the dairy cow as it is the would lose a great deal of valuable be treated. House her well, and give with nauseous odors. information. The Dairymen's As- her lots of food." taking 'Fruit-a-tives'. For two years, sociation of Ontario is a very live as- Immediately after his address Mr. for out-of-order stomachs, because I was a miserable sufferer from Rheu- sociation, remarked the chairman. Publow called for the election of a it takes hold of your food and dimatism and Stomach Trouble. I became For years it has been the mission of director which resulted in Mr. Mcvery weak, had frequent dizzy spells the association to bring to the atten- Grath, who has been director for stomach wasn't there. and when I took food, felt wretched connection with the welfore of many years, being re-elected. and sleepy. I suffered from Rheuma- dairymen. It has made several re- the Kingston district, reported that at any drug store. tism dreadfully, with pains in my back commendations which Parliament there were 43 factories in his dis- These large fifty-cent cases congood. After I had started the second out spoiling are due to the efforts of \$50 for putting water in the milk. box, I felt I was getting well and I the directors of the association. Mr. | Mr. Hanlan, assistant agricultur persevered in the treatment. I can McGrath stated that one thing the al representative for Frontenac truthfully say that 'Fruit-a-tives' is the farmer faces to-day is that some men showed the value of taking care of are taking a great deal richer milk the soil and also the growing of corn Much Care Taken in Preparing Re- tary college at Kingston. to the cheese factory than others as feed for the cattle during the fall and yet both are paid the same rate. and win'r months. - During the "FRUIT-A-TIVES" is the famous He thought that it would be wise if past year it had been the aim of the some other system were introduced Agricultural Department to encour such as paying for the milk accord- age the farmers to grow more corn ing to the butter produced.

G. G. Publow's Address.

G. G. Publow, chief inspector for Eastern Ontario was the main speaker of the convention. He told the farmers how they could get the most money for their milk, and that if they would do as he advised them a higher price would by paid cheese. In opening his address he stated that the object of the convention was to elect a representative to cruits for the two branches of the sit on the Board of Directors of the Imperial Flying Service, the Royal main board and also to get close to Flying Corps and the Royal Naval the farmers and to show them the Air Service, have been recruited in value of taking care of the milk sent Canada. Seventy of those have been to the factories. He had attended trained, graduated and received pithree meetings during the week at lots' certificates at the flying school which good audiences were present, at Toronto, and are now in England This year is the best in the his- in one or the other of the services the inspector, and it is mainly due

province for every month of the be trained in this country any more, summer. The average price paid and the 200 untrained recruits who for cheese over his district was a lave been enlisted through the Nalittle over 15 cents. Farmers used val Department at Ottawa, will leave to say that they could make mo- or England almost immediately to ney if they could get 10 cents a be trained by the Imperial authoripound for cheese, but this year it ties as time permits. Some 50 of was half as much again. He stated them will go before the year is over that the war had been partially rest to join the Royal Flying Corps, ponsible for the increase in price on while in January a dozen will leave account of the great demand for to enter the flying branch of the cheese to be fed to the men in the naval service.

"Cheese at 13 or 15 cents is not dear; as people are commencing to realize the value of cheese as a blood producer," said Mr. Publow. whose life was notably successful The increased production was about from every point of view, left behind 20 per cent. There were about six him in writing this set of good and or seven hundred thousand boxes of tried rules: American cheese on the market in taking Lydia E. Canada this year, and for that rea- principle, Pinkham's Vegeta- son the Canadian cheese did not sell Be energetic, wide awake, pushing, ble Compound and for 16 cents, which it would have but be patient. am now looking fine done. The American cheese was and feeling a thousand times better." bought cheaper. He remarked that guide in business. -Miss Amelia Jaquillard, 3961 To- the American cheese, which was houpitoulas St., New Orleans, La. sold in Canada, was not up to the Canadian standard. In Canada too ple will believe in you, St. Clair, Pa. - "My mother was many of the factories were turning A vigorous, healthy man has really alarmed because I was troubled with out second stade cheese, however. only one right in the world, only one suppression and had pains in my back As it cost the farmers more to pro- thing to demand, and that is a and side, and severe headaches. I had duce the second grade cheese, he chance to work. pimples on my face, my complexion was wondered why they made it, and sallow, my sleep was disturbed, I had more than that it tended to keep

etable Compound has worked like a. The war orders called for first his last years he often lamented that charm in my case and has regulated me. grade cheese. "We should give the it was not what it had been, but even I worked in a mill among hundreds of soldiers in the trenches the best in so it came triumphantly out of some girls and have recommended your medi- the country as they are the men who remarkable tests. In his eightyare defending our rights," said Mr. third year he set himself to recall

For a while after the war it look- poleon, which as a young man he had There is nothing that teaches more ed as though the cheese business had translated into English. He had enthan experience. Therefore, such let- gone to the wall but a great change tirely forgotten his own version, but ters from girls who have suffered and took place which resulted in the by dint of hard "diggin" or "fishing were restored to health by Lydia E. highest price in history being paid up," as he called it, he wrote down

be a lesson to others. The same remedy At this point in his address Mr. years later he essayed to write from Publow took occasion to show the memory a complete list of all the If you want special advice write to farmers the great mistake they were men who had been his cabinet col-

He knew there were some farm-

might be regarding the cleanliness GAS, HEARTBURN, of their cattle and for that reason all patrons who delivered milk to, prices for cheese. If the necessary A SICK STOMACH care was taken, he was sure that ev-

"Pape's Diapepsin" ends all stomach distress in five

The speaker urged on the gather-

Foom For Improvement.

representative with corn which h

The Department had furnished each

proven very satisfactory. He also ad

ised the farmer to grow clover.

AVIATION RECRUITS.

Are To Go To England For Further

Schooling.

Golden Precepts.

chant, philanthropist and millionaire,

Do not mistake a prejudice for a

Use the book of Proverbs as a

Believe in yourself, then other peo-

Gladstone's Memory.

Gladstone's power of memory was

always one of his greatest assets. In

Manzoni's ode on the death of Na-

Enchanted Valparaiso.

scores of ocean vessels lying at an-

chor, the harbor lights, the glowing

avenues below, from which rises

mellowed the roar of nocturnal traf-

fic; the rippling water under the

of enchantment.

Dead Sea is?

moonlight, and the far horizon of the

Ages of Birds.

The average ages of some of the

best known birds are: Blackbird, 12

crane, 24; crow, 100; eagle, 100;

fowl, common, 10; goldfinch, 15;

goose, 50; heron, 59; lark, 13; lin-

net, 23; nightingale, 18; parrot, 60;

50; pheasant, 15; pigeon, 20; raven,

100; robin, 12; skylark, 30; spar-

He Hadn't Heard.

Tommie Don't know, ma'am.

Teacher-Where is the Dead Sea

Teacher-Don't know where th

Tommis - No. ma'am, I didn

row hawk, 40; swan, 100; thrush,

10; wren, 3.-London Globe.

ma'am .- Yonkers Statesman.

partridge, 15; peacock, 24; pelican,

years; blackcap, 15; canary, 24;

Honor womanhood.

The late Robert C. Ogden, mer-

Ottawa, Nov. 27.—About 273 re-

peal had great r/sults.

Time it! Pape's Diapepsin will digest anything you eat and overcome a sour, gassy or out-of-order stomach surely within five minutes. If your meals don't fit comfortably, or what you eat lies like lump of lead in your stomach, or you have heartburn, that is a sign of Indigestion.

Get from your pharmacist a fifty cent case of Pape's Diapepsin and take a dose just as soon as you can. There will be no sour risings, no tle and if such was done a higher as so much of it was to be sent to belching of undigested food mixed with acid, no stomach gas or heartburn, fullness or heavy feeling in the stomach, nausea debilitating headlaches, dizziness or intestinal griping. This will all go, and, besides, that so few farmers from Wolfe Is- best producer the farmer has on his there will be no sour food left over land were present. Shose absent place. Treat the cow as she should in the stomach to poison your breath

Pape's Diapepsin is a certain cure gests it just the same as if your

Relief in five minutes from all connection with the welfare of Frederick Clarke, inspector for stomach misery is waiting for you

CASUALTY LISTS.

port Of Battle. Pearson's Magazine.

Battles take place over such a long front nowadays, and are spread over dined and-we were going to say so much greater a time, that the preparation of casualty lists is much more difficult than in previous wars. had planted in several farms as an length of time taken to prepare and and liquors they attributed their experiment. In every case it had publish the lists hardly realize the amount of care that has to be taken before publication.

> As soon as possible after a battle comes to an end the regiments conerned are paraded, often enough in the battlefield itself, and the roll called by the adjutant. The names of those who do not answer are carefully noted and sent to the headquarters of the brigade to which the regiment is, attached.

marked off on special forms. Even quently discant upon it. His huthat he cannot give details of him-stories for every occasion. Owing to the fact that the Canato there being so much grass. He dian authorities do not see their way discovering them from the identity amused the R. M. C. cadets when he could never remember the time when clear to give support to a flying disc and badge each soldier carries. told them that "the thin red line" there was green grass all over the school in Canada, aviators will not It is from these badges that the of the British army was created warded to headquarters.

lowed for stragglers to return to camp before they are reported as missing and the lists completed ada adopts it the splendid Royal They are then cabled to England and checked again at the War Office from the regimental rolls which are kept there, for untold misery might be caused to the relatives of a man reported dead who may be alive and

Then and not till then the lists of dead, wounded and missing are pub-

Prisoners' "Pay."

may he receives only 25 cents a York. Maybe they will go on to

From Paris, France, comes the coice of a Londoner calling out that justice be done the men who are in the enemy's toils. He asks that the prisoners should receive from Canada the same remuneration as the Then Strong Arm seized on power men in the trenches. If it is discrimination to pay Canadians more han the prisoners from the British Isles, it is also discrimination to pay Canadians in the trenches more than

those of the British regiments. The objection has been registered before, but the injustice comes home afresh when a Canadian in France feels impelled to write a long letter o The Advertiser protesting against

A woman dressed as a nun at a masquerade ball very naturally makes a good appearance.

CROSS, FEVERISH 104 of the 108 Italian lines. Two CHILD IS BILIOUS OR CONSTIPATED

The night view of Valparaiso from the palconies of the cliff dwell-Look, Mother! If tongue is coated ers is one of the great sights of the give "California Syrup world. The vast sickle of the shore of Figs." lit for nearly 200,000 people, the

Every mother realizes, after givng her children "California Syrup of Figs." that this is their ideal laxative, because they love its pleasant ! taste and it thoroughly cleanses the tender little stomach, liver and bow-Illimitable Pacific produce an effect els without griping.

> When cross, irritable, feverish or reath is bad, stomach sour, look at he tongue, mother! If coated, give t teaspoonful of this harmless "fruit axative," and in a few hours all the system is full of cold, throat sore, eggs imported into Canada with a has stomach-ache, diarrhoea, indi- view of having cheaper prices for gestion, colic - remember, a good the consumer. inside cleansing" should always be he first treatment given.

Millions of mothers keep "Califorfruggist for a 50 cent bottle of "Caifornia Syrup of Figs." which has here, so don't be fooled. Get the know any of the seas were sick genuine, made by "California Fig Syrup Company."

THEY HAD- A REALLY GOOD TIME IN KINGSTON

Enjoyed the Visit to the Royal Military College-To Honor Gen. Bridges a Graduate of the Insti-The Australian Cadets had a really

good time in Kingston on Friday.

The weather was charming, and the

hardy lads went about without overcoats. They liked the look of the city; the limestone appealed to them. They said they had rarely seen so many imposing and beautiful buildings. Several said if they were to live in Canada they would like it to be in Kingston. The civic attention they regarded as overwhelming; the home comforts and mothering by hostesses were charm-Every minute of their time was full of pleasure. Canadian hospitality was unbounded. They were pleased with the way Young Canada ined the streets, and thanked the Board of Education for its thoughtfulness. 'The visit to Queen's was enjoyed. Grant Hall was thought to be magnificent. The lads felt much at home at the Royal Military College. They had been counting the days until they could see it. The college was known in Australia, better known indeed than more venerable and historic institutions. Their own training school had been patterned after it. Lieut. Simons said the first commander of the forces in Australia was Gen. Bridges, an R. has seen fit to put into force. Refrig-trict, There were 12,690 cows and tain enough "Pape's Diapepsin" to M. C. graduate. He was killed at erator cars and places on the ocean 43,433,360 pounds of milk was de- keep the entire family free from the Dardanelles. His was to be the steamers where cheese can be livered to the factories. There were stomach disorders and indigestion first national funeral in the Comkept for a considerable time with- 1.244 patrons. One patron was fined for many months. It belongs in monwealth, and his was to be the first grave dug by the nation at its new capital, and his glorious death and noble life would ever link up Australia and Canada's great mili-

> The cadets fraternized freely. The Canadians simply swarmed on the Australians. They chatted and smoked. But not one Australian smokes or drinks. This was a part of their military training, and to the Those who grumble about the absence of indulgence in tobacco healthfulness, hardiness and their endurance. The boys left Kingston with souvenirs that they prized. It was a booklet of the day's events splendidly prepared and printed by the Whig. So charmed was Lieut. Simons, that he asked for nifty copies to send to the Government of Western Australia for distribution. The Y. M. C. A. high tea was a fitting ending of a splendid day.

Lieut. Simons, a coming man in Australia, is a splendid speaker. He The names of the wounded who shows learning, conversant with Cahave been sent to hospital by the nadian history to a marked degree R. A. M. C. men are taken and he can rise to the occasion, and eloif a soldier is so seriously wounded mor is catching; he has a fund of self, the doctors have no difficulty in very tall and very thin, and he names of the dead are noted and for- when he joined the infantry and donned a scarlet coat. At once he A certain amount of time is al- was It. With seriousness he spoke of the benefits of universal military training, and added that when Can-Military College will grow to five limes its size.

The lieutenant is a lover of children; he carried the Mayor's son on his knee from the City Hall to the Collegiate Institute, and showed great joy as he looked into the bright faces of Kingston's school children on the way.

This morning the farewells were exchanged at the City Hall. The citizens were loathe to see them go. and the lads said they had never had When a Canadian soldier is fight- a better time than afforded them in ing in the trenches he is paid more Kingston. They go to Ottawa for than one dollar a day. When he is four days, then to Montreal, Quebec, aker prisoner and taken to Ger. St John, Halifax, Boston and New London, Eng.

THE PASSING OF THE KINGS.

By Anne Virginia Culbertson. In far, dim days of ages gone, When men were children still, And wrought both good and ill.

Men named him "King" and tribute And served on bended knee... And when he died his weakling line

Still claimed their fealty, At length the kings, grown drunk with power. Declaimed of "rights divine,"

Trod down the weak, laid waste the And spilled red blood like wine Till now a cry of agony Around the whole earth rings

A toesin that is sounding for The passing of the kings, The mind of man moves ever on, Majestically slow.

Half fears to grasp the things un-To let the old things go; et in his mighty onward march This, this is sure alone.

That not forever will he keep

The things he has outgrown. The power they abdicted once Shall be resumed by men, THE PEOPLE, sane and sovereign

grown, Shall take it back again, Above the cries of agony A hopeful note out rings-A peal that sounds the promise of

The passing of the kings.

Urge Removal Of Duty. Montreal, Nov. 27 .- The Montreal Chamber of Commerce is considerfoul, constipated waste, sour bile ing taking action with other such and undigested food passes out of bodies in Canada to appeal to the the bowels, and you have a well. Federal Government to remove from playful child again. When its little the tariff the duties on butter and

The recent entistment of Don, Jim ila Syrup of Figs" handy; they and Harry MacLaren, along with cnow a teaspoonful to-day saves a Captains H. J. and J. M. Airth, at ick child to-morrow. Ask your Renfrew, now bring the total of the Airth clan who are serving King and

country up to fifteen. The marriage occurred at Renfrew on Tuesday of Miss Katherine Prince. daughter of Mr. and Mrs. I. Prince. to Mr. Arthur Nolin.

It's absurd to worry about things! you can help, or the things you can't.



at the War

The value of OXO CUBES to all branches of His Majesty's Forces has received remarkable endorsement in numerous letters received by OXO Ltd., and the Press, from those on active service and in training.

OXO CUBES exactly meet their needs. They take up little space; are easily carried and can be converted quickly into a hot nourishing drink which, with bread or biscuits, will sustain for hours.

In the home, OXO CUBES are handy and good for many purposes ready in a moment as a warming, strengthening and sustaining beverage. For Soups, Stews and Gravies they are an economical substitute for fresh beef. OXO CUBES save time, trouble and expense.

"Oxo is comforting, it is sus. taining, and it is palatable, three constituents which make for popularity. In addition, it is pure and wholesome, and also of the greatest use as a stimulant. To the fighting man exposed to all kinds of weather it is an admirable remover of chills. It enjoys enormous popularity with the troops, and we cannot imagine a more acceptable gift, for Oxo is thoroughly appreciated by soldiers and officers alike. Oxo Cubes are just the thing the soldier wants. With a little hot water he can turn Oxo into nourishing soup of a warmth and piquancy that will drive away the effects of the most bitterly cold night or day, whether on guard, in the trenches, or in dug-outs."

" Daily News," London, England, September 9th, 1915.

A CUBE TO A CUP.

Tins of 4, 10, 50 and 100 Cubes.

OXO in the Trenches.

"In the trenches we specialise on hot drinks, ranging from tea to OXO, and I think to really appreciate a hot drink you should have a spell here."

"Daily Telegraph" (St. John N.B.), . March 26th, 1915.

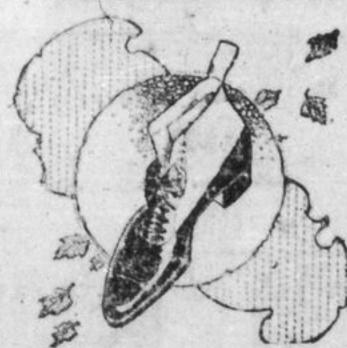
From No. 3 Field Ambulance, 1st Contingent, Canadian Expeditionary Force.

"During recent night manœuvres on Salisbury Plain we found OXO invaluable as a very sustaining hot drink, and is considered by



Can't Do Without Them Enclosed please find 50c, for which kindly send me a box of Gin Pills, as ; don't feel that I can remain long without some of them in the house. I find them so good that if I am out of Gin Pills, the house seems to be all wrong somehow. Kindly send pills by return mail." If you have any trouble in getting Gin Pills in your neigh-porhood, write direct to us, enclosing the regular retail price, Oc. a box, 6 for \$2.50, and we will fill your order by return mail, at the same time giving you the name of a nearby dealer who Always send to us if your local dealer will not supply There is no other remedy in the world that acts so quickly and so effectively in relieving Pain in the Back, curing Kidney and Bladder Troubles, Suppression or Incontinence of Urine and driving Rheumatism out of the system. We fully guarantee Gin Pills and will promptly refund money if they fail to give relief. Sample box free if you write us, mentioning this National Drug and Chemical Co. o Canada, Limited # Toronto

Men's \$4.00 Boots



We have an exceptional good line of Men's Boots, in Gun Metal or Velour Calf.

On four different lasts, all up-to-date; button or laced Blucher; Goodyear Welted Sole, at \$4.00.

H. Jennings, King Street

