

SHE RECOMMENDS "FRUIT-A-TIVES"

Mrs. Corbett Read the Advertisement and Tried It
 Avon, Ont., May 14th, 1914.
 "I have used 'Fruit-a-tives' for Indigestion and Constipation with most excellent results, and they continue to be my only medicine. I saw 'Fruit-a-tives' advertised with a letter in which some one recommended them very highly, so I tried them. The results were more than satisfactory, and I have no hesitation in recommending 'Fruit-a-tives'."
 ANNE A. CORBETT.
 Time is proving that 'Fruit-a-tives' can always be depended upon to give prompt relief in all cases of Constipation and Stomach Trouble.
 50c. a box, 6 for \$2.50, trial size 25c. At dealers or sent on receipt of price by Fruit-a-tives Limited, Ottawa.

SAGE TEA DARKENS HAIR TO ANY SHADE

Don't stay Gray! Here's an Old-time Recipe that Anybody can Apply.
 The use of Sage and Sulphur for restoring faded, gray hair to its natural color dates back to grandmother's time. She used it to keep her hair beautifully dark, glossy and abundant. Whenever her hair fell out or took on that dull, faded, or streaked appearance, this simple mixture was applied with wonderful effect.
 But brewing at home is messy and out-of-date. Nowadays, by asking at any drug store for a 50-cent bottle of "Wyle's Sage and Sulphur Hair Remedy," you will get this famous old recipe which can be depended upon to restore natural color and beauty to the hair and is splendid for dandruff, dry, feverish, itchy scalp and falling hair.
 A well-known downtown druggist says it darkens the hair so naturally and evenly that nobody can tell it has been applied. You simply dampen a sponge or soft brush with it and draw this through your hair, taking one strand at a time. By morning the gray hair disappears, and after another application or two, it becomes beautifully dark, glossy, soft and abundant.

URIC ACID IN MEAT CLOGS THE KIDNEYS

Take a glass of Salts if your Back Hurts or Bladder Bothers.
 If you must have your meat every day, eat it, but flush your kidneys with salts occasionally, says a noted authority who tells us that meat forms uric acid which almost paralyzes the kidneys. To prevent this, expel it from the blood. They become sluggish and weaken, then you suffer with a dull misery in the kidney region, sharp pains in the back or sick headache, dizziness, your stomach sours, tongue is coated and when the weather is bad you have rheumatic twinges. The urine gets cloudy, full of sediment, the channels often get sore and irritated, obliging you to seek relief two or three times during the night.
 To neutralize these irritating acids, to cleanse the kidneys and flush of the body's urinous waste get four ounces of Jad Salts from any pharmacy here; take a teaspoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to flush and stimulate sluggish kidneys, also to neutralize the acids in urine, so it no longer irritates, thus ending bladder weakness.
 Jad Salts is inexpensive; cannot injure, and makes a delightful effervescent lithia-water drink.

THIN FOLKS WHO WOULD BE FAT

Increase in Weight Ten Pounds or More.
 "It certainly gives most anything to be able to fat up a few pounds and stay that way," declares every excessively thin man or woman. Such a result is not impossible, despite past failures. Most thin people are victims of malnutrition, a condition which prevents the fatty elements of food from being taken up by the blood as they are when the powers of nutrition are normal. Instead of getting into the blood, much of the fat and flesh producing elements stay in the indigestible "lumps" they pass from the body as waste.
 To correct this condition and to produce a healthy, normal amount of fat, the nutritive processes must be artificially supplied with the power, which nature has denied them. This can probably best be accomplished by eating a Sargol tablet with every meal. Sargol is a careful combination of six splendid assimilative agents. Taken with meals they mix with the food to turn the sugars and starches of what you have eaten into rich ripe, nourishment for the tissues and blood and its rapid effect has been in many cases reported remarkable. Reported gains of from ten to twenty-five pounds in a single month are by no means infrequent. Yet its action is perfectly natural and absolutely harmless. Sargol is sold by all druggists everywhere and every package contains a guarantee of weight increase or money back. If you find a druggist who is unable to supply you send \$1.00 to Sargol Co., 14 St. Antoine St., Montreal, Que., and a complete ten days' treatment will be sent you post-paid.
 NOTE:—Sargol is recommended only as a flesh builder and while excellent results in cases of nervous indigestion, etc., have been reported, care should be taken about using it unless a gain of weight is desired.

Stratford City Council unanimously carried the first and second readings of the local option by-law, opponents declaring they did so only under compulsion of the mandamus.
 The first five cows in the dairy contest at the Winter Fair were Holsteins, the sixth an Ayrshire, quality and quantity being regarded.

HYPHENS ARE DEFIANT AND THEY LET PRESIDENT WILSON KNOW IT.

The Former Editor Of The Staats Zeitung Says They Cannot Be Subdued.
 New York, Dec. 6.—"We German-Americans know our duty," said George von Skal yesterday, in an address at Terrace Garden. "We have chosen, and will abide by our decision. We are not afraid of the continuance of the 'hazing' mentioned by President Wilson; we do not fear the ostracism the newspapers threaten us with. But we serve fair notice upon all who may think that they can frighten or cajole us into submission, that our minds are made up—that no matter what happens to us, we shall continue this fight for truth, for justice, for right, and for the independence of the United States of America until we have conquered or are no more."

Mr. von Skal, former managing editor of the Staats Zeitung, was lecturing on the "German-Americans and the European War." He said the speech was intended as a reply to criticism of Germany and Germans by Oswald Garrison Villard, editor of the Evening Post, and others. He also said he had information that Col. Roosevelt, Dr. Charles W. Eliot, president emeritus of Harvard; Joseph H. Choate, William D. Guthrie, and George Haven Putnam were among Americans who have called upon President Wilson and the country to join the Allies in the war against the Teutonic nations. These men, he added, had abandoned the custom of first toasting the President at public dinners and toasted him jointly with King George of England and President Poincaré of France.
 "With the exception of the first few years after the creation of this republic," said Mr. von Skal, "the naturalized citizen has been the object of constant attacks unless he was of English nativity. 'The History of the American People,' by Woodrow Wilson contains hardly a mention of the influence of the Germans upon the development of the United States.
 "The 'hazing' of the naturalized citizen, as the President pleased to express himself is not, therefore, a new departure caused by their present attitude, but has been in existence from the very day when they first began to form an influential part of the American people."
 No American citizen of German birth, said Mr. von Skal, has been secure against attack, not even the late Carl Schurz, whose high patriotism, his acknowledged probity and the great services he had rendered to his adopted country did not protect him.
 "We all know how this feeling was intensified," he said, "at the outbreak of the war, and how everybody who refused to align himself on the side of the Allies was assailed with a fury that at all times appeared almost irrational. It has not abated. On the contrary it seems to be stronger and fiercer than ever. The time has come when a comprehensive reply to the charges uttered should be made."
 "I have been informed that many illustrious Americans had called upon the President and the nation to join the Allies in their war against Germany. They have made more or less violent speeches to that effect and they have abandoned the good old custom, observed by all German organizations in this country even during this present war, of toasting the President first at formal occasions."

LONDON DISAPPOINTED
 No Prospect Of Early Advance On Bagdad.
 London, Dec. 7.—In their editorials the London morning papers express great disappointment over the severe check of the Mesopotamia campaign, which they admit precludes any project of an early renewal of the advance on Bagdad. The Times says:
 "Although British reinforcements are believed to be at hand, we think that public must make up its mind to wait for a considerable time before the minarets of Bagdad are sighted by the British troops," and proceeds to criticize the conduct of the campaign, asking why an attempt was made to capture the city at the end of water communications six hundred miles in length, with a single division, and upon what military grounds it was decided to exchange the admittedly strong position of Kut-el-Amara for an open and populous city without natural defences and apparently thronged with Turkish troops.
 The editorial concludes with the statement that "a valuable and cheering campaign has now been badly marred."

KAISER'S OBSERVATION POINT Has Been Smashed By The Allies' Big Guns.

London, Dec. 7.—Last week the famous Messines tower was brought down. Later another important position about two miles east of Messines, close to Stuyves, was destroyed. This was called the High Command Redoubt. There is a rumor among the Canadian soldiers that the Kaiser had several times used it as an observation point. It stood on a little hill near a railway embankment, and had been made of reinforced concrete with steel machine gun emplacements. Our observation officers declare that tremendous chunks of masonry went flying into the air, and Germans could be seen scurrying back to the support of their trenches for safety.
 Though the damage done by our guns was immense, the Germans, too, have been rather active, and have caused considerable casualties in our lines. Some battalions have learned the lesson that it is better to be uncomfortable in deep shell trenches than to be comfortable in dryer front trenches when the Huns are shelling.

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WAR CAUSES LOSS To The Indians Of Canada In Fur Trade.

Ottawa, Dec. 7.—That Canadian Indians have survived the hardship caused by the adverse effect of the war on the fur trade and are facing another winter with confidence is the statement which appears in the annual report of the Indian Department just issued. In agricultural and other pursuits their earnings present a most creditable showing in view of the unfavorable climate conditions and general industrial depression. The native population has remained practically stable and health conditions have on the whole been good.
 The total value of agricultural products of Indian industry in 1915 was \$1,813,612, and of real and personal property \$69,423,219, of which \$46,765,911 is in land. The total income of the Indians is \$5,927,594, a very marked decrease having taken place in the amount earned by hunters as a result of the decline in her prices.
 The Canadian Indians have during the year given many instances of their loyalty and their contributions to the date reported to patriotic funds have totalled \$16,016. Canada's manner of administering Indian affairs has proved a model to the United States. A special commissioner, F. H. Abbott, secretary of the Board of Indian Commissioners for the United States, recommended a number of features of Canadian Indian law and administration to the consideration of the United States authorities after making a tour of Indian agencies here. Mr. Abbott proved quite enthusiastic over the simplicity and adequacy of Canadian regulations for the native races and his only point of criticism was as regards the difficulties surrounding the enfranchisement of the Indian in Canada.

HOMER DONEY DEAD. Clayton Man Buried By Masonic Fraternity.

Clayton, N.Y., Dec. 7.—The funeral of Homer Doney, who died Saturday night after an illness of about a week of pneumonia, was held yesterday at the Baptist Church.
 Mr. Doney was born in Canada seventy years ago last April, moving to Clayton from Ogdensburg fifty years ago. He was one of the oldest members of Clayton Lodge, No. 296, F. and A. M., of which he was a past master. He also was a member of Clayton Chapter, Royal Arch Masons.

FRANCE NEEDS NICKEL DISCS. Enquiries as to Order of 2,000,000 A Week.

Philadelphia, Dec. 8.—The French Government, it was learned to-day, has asked the United States Government if it can manufacture for it each week about 2,000,000 nickel discs about the size of a five-cent piece. The director of the Mint has asked A. M. Joyce, superintendent of the Mint in this city, whether it was mechanically possible to fill such an order, and he replied that it is. It is understood here the enquiry was made through the National City Bank, New York.

Germans Buy Wool. Paris, Dec. 8.—The question of taking measures to limit the importation of wool is being discussed here.

It is even suggested that the Entente Allies should consider whether it ought to be declared contraband of war. The increase in the price of wool at Buenos Ayres is said to be due to the activity of Germans in buying up the supply, and the stocks in neutral countries are believed here, likewise be sought, as it is considered indispensable for the clothing of the German troops this winter. The Germans already have made large requisitions upon the wool in Belgium, Northern France and Russia.

FOR HIS WIFE'S SAKE. Woman's First Impression of Tramp Was Correct.

Exchange.
 "Well, what do you want?" said the master of the house sternly to Dreary Samuel, the tattered tramp, as he stood outside the door, shivering with the most accomplished art.
 "I'm looking for work," replied he of the unemployed brigade.
 "Ain't you got no scrubbin' or washin' or cleanin' or nothin' that an honest body could do?"
 This earnest appeal for work made the householder think that he had misjudged a real, honest British laborer out of work.
 "Ah!" he said, "now you speak like a man. I like to hear of any one willing to make an effort. I never thought you wanted work of that kind."
 "No more I do," whined Samuel, shuddering at the bare idea. "It's work for my wife that I'm looking for."
 One hundred and fourteen soldiers, mostly invalided, and three nurses returned by the Scandinavian, arriving at St. John.
 Ex-Premier Venizelos of Greece advises the people to abstain from voting at the forthcoming general election.

The Welland Tissue
 a popular collar from
Tissue

"An Extra Run" on FRY'S COCOA

Running a big Mogul on schedule time is about as complete a brain, sinew and nerve test as a man could want. So when the order comes for "An Extra Run," that engineer is wise who fortifies himself with a cup of FRY'S COCOA. FRY'S, because it builds for "nerves of steel." It's such a splendid food as well as a delicious beverage.

Drink FRY'S regularly yourself and note the vigor it imparts.

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J. S. FRY & SONS, Limited
 Truro, Montreal, Toronto, Winnipeg, Calgary, Edmonton, Vancouver, Victoria.

Coal

The kind you are looking for is the kind we sell.
Scranton Coal
 Is good Coal and we guarantee prompt delivery.
BOOTH & CO.,
 Foot of West St.

JOHN M. PATRICK

Sewing Machines, Umbrellas, Suit Cases, Trunks, repaired and re-fitted. Saws filed, Knives and Scissors sharpened. Razors honed. All makes of Firearms repaired promptly. Locks repaired; Keys fitted. All makes of Lawn Mowers sharpened and repaired.
 149 Sydenham St.

Sunkist Seeded and Seedless Raisins

First car of new goods just arrived. Insist on SUNKIST and have the best.
 At All Grocers.

"KITCHENER"

Is the name of the new Electric Iron made by the Canadian General Electric Co.
 Under the new power rates, it will cost only 2 1-2 cents per hour to operate this Iron.
 —FOR SALE AT—
Halliday's Electric Shop,
 Phone 94 345 King Street

Regal

RESTRICTIVE LAWS & EARLY CLOSING do not interest the man who has pure, mild, refreshing Regal in his home for his family and guests.
 Regal is healthful and nourishes. It induces quiet nerves and restful sleep.
 MADE FROM PURE WATER — NOT CHLORINATED
 Remember Early Closing.
JAMES McPARLAND,
 339 341 King St., Phone 274. Order home a Case to-day.
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