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Restored To Health By "Fruit-a-tives" The Famous Fruit Medicine



M. DE. ROCHON. Rochon, P. Q., March 2nd, 1915. "I have received the most wonderful benefit from taking 'Fruit-a-tives'..."

MADAME ISABE ROCHON. The marvellous work that 'Fruit-a-tives' is doing, in overcoming disease and healing the sick...

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How to Save Your Eyes

Try This Free Prescription

Do your eyes give you trouble? Do you already wear spectacles or spectacles? Thousands of people wear these "windows" who might easily dispense with them...

Give it Fair Play. Why not decide NOW to give ZUTOO Tablets, the remedy so generally used for headache, a fair and square trial?

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NEW METHOD Cleaning, Pressing and Repairing

M. F. PATTON, Prop. 148 SYDENHAM ST. (Near Princess St.) Phone 214.



They are Using Keating's at the Front. Living in the trenches—sleeping on the ground—Officers and Men on active service use Keating's Powder for their bodily comfort.

The Newest Notes of Science

A patent has been granted for a woman's fan with mirrors on the sticks.

An Australian engineer has invented an engine that runs with sewer gas.

About 25,000 incandescent lamp filaments can be made from one pound of tungsten.

It requires 70,000 tons of cork annually to serve the British bottling industry.

Invisible door hinges which can be seen only when a door is opened have been invented.

Hamburg has an experimental plant that obtains power from the ebb and flow of North sea tides.

A new electric filter for household use consumes current only as water is being drawn through it.

An Englishman has invented a photographic plate which he claims overexposure is impossible.

A Chicago inventor has patented an attachment so that a phonograph can be used as a burglar alarm.

In Madagascar there has been discovered a tree producing coffee that is said to be free from caffeine.

It is estimated that the annual fall of rain and snow in the United States weighs 6,000,000,000 tons.

According to French statistics, but one fourth of the aviation accidents are due to defects in aeroplanes.

A small air pump operating directly against the contents instead of a rubber bulb features a new atomizer.

A farm in England is devoted exclusively to raising butterflies, of which upward of 30,000 are sold each year.

Motion pictures are being used in the training of college athletes as they clearly show faults of individuals.

Paris will erect a statue to the famous chemist, Berthollet, near the laboratory where he spent his later years.

A new process by which bread is cooled in an atmosphere of carbon dioxide is said to keep it fresh for ten days.

An Englishman has invented interlocking concrete piling that is said to be stronger than sheet piling made of wood.

A sanitary stopper for bottles has been invented that opens a valve automatically when a bottle is tilted for pouring.

Experiments by German scientists have shown that an excellent pulp for paper manufacture can be obtained from hop vines.

An artificial leather for electricians' gloves that resists dangerous currents almost as well as rubber has been invented.

Pure food law advocates in Japan recently discovered that much rice was adulterated with quartz sand to increase its weight.

A labor saving device for making color tests of cottonseed oil has been developed by the United States bureau of standards.

Australia has prohibited the importation of belts alleged to produce a therapeutic effect by electric or magnetic influences.

The ordinary shaving brush and a rubber affair for rubbing in the lather have been combined in a convenient handle by an inventor.

Water power is used to produce electricity in Switzerland to such an extent that in some towns not an ounce of coal is burned.

Experiments have shown that acetylene light will make plants grow larger and more rapidly than those subjected only to sunlight.

The record for efficiency is claimed for a French oil engine with a fuel consumption of less than 40 pounds per horsepower hour.

A new child's swing is provided with grips that enable it to be hung on the back of a dining-room chair to serve as a high chair.

ter of but one twenty-five thousandth of an inch.

A current motor invented by a Montana man for irrigation purposes is doing more work than would be accomplished by a three horsepower gasoline pump.

A motor driven plow that an Englishman has invented automatically guides itself over a field after it has plowed the first furrow under human guidance.

For the protection of persons cooking over open fires there has been invented a steel sleeve, with a closed end, to which a spoon or fork can be fastened.

What is declared to be the safest aeroplane yet built in France is stabilized automatically by the weight of the pilot and passenger acting as a pendulum.

For fire fighting and life saving a Massachusetts man has invented a collapsible ladder, carried on an automobile, that can be elevated 100 feet in a minute.

Beautiful light effects have been obtained by a German electrician who has polished both sides of thin sheets of marble and saturated them with paraffine or shellac.

A Philadelphia surgeon is combating diseases peculiar to certain races by transfusing to patients blood from members of other races that seem immune to the maladies.

To give warning of the presence of dangerous gases in mines a German scientist has invented a whistle on the principle of the safety lamp that is blown when the gases enter it.

A Texas inventor's automobile has two wheels on the left side and one on the right, so arranged, that he claims no two of them will strike obstructions on a road at the same time.

Gold mining companies in South Africa are experimenting with blasting by electricity with a view to minimizing the fine dust, which is regarded as the chief cause of miners' phthisis.

Above a new sanitary telephone mouthpiece is a roll of paper, one end of which covers the opening and is pulled down and torn off to present a clean surface when the instrument is used.

The total coal supply of the world has been estimated at 7,397,533,000,000 tons, of which nearly 4,000,000,000,000 tons are bituminous.

Asia having the largest quantity of any continent.

In a street car signal system invented by Saint Louis man an electric lamp in front of the motorcar is lighted when the conductor opens the rear door and is shut off when the door is closed.

A Paris electrician has made an electroscope for detecting the presence of radium discharges so delicate that it is said to measure current strengths as small as one ten trillionth of an ampere.

NEW AID TO PHOTOGRAPHERS.

Distance Gauge Assists Amateur To Focus Surely and Quickly.

To assist amateur photographers in readily estimating focussing distances, a simple instrument has lately been produced, says the January Popular Mechanics Magazine in an illustrated article.

A handle is provided by which the user holds the instrument out at a convenient distance, keeping a small indicator on the contrivance in line with his eye and the base of the object which he intends to photograph.

On a scale opposite the pointer the desired distance is at once indicated. For accurate work the ground between the observer and the object should be level, and the scale on the device properly suited to the user's height. For this purpose a number of scales are provided with the instrument.

Preserving Conscience.

"They tell me you have signed the pledge?" "Yes," replied Uncle Billy Bottleson. "And I'm going to keep on signing it. Whatever happens, no one ain't going to be able to say my intentions wasn't good."—Washington Star.

GIRLS! MOISTEN A CLOTH AND DRAW IT THROUGH HAIR

It Becomes Beautifully Soft, Wavy Abundant and Glossy. At Once Save Your Hair! All Dandruff Goes And Hair Stops Coming Out.

Surely try a "Danderine Hair Cleanser" if you wish to immediately double the beauty of your hair. Just moisten a cloth with Danderine and draw it carefully through your hair, taking one small strand at a time; this will cleanse the hair of dust, dirt or any excessive oil—in a few minutes you will be amazed. Your hair will be wavy, fluffy and abundant and possess an incomparable softness, lustre and luxuriance.

Besides beautifying the hair, one application of Danderine dissolves every particle of dandruff; invigorates the scalp, stopping itching and falling hair.

Danderine is to the hair what fresh showers of rain and sunshine are to vegetation. It goes right to the roots, invigorates and strengthens them. Its exhilarating, stimulating and life-producing properties cause the hair to grow long, strong and beautiful.

You can surely have pretty, soft, lustrous hair, and lots of it, if you will just get a 25-cent bottle of Knowlton's Danderine from any drug store or toilet counter and try it as directed.

Save your hair! Keep it looking charming and beautiful. You will say this was the best 25 cents you ever spent.

Who Owned the Cart?

An old law in Carmarthen county, in Wales, required that every cart passing over the turnpike toll roads should be plainly marked with the name of the owner so that the perpetrator of any lawlessness could be easily detected.

One young farmer known as Stammering Jim was summoned before a magistrate, who demanded why his name did not appear on his two wheeled cart.

"W-w-whose n-n-name am I to put on?" stammered the defendant. "Your own, of course," said the magistrate.

"B-but it isn't my cart, your worship," says Jim. "Who is the owner, then?" demanded the squire.

"T-t-that's the t-trouble, sir," said Jim. "The old shafts belong to D-D- David T-T-Thomas, the w-w-h-w-h-e-e-l-s b-b-belong to Hugh J-J-Jones, the old axle to W-W-William B-B-Bow-er, the t-t-tab belongs to Joshua M-M-Morgan, the t-t-tall-board belongs t-to me. Then w-w-whose n-n-name am I to put on, sir?"—National Magazine.

Melba's Pullman Porter Critic.

One American experience recurs to me at the moment—I had been appearing in "Faust," at Washington, and getting into the train after the performance rather tired, was not un-naturally annoyed at finding my staid attendant, who kept me waiting a long time before he condescended to appear.

"Why is my berth not ready?" I began. He looked me up and down indifferently.

"I saw you play Margaret (Marguerite) this mornin'," he said dejectedly. "I thought you weren't a bit of an' good. You'll hev to wait. But Plunkon (Plunkon) was fine," he added as an afterthought.

Two years afterward I received a letter from this same chony critic. "I heard you last night as Manon Lescaut," it ran, "and it was real fine. You beat the band. I take it all back."—Mme. Melba in Strand Magazine.

England's Great Little River.

One could hardly fancy an England without the Thames. It is the source, the inspiration, the participant, in so much that distinguishes England's sylvan beauty.

In the centuries that have lived upon its banks it has been a potent factor in the civilization of this island kingdom. It cuts in twain and laves the busiest city in all the world, a dark mass of human stridre impenetrably profound. It rides a vast commerce from London to the sea, and along its jutting wharves nights are often made darker with its tragedies. Years ago kings and princes and the fairest women in the land rode upon its tide in functions of state or in the idle poses of pleasure. Those were the days of the grand old large or the bloated galley foist, which, gliding stealthily beneath the Tower portcullis, hid another noble to the world of politics and intrigue.—From "To Thameside."

Clement Moore's One Poem.

Just one poem was written by Clement Clarke Moore, whose grave is in Trinity churchyard, at One Hundred and Fifty-fifth street, Washington heights. 'Twas the Night Before Christmas' lives because it touches now and then always touched human hearts. It was put into an autograph album in 1822 and published a couple of years later without the consent of the author, who was professor of Greek and Hebrew at Columbia college and did not think it comported with his dignity to write children's verse. Dr. Moore died in 1863 at the ripe age of eighty-four. His fame as a scholar is lost. His fame as the author of that one real poem will live while the English language is spoken and read anywhere on earth.—Brooklyn Eagle.

Notwithstanding.

A teacher had been at great trouble to explain to her class the meaning of the word "notwithstanding" and, on asking for a sentence in which the word occurred, was somewhat nonplussed to receive the following effort from a blushing maiden of some eight summers and winters: "Please, miss, my little brother has a hole in the seat of his trousers, and it's notwithstanding."—London Mail.

No Friends of His.

"Well, what did your better half say to you?" "She said a plenty." "You always seem to have friends to take you home after these banquets." "Not friends. My enemies do it."—Pittsburgh Post.

Foggy.

"James, I understand the fogs are thick in London." "I remember one, sir, that held for three months. I was working on a tunnel, sir, and we cut a ninety foot tunnel through a sixty-foot hill."—Washington Herald.

An Ostrich Trick.

Naturalists state that an ostrich never goes straight to its nest, but always approaches it with many windings, in order, if possible, to conceal the locality from observation.

Melancholy.

Melancholy may be defined as a state of mind in which a man is so out of touch with his environment that life has lost its sweetness.—Sir William Osler.

How many people live on the reputation of the reputation they might have made?—Holmes.

Friend choosing ought to be particularly choosing.

The man who cries thief may have the pocketbook. Chronic borrowers are seldom very prompt payers.

The SMILE of SATISFACTION



A good chew is a comfort -- make it a greater comfort still by chewing King George's Navy Plug.

Made from pure, rich tobacco, every ounce of which is carefully selected, then blended according to our process, giving it enough elasticity to keep it together instead of granulating in the mouth as most plug tobaccos do.

King George's NAVY PLUG

Has a delicious, non-irritating sweet taste -- and it is universally recognized that sweetened tobacco is much more healthful than the old fashion "strong", unsweetened plug.

It leaves a long, lingering flavor and guards the teeth from the ravages of "acid mouth", the cause of nearly all tooth decay.

"Made in Canada by Expert Canadian Workmen"

10c A Plug Everywhere

ROCK CITY TOBACCO CO., LIMITED



Martyred Belgium Cries for FOOD!

You have Plenty — Share it!

We cannot—we MUST NOT let the destitute Belgians starve! No victory could be lastingly glorious if it involved the decimation by famine of a small nation that deliberately sacrificed itself rather than sacrifice honor!

Earl Curzon of Kedleston, says: "We have to relieve from privation, and from worse, these unhappy people during the forthcoming winter, the second winter which they have passed under these cruel conditions; we have to keep alive their vital resources, to support their courage, and enable them to continue to endure."

THE Belgian Relief Fund

has been and is administered with an Efficiency and Economy never before equalled in Public Relief Work.

All accounts are audited, and every pound of food and supplies is accounted for. The arrangements are absolutely effective for securing that none of the food or money goes into the hands of the Germans, is requisitioned by military authorities, or in any way diverted from the object for which it is given.

Nearly 3,000,000 Belgians must depend this winter on charity! Without help hundreds of thousands will starve! We in Canada have plenty! In the name of humanity and of the cause for which we are fighting, let us do our part toward saving these heroic allies!

Send your subscriptions weekly or in one lump sum to Local or Provincial Committees, or to the Central Executive Committee, 59 St. Peter St., Montreal.

\$2.50 FEEDS A BELGIAN FAMILY ONE MONTH

Cheques to be made payable to "THE TREASURER, BELGIAN RELIEF FUND, 59 St. Peter street, Montreal, or to local committees.

Nervous & Sleepless



Take 2 Tablets at Bedtime and you will arise feeling Refreshed, Bright & Vigorous.

When you feel gloomy and depressed and cannot sleep, suspect your nerves. When you shrink from company and would rather be alone you are losing confidence in yourself, and that can only mean weak nerves. It is not natural to be solitary and unsocial, it shows clearly that vitality has become reduced, and the nervous system correspondingly weakened. But take Dr. Cassell's Tablets for such a condition and you will be astonished at the results, astonished at the bright new health you will gain, at the splendid vigour and vitality they will give you.

Mr. Poole, a business man of 60, Inthamry Road, Sheffield, England, says: "I had lost all confidence in myself, and was actually afraid to meet people. The alertness and activity I had formerly possessed were gone. My digestion was feeble, and sleeplessness was terrible. But when I commenced taking Dr. Cassell's Tablets I soon felt better. Now I am as well and fit as any man of my age."

Dr. Cassell's Tablets are Nutritive, Restorative, Alterative, and Anti-Spasmic, and of great Therapeutic value in all derangements of the Nervous and Functional Systems in old or young. They are the recognised modern home remedy for Nervous Breakdown, Nerve and Spinal Paralysis, Infantile Paralysis, Rickets, St. Vitus' Dance, Anæmia, Sleeplessness, Kidney Disease, Dyspepsia, Stomach Catarrh, Brain Fog, Headache, Dizziness, Wasting Diseases, Vital Exhaustion, Loss of Flesh, and Premature Decay. Specially valuable for Nursing Mothers and during the Critical Periods of Life.

Druggists and Dealers throughout Canada sell Dr. Cassell's Tablets. If not procurable in your city send to the sole agents, Harold F. Ritchie & Co., Ltd., 10, McCaul Street, Toronto; one tube 50 cents, six tubes for the price of five. War Tax Extra, 2 cents per tube. Sole Proprietors—Dr. Cassell's Co., Ltd., Manchester, Eng.

Dr. Cassell's Tablets

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