

TORTURED BY RHEUMATISM

Sunday School Supt. Tells How "Fruit-a-lives" Relieved

Toronto, Ont., Oct. 1st, 1913. "I have lived in this city for more than 12 years and am well known. I suffered from rheumatism, especially in my hands. I spent a lot of money without any good results. I have taken "Fruit-a-lives" for 18 months now and am pleased to tell you that I am well. All the enlargement has not left my hands, and perhaps never will, but the soreness is all gone and I can do any kind of work. I have gained 35 pounds in eighteen months."

R. A. WAUGH. 50c. a box, 6 for \$2.50, trial size 25c. At all dealers or direct from Fruit-a-lives Limited, Ottawa.

SAGE TEA PUTS LIFE AND COLOR IN HAIR

Don't Stay Gray! It Darkens So Naturally that No Body can Tell.

You can turn gray, faded hair beautifully dark and lustrous almost overnight if you'll get a 50-cent bottle of "Wyeth's Sage and Sulphur Compound" at any drug store. Millions of bottles of this old, famous Sage Tea Recipe are sold annually, says a well-known druggist here, because it darkens the hair so naturally and evenly that no one can tell it has been applied.

Those whose hair is turning gray, becoming faded, dry, scraggly and thin have a surprise awaiting them, because after one or two applications the gray hair vanishes and your locks become luxuriantly dark and beautiful—all dandruff goes, scalp itching and falling hair stops. "This is the age of youth. Gray-haired, unattractive folks aren't wanted around, so busy with Wyeth's Sage and Sulphur to-night and you'll be delighted with your dark, handsome hair and your youthful appearance within a few days.

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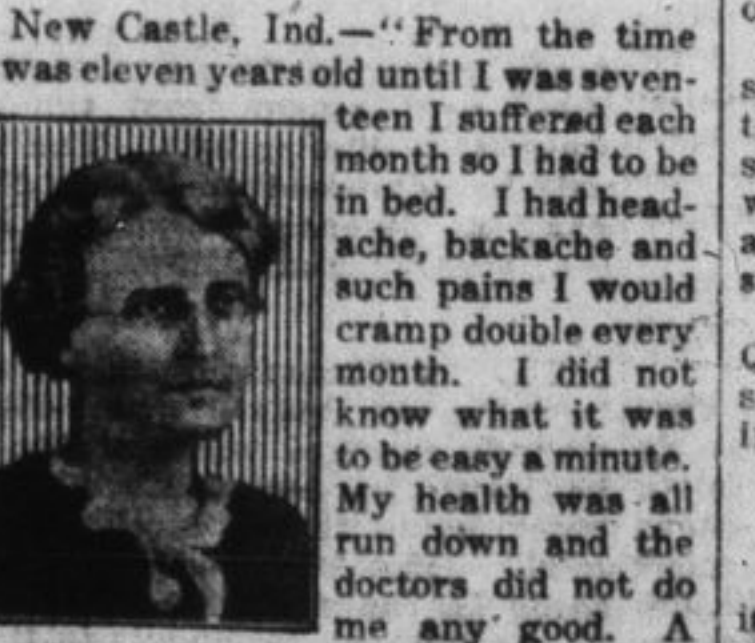
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SOWARDS Keeps Coal and Coal Keeps SOWARDS.

"I DON'T SUFFER ANY MORE"

"Feel Like a New Person," says Mrs. Hamilton.

New Castle, Ind.—"From the time I was eleven years old until I was seventeen I suffered each month so I had to be in bed. I had headache, backache and such pains I would cramp double every month. I did not know what it was to be easy a minute. My health was all run down and the doctors did not do me any good. A neighbor told my mother about Lydia E. Pinkham's Vegetable Compound and I took it, and now I feel like a new person. I don't suffer any more and I am regular every month."—Mrs. HAZEL HAMILTON, 822 South 15th St.



When a remedy has lived for forty years, steadily growing in popularity and influence, and thousands upon thousands of women declare they owe their health to it, it is not reasonable to believe that it is an article of great merit?

If you want special advice write to Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

GERMANY'S FORTRESS

HELGOLAND WAS A DISMAL PLACE A FEW YEARS AGO.

When the Island Belonged to the British Empire It Was a Flat-topped Heap of Clay With No Shelter for Man or Beast—Concession of Guns Brought Tons of Earth Down Into the Sea.

A MOST important part of the German naval defence is the island of Heligoland in the North Sea, commanding the western entrance to the Kiel Canal.

It is now a mass of concreted cement, heavily fortified, and is the great naval base behind the shelter of which Germany's fleets cover in safety.

One of the old English coast-guards who were stationed on Heligoland has recently given a description of this strongly-fortified German island, as it appeared before it was acquired from Great Britain.

"The island was only a small one," he said, "barely a mile long and about half a mile wide. There were 2,300 inhabitants, and apart from the Governor, Lieut. Colonel Mazze, his wife, and the coastguards, the population was mainly German. In the summer the island was a very fashionable watering place, but almost every house was a boarding-house, but only the nobility of Germany could afford to go there.

The island was perfectly flat on the top, which consisted of a kind of red clay, and provided no shelter for anything. Heavy ordnance could not be placed on the top. The lower portion of the island consisted of rock and was absolutely rotten, the heavy winter frosts bringing down hundreds of tons of soil at a time.

"Along the east side there were high cliffs, at the base of which the lower town was situated. The distance from the edge of the cliffs to the high-water mark was about 500 feet, and this was the only available piece of ground where Zeppelin sheds could be erected.

"Whenever we used the guns in practice, the concussion brought down tons of earth. I don't think it is any wonder that the Germans have made it a cement island.

British dreadnoughts could lie off Heligoland and level the lot in half an hour. A fact which serves to illustrate the exceedingly rotten condition of the island geologically, that about sixty yards from the main island there stands a pinnacle 200 feet high, which was undoubtedly at one time a part of Heligoland. Numbers of birds nest and lay there in the season.

About 1,800 miles from Heligoland there was a small island called Sandy Island, at the back of which the French fleet lay during the Franco-Prussian war.

Shortly after the Germans had defeated the French a German noble sailed to the island. He found the fleet will lie at the back of Sandy Island, Heligoland was a German possession, and the next thing we will do will be to have England."

"You had better come over to England, and we will give you a taste of the roast beef." The first two boasts have come true, but the Germans haven't got England yet.

"You will see, however, what they had in their minds even at that time. Very few English visitors used to go to Heligoland, and the German holiday-makers even then began to look on it as a German possession."

Throwing Shoes After Brides. Throwing a shoe after the bride is the survival of a custom based upon ancient symbolical usages in connection with sandals or shoes. Delivery of a shoe was used as a testimony in transferring a possession. A man plucked off his shoe and gave it to his neighbor, and this was a testimony in Israel.

Throwing a shoe on property was a symbol of new ownership. From these ancient practices came the old English and Scottish customs of throwing an old shoe after a bride on her departure for a new home, symbolizing that the parents gave up all right or dominion over their daughter.

In Anglo-Saxon times the father delivered the bride's shoe to the bridegroom, who touched her on the head with it to show his authority. In Turkey the bridegroom is chased after marriage by the wedding guests and pelted with slippers.

"Hauled In" Two Persons. For saving two persons from drowning, a Girl Guide, Joyce Buckley Yeoman, aged thirteen, of Prestwich, has received the bronze medal of the Royal Humane Society.

While bathing at Llanfairfechan she saw a man and girl in difficulties. In correct life-saving fashion she took the man by the head, and with the girl clinging to the man's arm, she brought them safely to shore.

"She then dashed off to breakfast. Questioned as to why she was late, she said: 'Oh, I've just been hauling in two people.'"

A Poser for the German. A nun who accompanied the British women on their return from Belgium to London relates a delightful story of how, recently, a big German officer went into a shop in Brussels and explained to the old woman in-charge that Germany was ever so many times bigger than Belgium.

"How is it, then," she inquired, "that you can travel through Germany in three weeks, whereas you have taken over a year to get through Belgium, and you are not stronger?" The officer saluted and walked away.

Failure should never be tolerated until you have exhausted every effort to rout it. Through a man's tongue we get a glimpse of his brains—or his lack thereof.

AUSTRALIA'S LLOYD GEORGE.

Another Welshman Who Rose by Persistence, Industry and Service.

The Lloyd George of Australia is the newly-elected premier, William Morris Hughes, a Welshman who went out to the big island 20 years ago and has just been made Prime Minister of the province.

Until he was about 10 years old William Morris Hughes knew but little English, but when he had acquired a better knowledge of that language he became a devoted student of it through the medium of classic works—the Bible, Shakespeare and Dickens. Before he was 20 he was obliged to earn his living as a state school teacher and, his health having suffered from the strain, he went to Australia.

This step he took in 1884. For the next 10 years his life was a succession of struggles to find work, keep it, and retain his health. He was at various times a boundary rider or ranch hand, a railroad freight station hand, a shed-builder, a post-hole digger, a vineyard helper, an employe in capacities on coastwise steamers and a driver of the New Zealand 600 miles in search of employment, only to be disappointed.

An illness finally turned him to seeking his fortune in the city of Sydney, where he had to peddle books, mend umbrellas, and do almost anything else to make a living. At this stage he became a Socialist and single taxer—the latter from hearing lectures by Henry George, who was then on a tour of Australia and reading Mr. George's work, "Progress and Poverty."

Upon the formation of the Labor party in New South Wales as a separate entity, Mr. Hughes threw his whole soul into the movement and he may quite properly be said to be a founder of the party as it exists in Australia to-day. In 1894 Mr. Hughes was elected a member of the New South Wales legislative assembly and he soon gained a reputation as a trenchant speaker and hard worker. It was during his service in this body that he introduced and had passed the Early Closing Act.

In 1901, when the first elections were held for the government of the forthcoming commonwealth, Mr. Hughes was elected a member of the House of Representatives by a constituency in Sydney which is composed mostly of Welsh laborers. Mr. Hughes was admitted to the bar in 1902 and in 1904 he rose to cabinet rank. This was in Australia's first labor ministry—that of J. C. Watson.

He was Minister for external Affairs during the short life of the Watson Government. In 1908 he was again coming into power, in 1908 he became Attorney General. This position he has held in every successive labor cabinet and he does not expect to relinquish it now that he has become Prime Minister by the action of the labor cabinet which is to say he will assume the duties of both offices.

Prisoners Who "Do Their Bit." The war has brought about a great increase in crime in the United Kingdom.

There are not nearly so many people in prison now as there were times of peace. Indeed, in August, 1914, no fewer than 13,580 people were behind prison bars; in March last there were only 9,188.

Even those who are left in duration vile seem anxious to do their bit for the country. Numerous articles were required quickly for the use of Tommy and Jack at the front. The prisoners put their backs into the work and turned it out in record time. As a reward the Government allowed them to be made to do their bit for the progress of naval and military operations once a week.

From the outbreak of war up to May last, 240 inmates of Borstal institutions who had previously served in the army were released to enlist. Thirty-five of these were later promoted to be non-commissioned officers, sixteen were killed or wounded, and only seventeen committed fresh offences.

Indian Tiger Superstitions. In India the people believe in very many old fairy tales and superstitions.

One of these is that the ghost of a man killed by a tiger rides on the head of the beast that slew him to warn him of danger and to guide him to new victims.

It is declared that Providence provides for the tiger's daily wants to the amount of one rupee (two shillings) a day; that is to say, if a tiger kills a calf worth six rupees he will not be allowed another victim for three days.

Eating the flesh of a tiger is supposed to give one great courage and alertness, but the whiskers are said to be singed off the beast, or his spirit will haunt the man who fed off him, and he is likely to be turned into a tiger in the next world.

St. Bernard's at Gallipoli. The Red Cross St. Bernard dogs are a great help to us in the trenches, and it is remarkable how they know the dead from the unconscious. When they find a living man they give a low mournful howl to fetch us.

This is an interesting extract from a letter written by a nursing sister at the Dardanelles. "We don't let them out till the battle is over, and sometimes we can't tell exactly where they have found the man; so when no one goes to them they come to us carrying the man's cap, which lets us know whether he is Turk or a Britisher, and they lead us to the very spot."

Size of Cambodia. Bishop Welton, in his recently published "Recollections and Reflections," tells the following story: "A governor once tried to give his pupils some idea of the relative size of distant countries by saying 'Cambodia is about as large as Siam' when this information was reproduced in a written exercise, one of the girls put in the words: 'She says Cambodia is about as large as she is.'"

In some instances style has been known to do a lot of business on borrowed capital.

Taken as a team, the drawing power of discouragement and despondency is light.

GAVE LIFE FOR BLIND.

Sir Frederick Fraser Has Built Up a Great Institution.

Charles Frederick Fraser was born in Windsor, Nova Scotia, in the year 1850, his father being the late Dr. Fraser, M.D., the well-known and beloved physician of the countryside.

When a boy of six, while whittling with a penknife, he injured his right eye, and though every precaution that medical skill could suggest was taken to prevent the injury from becoming permanent, he finally lost his sight. Total blindness, however, fortunately, did not occur until he had gone to school for eight years to one of the best masters of the period, and although at great disadvantage, he was prepared to take the matriculation examinations and enter college. Finding that his sight was rapidly leaving him, his father sent him to the Perkins School for the Blind at Boston.

He was twenty-one years of age when he graduated from the Perkins School. It was then he was offered the position of Principal of the Halifax School for the Blind, which had only been opened a short time, and was in a struggling position. He accepted the position, and he looked forward to a business career.

Two years passed, but he had not as yet engaged in business. He kept quietly pursuing his studies. In the meanwhile he had not lost sight of the school. He was aware of its condition and its difficulties. He was ambitious to get on in the world, and there was not much work or money in being the mere pedagogue of a school for the blind.

But he faced the issue manfully and wrote to the Board of Managers offering his services to the school. In his letter he outlined a course of action for the school, the sympathy and help of the general public, as well as the internal management financial and otherwise. In concluding his letter to the Board, he offered to take charge, without salary or compensation, until such time as the school would be placed on a solid financial basis.

When he took charge, in 1872, it had but one building, with two teachers and six pupils. To-day there are five elegant brick and stone buildings, valued at a cost of \$120,000. There is a staff of twenty-five teachers and instructors in different departments, ranging from music to kindergarten instruction, and an attendance of pupils from all parts of Eastern Canada, numbering, annually, about 150. Hundreds during the last forty years have graduated from the school and gone forth into the world of business activity. And the school directed and managed by Sir Frederick Fraser is now regarded as second to none of its kind in the world.

In one year from the time Mr. Fraser took charge there was a great change in the institution. A new building had been built. Money which had been impossible to get for new buildings, physical training, handicraft instruction, pianos, a library, and many other necessary things began to come in, because the sightless man at the head went after a fund was started to help graduates get positions. The grounds were enlarged and beautified. New buildings were erected. All these meant money and more money, which was obtained, because the man at the head understood from the blind man's "point of view" the psychology of the situation.

Then came the campaign to extend education to the blind over the Province and to give blind children the same provincial rights in education as those who could see. The story of this campaign is an eloquent chapter in the life work of Sir Frederick Fraser, who, because of it was recognized as one of the real philanthropists of Canada.

Natives of U. S. in Canada. A reminder that the United States has furnished Canada with many of her great men in the political, railway, and commercial world is furnished by a list of persons to whom honorary citizenship has been granted. These were: E. J. Chamberlain and Howard G. Lee, of the Grand Trunk Railway; E. G. Deville, Surveyor-General of Canada; C. F. Sise, vice-president of the Bell Telephone Company, Montreal, and P. F. Sise, vice-president and general manager of the Northern Electric Company, Montreal, and another section of the Nationalization Act. Further down the list are the names of Charles Newton Candee, vice-president of the Gutter Percha Rubber Company, of Toronto; of Jacob Lewis Eglehart, chairman of the Lumbering and Northern Ontario Railway, and of Elmer Hasdolph Carrington, vice-president of the Thiel Detective Service, Montreal, all former Americans. Baldwin Larus Baldwinston, Deputy Provincial Secretary, a former native of New York, has also been naturalized. He is under another section of the Nationalization Act. Gustav Heilmann, secretary to the Minister of Marine and Fisheries, and John Henry Stanford, civil servant.

German-Canadian Brigade? That a brigade of Canadians of German descent, raised to fight for Canada at the front is the suggestion which has been made to the Minister of Militia and is now being considered by him. There are at present numbers of such men among the ranks of Canadian soldiers at the front, and they have done splendid service. The first intelligence officer with the first contingent is a German-Canadian whose father was a German army officer and whose mother was the daughter of an Austrian general with three brothers fighting in the Austrian ranks to-day. Her son, the Canadian army officer, has already been decorated for good service.

When you brag about the virtues of your ancestors, you, in a way, deal in second-hand credentials. Be fair enough and true enough to grant the other fellow the same right you demand for yourself.

REAL DISASTER FOR GERMANY.

(Continued from page 9.) fashion that what used to be made at Lille, Roubaix, St. Quentin, and Tourcoing—that is, the things essential to national life and comfort—are now made elsewhere. Now, if peace were to be considered to-day it is evident that Germany would have to evacuate France and Belgium as well. In no other way could she persuade the British to permit her ships to sail the seas, and she has no present means of compelling such British consent. But this would be to restore things to their exact status before the war. It would mean that for her tremendous sacrifices Germany had gained nothing from France or Great Britain, but had lost her Colonies. Conceivably the British would not make such a bargain. Then what?

Economic Freedom of Allies. "Either Germany would have to offer more or she would have to continue in a condition which would mean the paralysis of her industrial establishments. She might make peace with France and with Russia and with all her Continental enemies, but she would not be one step nearer the freedom of the seas than was Napoleon after he had conquered the Continent. She could, to be sure, send her manufactures to Russia and France if they were prepared to resume friendly relations, but would they? Here on strikes at the heart of the real disaster, this war has already foreshadowed for Germany.

Before the war Germany dominated the Russian markets. She was able through the terms of the treaty of Frankfurt to sell advantageously in France. But both Russia and France have taken back their economic freedom. Both have strongly indicated their purpose to discriminate hereafter against German manufactures. Unquestionably British products and conceivably those of the United States will receive more favourable tariff treatment than Germany after the war is over. As a result of the present moment Great Britain has competed with Germany on equal terms in her home markets and those of her Colonies. Nothing is more certain than that after the war there will be Imperial preference and probably international preference between France, Great Britain, and their respective Colonies.

In France, Russia, and to some extent even in Italy, the bases of German commerce have been swept away. In addition, there has been created an anti-German feeling which will not disappear for years and will act against German interests. In such a simple matter as shipping it is entirely unlikely that France and Great Britain will ever again permit Germany to use their harbours as ports of call in Transatlantic trade and in Mediterranean and Far East transport.

Gains and Losses. "As an asset what has Germany gained? Her conquests in Belgium and France are valueless save only as they provide a basis for bargaining with Great Britain over the blockade. They look imposing on the map, but actually Germany is in the position of a burglar who has got into a house and gathered up the silver but cannot get away with it. In her war with Great Britain and France, therefore, it is plain that Germany has been beaten."

Turning to the East, the New York Tribune contends that not even the most sweeping victories can compensate her for the loss of the war. It is not only the loss of the war, but the loss of the war, that is the real disaster for Germany. Europe would never consent to the establishment of a Great Central Empire which is the dream of German expansionists. Moreover, nothing she can achieve in the East will enable her to resume her commercial life because the British Fleet blocks the way.

In conclusion, the New York Tribune expresses the belief that Germany, despite the boasting of her public speakers, has been cured of her madness, and her dream of world power has vanished into thin air. Germany has lost the war, and she will not get away with it. Her world-supremacy, and she will win coming out of the war at the very best very heavily burdened with debt leaving her great foes unbeaten, leaving Great Britain, her chief rival, organized for war on something like the German basis, and having lost the world-markets in which she found her greatest prosperity before the war.

The wise man turns up his sleeves and goes after a job, while the fool sits around and waits for the job to come to him. It is truly remarkable with what ease we can point out the other fellow's road to success.

\$1,000.00 REWARD For information that will lead to the discovery of whereabouts of the person or persons suffering from Nervous Debility, Diseases of the Mouth and Throat, Blood Poison, Skin Diseases, Bladder Troubles, Special Ailments, and Chronic or Complicated Complaints who cannot be cured at The Ontario Medical Institute, 263-265 Yonge St., Toronto. Correspondence invited.

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The Right Time. The right time to reach the members of the family is when they are at home, and the right way to reach them is through the advertising columns of the paper that goes into the homes. There are other methods of advertising that enjoy a certain transitory popularity, because they are new or novel, but the oldest, wisest and most successful advertisers tie their faith to the home newspaper. When people are away from their homes, there are a thousand things to divert their attention, but an advertisement read in the quiet of the family circle will be read and remembered.