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MR. F. J. CAVEEN 632 Gerrard St. East, Toronto. For two years, I was a victim of Acute Indigestion and Gas In The Stomach. It afterwards attacked my Heart, and I had pains all over the body, so I could hardly move around. I tried all kinds of medicines but none of them did me any good. At last, acting on the advice of a friend, I decided to try "Fruit-a-lives". I bought the first box last June, and now I am well, after using only three boxes. I recommend "Fruit-a-lives" to anyone suffering from indigestion, no matter how acute.

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Dylica Toilet Cream For Chapped Hands, Face and Lips. Preserves the Complexion. Dylica & Lawrence Co., Montreal.

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RUSSIANS POURING IN

MANY ARE COMING FROM THE U. S. TO WESTERN CANADA.

New Settlers in the North-West have Spent a Considerable Time Across the Line, and Will Make Fine Citizens—The Western People Expect to Benefit Greatly From Increased Trade With the Russian Empire.

It seems more than likely that we shall soon have a great deal more to do with our friends, the Russians, than we had a year or two ago, says Aubrey Fullerton in The Toronto Star Weekly. Partly as a result of the war and partly from other causes, we will feel this new contact in at least two ways—in increased trade relations with our big ally over the sea, and in an early increase of Russian immigration.

War or no war, Russian farmers make very good settlers, and the West can safely receive a reasonable number of them. As with every other nationality, the experiment of Canadianizing the Russians works out more smoothly and satisfactorily on the farm than in the city, and there have already been some cases of signal success in that direction in the West.

There is, for instance, the record of a certain big Russian farmer not far from Calgary. Cav. U. L. Fuanell is his name, and he has associated with him one Perelstrous, an un-Canadian name, as one could wish to work on. Fuanell was an engineer in his own country, and when he came to Canada a few years ago he at once proceeded to apply to the business of farming the same big ranch that he had formerly applied to trading and bridge-building. He bought some 4,000 acres of land in the Bassano district, gave his farm a good Russian name to remind him of home, and then fell to making a Canadian citizen of himself.

That farm of Fuanell's is almost in the neighbourhood of a city. It has an equipment of buildings and machinery that would make the average Canadian farmer twice happy: model barns, model chicken houses, water supply piped everywhere from a gasoline-driven pump, electricity for all the buildings generated on the property, and every description of farming implement for year-round work. The farm hands, most of whom are Russians also, live on the farm in neat cottages of a mixed Russian and Canadian type, and for their greater comfort and homeliness there is even a large Russian bath-house.

It is, of course, quite true that only an exceptional Russian settler in Canada has either the means or the inclination to do farming on a scale like this, but something of the same pluck and initiative and adaptiveness characterizes nearly all of the better class Russian immigrants who go on farms. If they have only a few acres, they are the right kind of schooling themselves and their future citizens. As to the quality of the new immigration now setting in, it seems to be reasonably safeguarded by the good standing of the men who are acting as promoters and organizers.

On the other contact between Canada and Russia, that of increased trade relations, C. F. Just is the chief authority. Soon after the outbreak of the war he made a tour of Russia as trade commissioner from Canada, and his reports to Ottawa indicate very excellent opportunities for new business after the war, or even now. It will pay us well, thinks Mr. Just, to keep our eyes on this new trade prospect, out of which a great and profitable market may come. The same West that will receive several thousand new Russian settlers is interested in this prospective trade question, but from a different angle than the rest of Canada. If eastern manufacturers, for instance, are in demand in Russia after the war, they will most naturally seek a market in European Russia, and will be shipped across the Atlantic. But the West is looking more particularly to Siberia, which it will reach by the trans-Pacific route. That vast, half-known, but now awakening country will give a market, it is believed, which disorganized Europe cannot hope to supply, but which America can very well supply. In some physical respects, Northern Siberia corresponds very closely with North-Western Canada, and a better trade understanding will follow on that account. Some of the things that Siberia wants and will presently ask for in greater quantities than ever before, are directly in the lines that the Western Provinces can supply particularly well.

BABOO HUMOR.

East Indian Efforts to Speak English Are Sometimes Amusing.

Speaking in his "Reminiscences" of the letters he has received from Baboo correspondents, Dean Weldon says that he has been addressed as "Your divine worship," "Your holy-spirit," "My paternal old father," by one who signed himself "Your devoted son," as "Civilized sir," and "Honored enormity." "I have admitted, as I was told, been spoken of as an honored and sparking sir."

"Begging letters, perhaps, contain the most striking examples of obtuse or less than obtuse English. As when one Baboo writes 'This your humble and foodless petitioner begs humbly to be pardoned and graciously beseech your worship to shelter him under the Ecclesia's mighty wings just to support with the family.' Or another begs in terms of a humble application for baptism, absolution, and a pair of shoes. 'There is not, I am afraid, much humor among the Bengalis, or it could not happen that the Lieutenant-Governor would be greeted by the word 'Baboo' on a large placard put up outside the office, or the Viceroy by an inscription which evidently dated from the time of the late King Edward's visit, when he was Prince of Wales, to India—'Tell Mambro, we are happy!'"

Among other things, the Baboo humor cited by the Dean is the description of a native baker who labelled his shop thus "English loafer," because he made bread in the English fashion. The "very best" Baboo-humor that the Dean has heard, however, was that in which a house was described as "Only three or four miles away as the cock crows."

Animal Doctors. There is more than one kind of animal that, when in a state of nature, employs animals of another kind to protect it from disease and other ills. For instance, the crocodile in the Nile make friends with a little bird, which feeds on the insects that infest their jaws, and also on the pieces of food that cling to their teeth. No crocodile will ever harm this bird, for not only does it prevent him from having bad teeth, but it prevents him from being considerably irritated by the flies. An even more curious animal partnership than this is that which exists between the hermit crab and a worm called a nereis. The hermit lives in the empty shell of some other shellfish; but as he is a very untidy creature and litters his "house" with bits of food, he induces the nereis worm to come and live with him. In return for shelter, the worm cleans up the hermit's dwelling by eating up the refuse that is left about the shell.

A Carrier's Fortune. The death of Mr. Robert Christison, one of the foremost Queensland pioneers, recalls the romance of a Berkshire post-boy whom he met out in the bush. James Nailan, the first post-boy between Foulden and Berwick, emigrated to Australia, over fifty years ago. By working for two years he saved enough money to buy a yoke of oxen, and he made a small fortune by acting as carrier during the rush to Bendigo for the gold-districts.

Mr. Christison met him in "Bacchoo Marsh," hiding for fear of attack by bushrangers. A feature of his equipment was a pair of bullock-horns, ostensibly filled with cart-grease, but having secreted in them 289oz. of gold-stuff. Four years later Mr. Christison met him again in Melbourne. He had saved £2,000 as carrier, and bought land near the place chosen as harbor for Melbourne. As the result of his investment he was enabled to return to his native country and buy an estate of 1,000 acres.

A Scottish Ghost Story. The young Grenadier Guardsman, Sir George Houstoun-Boswell, who is reported "missing, believed killed," is a wealthy Berkshire landowner and the scion of an ancient Scottish family. A weird ghost story is associated with Allanbank, the residence inherited by him from his ancestors, the extinct Stuart Baronets. Allanbank remained empty for a number of years because it was haunted by an apparition known as "Pearlin Jean," so called because she wore that kind of lace on her dress. "Pearlin Jean" was a novice in a Continental convent when the first Baronet, Sir Robert Stuart, fell in love with her. Sir Robert deserted her, and the girl hung herself under the wheels of his carriage, and was killed. When the faithless lover returned to Allanbank he was horrified by visions of the girl. Seven ministers were called in to lay "Pearlin Jean," but her spirit would not rest.

PIONEER FIRE MAKING.

United Empire Loyalists' Cooked Under Heavy Difficulties.

As there were no matches in the early days of the United Empire Loyalist pioneers in Ontario, the fire was kept constantly burning, and when not required the coals were covered over with ashes, where they would remain alive for hours. Occasionally the coals would die out and then one of the younger members was sent away to a neighbor to obtain a pair of live coals. Most families were skilled in making a fire by striking sparks from a flint upon a dry combustible substance, or by rapidly revolving one dry piece of pine against another, as the Indians used to do; but these practices were slow and wary not resorted to except in extreme cases.

The blazing logs in the fire-place furnished ample light during the winter evenings. The inventive genius of man has since produced the kerosene lamp, gas, acetylene, electricity, and other illuminants, but none of these can furnish the bright welcome of the pine knots blazing along the old-fashioned back-log. If any other artificial light was required, the tallow dip was the only alternative. This dip was a tallow candle, shaped up until the wick, five or six inches long, was introduced. A kettle was placed over the coals with five or six inches of water in the bottom. When the water was brought to the boiling point there was added the melted tallow. This remained on the surface of the water. The only service the water was intended to render was to support the tallow by raising it so many inches above the bottom of the kettle, where it could be used much more easily than if it could it remained at the bottom. The candle wicks were twisted with a loop at one end, which was hooked under the wick. Five or six wicks would be thus suspended from the stick and slowly dipped into the liquid tallow, by which process the wicks became saturated. As soon as the tallow congealed they were dipped in again, and the operation repeated until the wick was surrounded by a thick coating of tallow very similar to the ordinary wax or tallow candle of to-day, but not so smooth or uniform in size as those made at a later period in the moulds.

Dishes were as scarce as cooking utensils. A few earthenware plates, bowls, and a platter were displayed upon a shelf; and they were all the house could boast of. Others were whittled out of the fine-grained wood of the poplar and served the purpose fairly well until the Yankee peddler arrived with the more desirable pewter ware. As soon as the iron could be procured, a crane was swung over the fire-place, and from it were suspended the iron tea-kettle and the gridle. The latter was a large disc upon which the pancakes were made. It was supported by an iron bale, and was large enough to hold eight or ten fair-sized cakes. The frying-pans were similar to those in use today, but were furnished with handles three feet long, so that they could be used over the hot coals of the fire-place. The bake-kettles was an indispensable article in every household. It was about eighteen inches in diameter, stood upon short legs, and would hold four or five two-pound loaves, or their equivalent. The coals were raked out on the hearth, the kettle set over them and more coals heaped upon the iron lid. These were replenished, above and below, from time to time, until the bread was thoroughly baked.

DECORATION FOR WOMEN.

One Asks What Provision Shall Be Made for Helpers at Home.

Here is a letter with a "punch," published recently in The Canadian Courier. It comes from a disinterested western woman who has ideas on the recognition of women as a result of the war and is not afraid to express them. At a time when so many men are at war that a great deal of the world's other work as well as war work is necessarily being done by women, why should women's services not be recognized as men's services are? "Winnipeg, January 25th. "Editor, Canadian Courier: "Sir—Up to the present the world generally has held to the pinched and hidebound principle that honors belong to the male of the species; they most justly do—but in a case, such as the present great war, when the women of Canada are sharing the burden, the labor and the sacrifice, I feel sure Canada won't refuse to recognize what the women are doing. "Why not lay before Her Majesty Queen Mary a report showing the part the women are playing in the war? Why not ask her most gracious majesty to create a new honor and bestow it where it is most deserved? I do not mean by this a barrel of medals for general distribution—women do not want 'ward' personally—but representative recognition for each province, let us say, and first honors should go to the Canadian-born mothers who have given the greatest number of sons to fight. "The woman who has led in Red Cross work at home, the woman who has originated the Daughters of the Empire—a work truly patriotic indeed. The woman who has given of her substance—not expecting reward, but giving to her country because she wanted to give—to such splendid women some recognition should be given. It would inspire the generations to come as it would proudly please those now enduring what God only knows and understands. "How to do this? To get every fact from every point between Victoria, B.C., and Halifax, from some official source. This in the form of a report which (afterwards) be kept in the archives of this nation—and believe me, no grander record on the page of Canadian history will ever be written! "As an earnest of my own absolutely impersonal interest in this idea, I want to say to you that I don't, at this moment, know the name of any woman who has earned these (suggested) honors; but I do know in the various overseas contingents, and more than 3,000 members of the Salvation Army have enlisted in the ranks. Kingston will have one of the first women—

Would Cut Boats in Two. The suggestion that lake-grain carriers be cut in two and sent through the canals to be used on the ocean during the late fall and the winter has attracted much attention along the lakes. Robert Carr, the agent for Lloyd's at Port Arthur, says the plan is perfectly feasible for a ship of 42-foot beam and under. These boats are strong enough for ocean service, and the changes required would be comparatively inexpensive. St. Lawrence navigation is open after the upper lakes season has closed, and there would be time to prepare the lake vessels for the trip through the canals. Salvation Bands of Women. Salvation Army bands, composed of women, will soon be a common sight in Canadian cities. Over 300 of their male musicians have joined bands in the various overseas contingents, and more than 3,000 members of the Salvation Army have enlisted in the ranks. Kingston will have one of the first women—

Half a loaf earned is better than a whole one begged. Trouble hunters usually secure money more readily than recognition, but not reputation. What is Fair Recruiting? What are fair and what are unfair recruiting methods? asks The Canadian Courier. How far may a recruiting officer go in trying to persuade men to join the colors? Must he be always gentle and seductive of voice? May he rise to heights of heated eloquence likely to be termed abusive? Is he wise in sneering at Canadians and holding them up to ridicule by comparison with old countrymen? These questions are not all to be answered off-hand. Major M. S. Boehm, of the 169th Battalion, came under the limelight recently in connection with his efforts to get men for that unit. Part of his general plan of operations was said to have been to hurl vituperative epithets at Canadians for allowing old countrymen to be first in coming forward to volunteer. The Toronto newspapers took the matter up and published veiled hints that the recruiting officer was unwise. General Logie issued an order forbidding the use of certain unpleasant tactics in the military district under his command, and putting the ban on the abuse of Canadians as Canadians. Since then Major Boehm has been in Ottawa, and General Sir Sam Hughes. Though he is said to have reported, "Ottawa just paid us all over" and approved the methods, the newspapers report a marked change of tone in the Major's speeches and an absence of the offensive references to Canadians. Major Boehm has had charge of special recruiting efforts for the 169th, and has made a specialty of canvassing factories and offices. This battalion has been very successful in getting men.

A Considerate Editor. It is the policy of many an editor in the smaller towns of Canada to avoid hurting the feelings of anybody within the radius of his newspaper's influence, but possibly the man most careful in avoiding offence is Mr. Bournot, of The Richmond County Record. Below is printed a literary gem showing Mr. Bournot's letting down easily the fellows whose modesty makes them shrink from enlisting: "The main objection, as we see it, to participating in military operations against persons such as the Turks and the very objectionable allies, the brutal and murderous Germans, Austrians, and Bulgarians, is that it involves, in all cases, a certain amount of physical discomfort; and the risk, in a certain proportion of cases, of bodily damage, and even death. These are very serious objections; and it is, we presume, these objections which weigh chiefly upon the minds of such Canadians who prefer Richmond county to the vicinity of Ypres. "Now, it is important to bear in mind that these objections are more serious in the case of a young man than they are in the case of older men."

Easy & Practical Home Dress Making Lessons Prepared Especially For This Newspaper by Pictorial Review. A NEW SKIRT WITH SMART BELT. Fashionable six-pored skirt made with a pleat at each seam and finished at the waist-line with a high, strapped, stitched belt. There is such a vogue for separate waists that skirt models must be correspondingly smart. After the correct length and fullness, nothing figures more prominently in the design of the new skirts than the belt finish. On the skirt illustrated here there is a wide belt which may be made of self-material, but suede and patent leathers are used extensively for the purpose. Fur belts are also to be found among the season's novelties, and they afford real protection to the back—a vulnerable part of the body when the short, loose jackets are worn. In medium size the skirt requires 2 1/2 yards 54-inch material. The closing is effected to the left of the center-front. If the wide belt is not desired, provision is made for a narrower design. The home dressmaker should study the guide carefully before making any attempt to cut into her material. This saves time, trouble and material and insures good lines for the skirt. First fold the goods in half and smooth out all wrinkles. Then even with the fold of material place the front and back gores, marked by triple "TTT" perforations. The side back and side front gores are laid on a lengthwise thread of the material, with the upper edge of each gore almost meeting. This arrangement results in an open space being formed by the sloping sides of the gores, and in this space the belt and strap sections of the skirt are laid, thus using up every available inch of material. For the shorter length skirt, cut off lower edges of gores on single or double "oo" perforations, according to the length preferred. Of course no skirt is immune from the fur band this season, and this model is admirably adapted to such a decoration, if desired. CUTTING GUIDE 6480. SIDE BACK GORE C, BELT F, SIDE FRONT GORE B, FRONT GORE A, BACK GORE D. FOLD OF 54 INCH MATERIAL WITHOUT NAP. Pictorial Review Skirt No. 6480. Sizes 22, 24, 26, 28, 30, 32, 34, 36, 38 and 40 inches waist. Price, 15 cents. Above Patterns can be obtained from NEWMAN & SHAW, Princess Street

THE NEW FREEMAN REMEDY. THE THERAPION. It is a French Hospital with 100 beds. It is a French Hospital with 100 beds. It is a French Hospital with 100 beds.

HOW YOU MAY REDUCE YOUR WEIGHT. Overstuffedness is a very unwelcome condition especially in the present day, when slender figures are so fashionable, and every reader of this paper has noticed the tendency of some people to put on an excessive amount of fat. If you happen to be one of those whose weight is more than it should be, don't try to starve yourself, eat all you want, but go to your drugist and get all of orlone in capsule form and take one with each meal. Orlone increases the oxygen-carrying power of the blood and dissolves the fat tissue, in many cases at nearly the rate of one pound per day. Be sure to get all of orlone in capsule form. It is sold only in original sealed packages. Any good druggist has it, or a large size box will be sent on receipt of 25c. Address D. J. Little Drug Co., Box 1340, Montreal, Can.

GLASS OF WATER BEFORE YOU EAT ANY BREAKFAST. Wash poison from system each morning and feel fresh as a daisy. Every day you clean the house you live in to get rid of the dust and dirt which collected through the previous day. Your body, the house your soul lives in, also becomes filled up each twenty-four hours with all manner of filth and poison. If only every man and woman could realize the wonders of drinking phosphated hot water, what a gratifying change would take place. Instead of the thousands of sickly, anemic-looking men, women and girls with pasty or muddy complexions; instead of the multitudes of "nerve wrecks," "rundowns," "brain fags" and pessimists we should see a virile, optimistic throng of rosy-cheeked people everywhere. Everyone, whether sick or well, should drink each morning before breakfast, a glass of real hot water with a teaspoonful of limestone phosphate in it to wash from the stomach, liver, kidneys and ten yards of bowels the previous day's indigestible waste, sour fermentations and poisons, thus cleansing, sweetening and freshening the entire alimentary canal before putting more food into the stomach. Those subject to sick headache, biliousness, nerve pain, rheumatism, colds; and particularly those who have a pallid, sallow complexion and who are constipated very often, are urged to obtain a quarter pound of limestone phosphate at the drug store which will cost but a trifle but is sufficient to demonstrate the quick and remarkable change in both health and appearance awaiting those who practice internal sanitation. We must remember that inside sanitation is more important than outside, because the skin does not absorb impurities to contaminate the blood, while the pores in the thirty feet of bowels do.

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