

TWO LONG YEARS HE SUFFERED

"Fruit-a-lives" Made Him Feel As If Walking On Air

OSWEGO, Ont., Nov. 23th, 1914.

"For over two years, I was troubled with Constipation, Dizziness, Lack of Appetite and Headaches. One day I saw your sign which read 'Fruit-a-lives make you feel like walking on air.' This appealed to me, so I decided to try a box. In a very short time, I began to feel better, and now I feel fine. I have good appetite, relish everything I eat, and the Headaches are gone entirely. I recommend this pleasant fruit medicine to all my friends."

DAN McLEAN.

50c. a box, 6 for \$2.50, trial size, 25c. At all dealers or sent postpaid by Fruit-a-lives Limited, Ottawa.

Special Week

For up-to-date Photographing; Bargains in Picture Framing; Special Prices on Pianos.

D.A. Weese
108 PRINCESS STREET

WOMAN AVOIDS OPERATION

Medicine Which Made Surgeon's Work Unnecessary.

Astoria, N. Y. — "For two years I was feeling ill and took all kinds of tonics. I was getting worse every day. I had chills, my head would ache, I was always tired. I could not walk straight because of the pain in my back and I had pain in my stomach. I went to a doctor and he said I must go under an operation, but I did not go. I read in the paper about Lydia E. Pinkham's Vegetable Compound and told my husband about it. I said 'I know nothing will help me but I will try this.' I found myself improving from the very first bottle, and in two weeks time I was able to sit down and eat a hearty breakfast with my husband, which I had not done for two years. I am now in the best of health and did not have the operation." — Mrs. JONN A. KOEHL, 502 Flushing Avenue, Astoria, N. Y.

Every one dreads the surgeon's knife and the operating table. Sometimes nothing else will do; but many times doctors say they are necessary when they are not. Letter after letter comes to the Pinkham Laboratory, telling how operations were advised and were not performed; or, if performed, did no good, but Lydia E. Pinkham's Vegetable Compound was used and good health followed.

If you want advice write to Lydia E. Pinkham Medicine Co. (Confidential), Lynn, Mass.

Vacation Shoes

Ladies' white Sport Shoes, Ladies' white canvas Oxfords, with rubber sole and heel; Ladies' white canvas Pumps, with rubber sole and heel; Ladies' white canvas tan trimmed with rubber sole and heel; Ladies' white canvas high cut lace boots; Ladies' white canvas pumps, white heels, \$1.50 to \$4.00.

Child's, Girls' and Boys' white canvas yachting boots.

Shoes for summer wear, vacation or holiday season.

The Sawyer Shoe Store
212 PRINCESS ST.

Cook's Cotton Root Compound.
An effective, reliable, vegetable medicine. Sold in three sizes. No. 1, 25c. No. 2, 50c. No. 3, \$1.00 per box. Sold by all druggists, or sent postpaid on receipt of price. Free pamphlet. Address: THE COOK MEDICINE CO., TORONTO, CAN. (Opposite Windsor Hotel.)

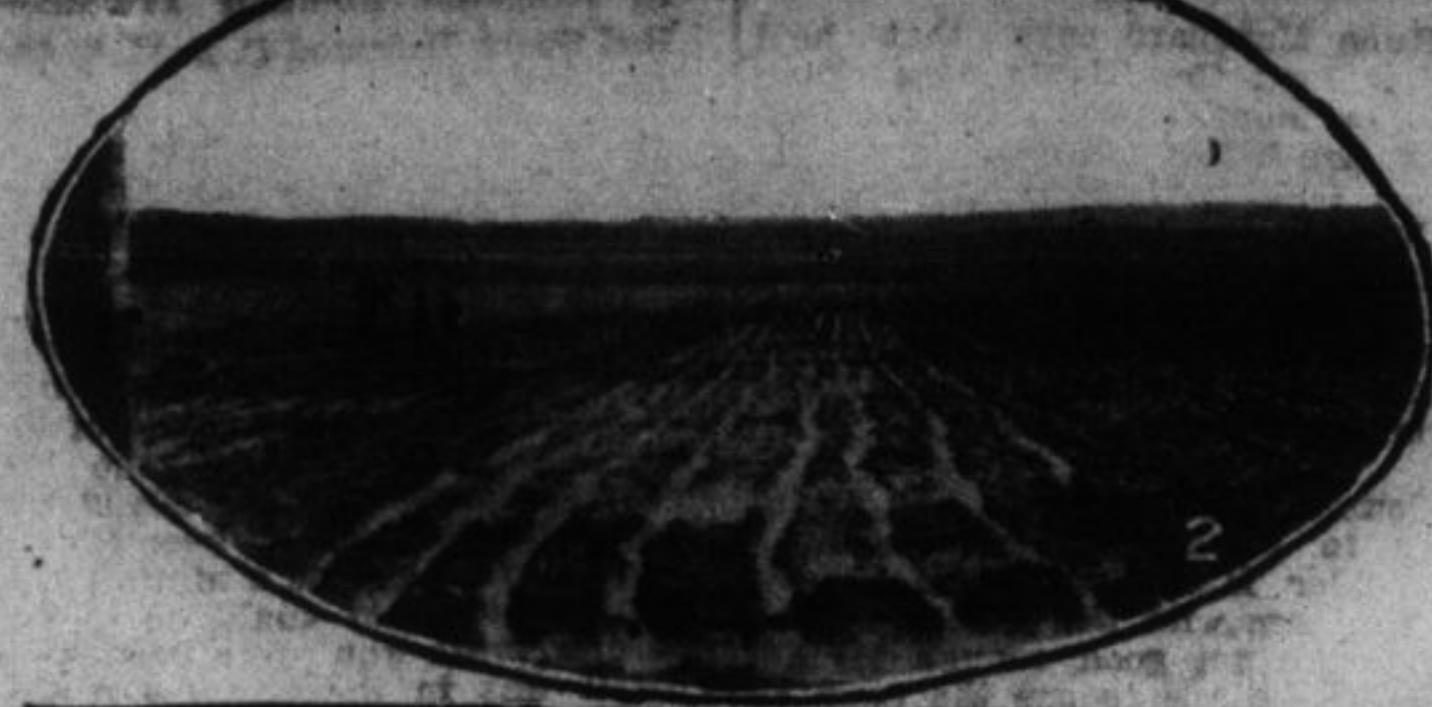
Kamloops AND Irrigation



(1) Panoramic View of Kamloops.
(2) Irrigation Ditches.
(3) Field of Mangolds, raised by irrigation.

THE Western Canada Irrigation Association held its Tenth Annual Convention at the City of Kamloops the last week in July. The picturesque little city takes its name from the Indian equivalent "Meeting of the Waters," where the sun shines every day and good fellowship, health and happiness radiate from all, and opens wide in hospitality its doors to you. Away back over a hundred years ago, the North West Fur Trading Co., with keen appreciation of the advantages of the location, established a post on the present site of Kamloops—the junction of the now called North and South Thompson Rivers. Its excellent water communications; its central position in a wide open stretch of splendid grazing country and its healthy, growing climate, attracted Indians and traders from all parts, and soon the little trading-post grew in importance and population. Seventy-five years afterwards the Canadian Pacific Railway thrust its steel rails through the main street of the aspiring little community, and it was but an endorsement of the opinion of the old trading company, that Kamloops was indeed, "The Place in the Sun."

There are irrefutable reasons why Kamloops claims the distinction of being the leading inland city of the Province of British Columbia. Its geographical position marks it as serving a very large area; 250 miles from Vancouver, 390 from Calgary,



and 640 from Edmonton, it sees no possible rival. With a population of some 5000, it points with pardonable pride to its splendid streets and pavements, to its modern electric lights, power, water and telephone systems,

SOME OTTAWA GLIMPSES

Special Correspondence by H. F. Gadsby.

The Commission And Allison.

Ottawa, Aug. 7.—The whole world seems to be making a dead set against Sam's honorary colonels. According to the London newspapers, there are too many of them on Piccadilly and the Strand giving fine old lawyerly generalities, who have risked their lives in India and other parts of the British Empire, the armache answering their salutes. There is a widespread opinion in London that these tin colonels of Sam's ought to justify their fine feathers by doing a little work at the front.

On top of these criticisms comes the Duff-Meredith report, which puts a crimp in two honorary colonels of Sam's making—naming their names and pointing out their faults in downright fashion. Honorary Colonel John Wesley Allison is charged with bad faith toward his friend and sponsor, Major General Sir Sam Hughes, and Honorary Colonel David Carnegie is charged with bad judgement in recommending a contract for graze fuses to the American Ammunition Company whose graze fuses could be made for a dollar less in Canada. The lapse of judgement on Colonel Carnegie's part resulted in \$1,666,000 of the people's money being thrown as it were to the birds. The Commission let Colonel Carnegie down rather easy. They pointed out that he was overburdened with work and imply that he was possibly suffering from brain fog when he did it.

As for Sam's friend and super-patriot, Colonel John Wesley Allison, the Commission offers no excuses. They are of the opinion that his left hand knew all along what his right hand was taking, although he didn't tell the Minister of Militia anything about it. Perhaps Colonel Allison didn't think it necessary to tell Sir Sam because he had already received general instructions to "scratch gravel" and if Sir Sam didn't know what scratching gravel meant, he ought to. Incidentally, there was nothing in the evidence to show that Sir Sam was pained or surprised when he learned that his friend was in cahoots with Benjamin Franklin Yoakum to pull down a commission of one million dollars on the American Ammunition Company contract. That indeed was where their "bit" came in. Colonel Allison furnished the influence, Yoakum produced the manufacturer, and that finished their work. As they had to let somebody else make the profit on the fuses, they naturally cashed in at the start.

Very little time seems to have elapsed between Sir Sam's "scratch gravel" order and Colonel Allison's activity in that direction. The Colonel had already had some practice scratching gravel where Canadian war contracts were concerned, when he sold Colts revolvers wholesale to the Militia Department for four dollars each more than they could be purchased in small lots by retail dealers. From the Colts Company Colonel Allison got a friendly present for his general work on their behalf but his general work was explained as not including anything he had unloaded on Canada. The distinction was, as you will observe, between tweedledum and tweedledee. He did not receive a commission from the Colts people on Canadian business, but he accepted a present for his general work on their behalf. The main value of the

count. Although Sir Sam had issued a mandate to Colonel Allison to scratch gravel, we are asked to believe that we didn't know when the gravel scratching began.

Sir Sam was, in fact, in a blissful state of ignorance as to his Morrisburg friend's change of heart from gratuitous lover of the British Empire to Wall Street broker out for himself. Canadian manufacturers were being constantly told to "see Allison" and things generally were running along as if Colonel Allison were still operating on the old, unmercenary basis. Of course if the Minister of Militia had known the Canadian manufacturers would not have been told to "see Allison." It would be Allison's business to see them, Colonel Allison, however, seems to have had little desire to do business with Canadians. He preferred to hatch mushroom companies in the United States, where he could watch them closer. Colonel Allison's love for Canada worked out very queerly for this country—he preferred to switch all the business he could to the United States. Such indeed was Colonel Allison's love for Sir Sam that whenever he could he gave Sir Sam's native land the worst of it. How Sir Sam's heart must bleed when he reads the Commission's report, and finds how his friend threw him down! One can imagine the tears flooding his eyes and waterlogging his copy of the report.

Evidently the Commission thinks that Colonel John Wesley Allison didn't play a square game and just as evidently the Militia Department, now under the tutelage of Under Secretary McCurdy, believes that he was guilty of a flank movement for word has issued that Colonel Allison may resign if he likes. Just here arise a number of prickly questions. Does an honorary colonel resign when his honor has been excised by the report of a Royal Commission? If an honorary colonel of Sir Sam's making resigns, does his maker resign with him. In pursuit of his boasted virtue of standing by his friends, does Sir Sam accompany them into oblivion? Sir Sam's hero having been found guilty of grabbing commissions which as a disinterested altruist he was supposed to spurn, is there an oblique reflection on Sir Sam's judgment in the choice of friends.

H. F. GADSBY.

An Excellent Coffee



In 1/2, 1 and 2 pound cans. Whole-ground—pulverized—also Fine Ground for Percolators.

Chimpanzees Nurse Piccaninnies
A recent traveler in Africa has told how he witnessed the curious spectacle of little negro babies being wet-nursed by female chimpanzees, who were specially kept in captivity for that purpose.

Most old Anglo-Indians, too, know how frequently one hears stories of children having been carried off by tigrisses, to be kept alive and mothered by them for months, and sometimes even for years, instead of being devoured.

Many travelers in Tibet, too, have noted with amazement how the bitches of the huge shaggy mastiffs peculiar to that country are utilized by their owners to suckle and keep warm Tibetan infants. The great gaunt beasts, who are amongst the most savage of the dog tribe, are exceedingly tender to their tiny charges and not only nourish them, but keep them scrupulously clean by continual licking.

Indeed, it is a proverb amongst the adult Tibetans who, to put it mildly, are not particularly addicted themselves to the too frequent use of soap and water, that a mastiff-reared babe is a clean babe, the inference in the other direction being fairly obvious.

Cats and Water.
Cats hate water because their fur has nothing oily about it and takes a long time to dry.
Love may never die, but it gets seasick at times.



Purity! Purity! Purity!

The one dominating note that runs all through the making of Sunlight Soap is Purity. The \$5,000 Guarantee you get with every single bar is not a mere advertisement. It marks a standard set for the buyers who select the choice Sunlight Soap materials—for the soap boiler—for the expert chemists—for the girls, even, who wrap and pack Sunlight. All are mindful of the Guarantee—it is a source of gratification to all the Sunlight workers.

Sunlight 5¢ Soap

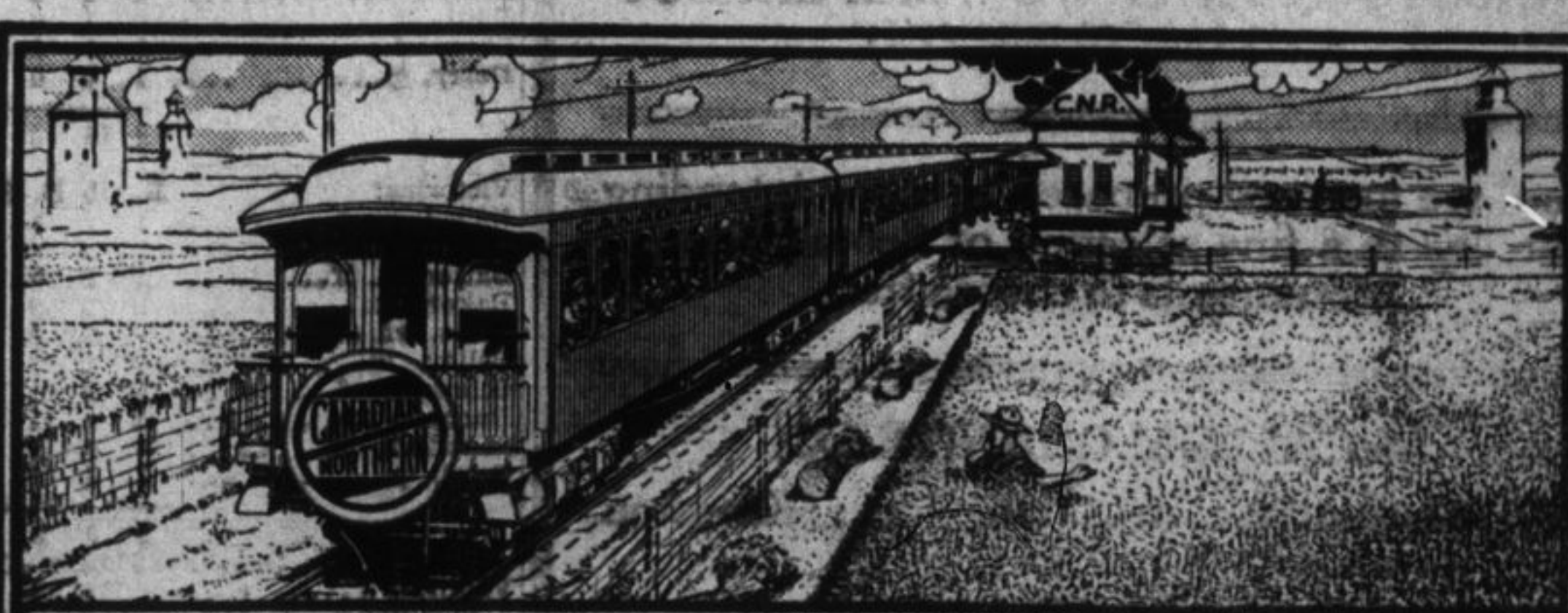


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Going Trip West \$12.00 TO WINNIPEG
Return Trip East \$18.00 FROM WINNIPEG

Going Dates
August 17 and 31
From Toronto Sudbury Line and East, but not including Smith's Falls or Renfrew, also from Main Line East of Sudbury to, but not including, North Bay.

August 19 and September 2
From Toronto, also West and South thereof

Particulars from F. Conway, C.P.R. City Ticket Office, Cor. PFFrence and Wellington streets, Phone 3187.



40,000 Farm Laborers Wanted \$12.00 TO WINNIPEG

SPECIAL TRAIN SERVICE
Leave Toronto Union Station 11 p.m., Aug. 17th, 19th, 31st, and Sept. 2nd.
THROUGH TRAINS WITH LUNCH COUNTER CARS ATTACHED

EXCURSION DATES
Aug. 17th and 31st From Toronto east to Chaffey's Locks and Kingston, also north to Thornlea.

DESTINATION TERRITORY—Tickets one-half cent per mile (minimum 50c) till Sept. 30th, 1916, west of Winnipeg to any station east of Calgary, Edmonton and Tannis, Alta.

RETURN FARE AND LIMIT—One-half cent per mile (minimum 50c) to Winnipeg on or before Nov. 30th, 1916, plus \$18.00 from Winnipeg to original starting point.

For tickets and leaflet showing number of farm laborers required at each point, also wages paid, apply to nearest C.N.R. Agent, or R. H. Ward, Station Agent, or M. C. Dunn, City Agent.

CANADIAN NORTHERN ALL THE WAY

FOR SALE
Farm of 200 acres—180 acres of good plow land, about 8 miles from Kingston.
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Sewing Machines, Umbrellas, Suit Cases, Trunks, repaired and re-fitted, Sewing Makers, 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 STREET.

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Harvest Help Excursions!
To Winnipeg August 17th and 31st Fare \$12.00
For full particulars apply J. P. Hanley, Railroad and Steamship Agent, Cor. Johnson and Ontario Streets.

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