

HIS HEART BADLY AFFECTED

"Fruit-a-tives" Soon Relieved This Dangerous Condition

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 my body, so that I could hardly move around. I tried all kinds of medicine but none of them did me any good. At last, I decided to try "Fruit-a-tives". I bought the first box last June, and now I am well, after using only three boxes. I recommend "Fruit-a-tives" to anyone suffering from indigestion".

FRED J. CAVEEN.

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

Every 10c Packet of **WILSON'S FLY PADS** WILL KILL MORE FLIES THAN \$8.00 WORTH OF ANY STICKY FLY CATCHER

Clean to handle. Sold by all Drug-gists, Grocers and General Stores.

Everyone Should Drink Hot Water in the Morning

Wash away all the stomach, liver, and bowel poisons before breakfast.

To feel your best day in and day out, to feel clean inside, no sour bile to coat your tongue and sicken your breath or dull your head; no constipation, bilious attacks, sick headache, colds, rheumatism or gassy, acid stomach, you must bathe on the inside like you bathe on the outside. This is vastly more important because the skin pores do not absorb impurities into the blood, while the bowel pores do, says a well known physician.

To keep these poisons and toxins well flushed from the stomach, liver, kidneys and bowels, drink before breakfast each day, a glass of hot water with a teaspoonful of limestone phosphate in it. This will cleanse, purify and freshen the entire alimentary tract, before putting more food into the stomach.

Get a quarter pound of limestone phosphate from your pharmacist. It is inexpensive and almost tasteless, except a sourish twinge which is not unpleasant. Drink phosphated hot water every morning to rid your system of these vile poisons and toxins, also to prevent their formation.

To feel like young folks feel; like you felt before your blood, nerves and muscles became saturated with an accumulation of body poisons, begin this treatment, and, above all, keep it up! As soap and hot water act on the skin, cleansing, sweetening and purifying, so limestone phosphate and hot water before breakfast, act on the stomach, liver, kidneys and bowels.

Germany Gets None of Belgian Relief

Conditions of Agreement with Neutral Relief Commission respected by Germany

When the Belgian Relief Commission was organized, Britain insisted that Germany guarantee not to touch a particle of the food imported by the Commission for the Belgians. This guarantee, given to the American business men who are the executive heads of the Commission, has been respected—probably because its violation would be reported at once and would rouse the whole neutral world.

So each contributor to the Belgian Relief Fund may feel perfectly sure that every pound of food which his money has helped to purchase, has gone directly to the Belgians.

No dollars in the world are needed more—will be handled better—or will do more vital good—than the dollars which it is your privilege to give to the Belgian Relief Fund.

Whatever you feel you can give, send your subscription weekly, monthly, or in one lump sum, to Local or Provincial Committees, or

Send Cheques Payable to Treasurer **Belgian Relief Fund** 59 St. Peter St., Montreal

\$2.50 Feeds a Belgian Family One Month.

How many families can you undertake to feed till the war is over? 23



THE CONFESSIONS OF ROXANE

(By Frances Walter)

I TELL MY MOTHER EVERYTHING

(Copyright, 1916, by the McClure Newspaper Syndicate)

I shall never forget the tenderness of my mother's embrace when I entered my old home.

I had wired her of my intention to visit her, but I had told her nothing of my troubles. Indeed, it was not necessary for me to tell her. A mother's intuition informed her that something was wrong, and that I was hurrying to her because I needed her love and consolation. So when I threw myself into her arms, her first words to me were:

"It will come out all right, dear." That she knew I was in trouble did not surprise me. I was so overcome with emotion at seeing her dear face once more and feeling those tender arms about me that I surrendered myself entirely to the wonderful influence of a mother's love. I might have been nothing more than a child so completely was I enveloped by the affection which revealed itself in her embrace and comforting words.

"It will come out all right," she repeated. "Do not think of it. You are at home with mother now."

It was like the old time of childhood, when she would kiss my bruised hand and tell me the pain was gone and that my wound was healed. And her words carried with them almost as much of magic as in the old days, for I soon found myself smiling into her sweet face as we went from room to room, and she showed me how this one had been changed or how that one had been refurbished.

"And now I want you to see your old room," she told me finally. She led me to the door, but I could not cross the threshold. I could only stand and gaze, with eyes growing dimmer and dimmer at the sight of that dear nest of my childhood. Not a single thing had been changed. The same curtains, the same carpet; the same wallpaper, all as bright and as cheerful and apparently as new as when I last saw it. Even the toilet articles on my dressing table were arranged as they were when I used them as a girl. And as I looked I realized how dear I must have been to my mother; how keen must have been the pangs of parting as she gave me to Arthur and watched me go forth from the shelter of her heart and home. How little I had dreamed of the depths of feeling that was hid behind those tender eyes as they watched me start on my honeymoon!

After my departure she had gathered up the things which I used as a girl and had arranged my room as it used to be. I knew, as I looked about the cozy place, that it had received daily attention from loving hands, just as if I had been there. It was the knowledge of this abiding love; this tender ministrations to the girl I used to be; this unforgetting mother's heart which made my eyes grow dim. I stood there for a long

time, choking back the sobs, but at length I could bear it no longer, and again I threw myself into those dear arms. Again I listened to her soothing words. Again I was comforted. That evening in the twilight, sitting on the rose bordered porch, her hand in mine, I told her my story, just as I have told it to my readers in these confessions. I kept back nothing. I did not seek to shield either Arthur or myself. Where I was at fault I tried to tell the truth just as unsparringly as when I thought I was upon a pedestal of virtue and Arthur was the sinner against martial righteousness.

I confessed to the false philosophy of marriage which Arthur and I had pretended to believe and then related how our mutual admiration had ripened into affection until we became in reality man and wife. Then step by step I led her up to an insight into the great happiness which Arthur and I attained, and laid bare the incidents which first led me to suspect that Arthur's heart might easily be broken away from the anchorage of my love. I told of Mrs. Tanner and of the Staley girl. With just as much care to detail I told of Dicky. Then I let her know of my meeting with Marlam and Mr. Gordon and of the weakness which permitted me to allow Mr. Gordon to make love to me. Miss Regnier was described and all that I knew of Arthur's acquaintance with her was revealed. Then I told of my illness; of Miss Thompson, of my husband's mysterious absence; of my repeated efforts to ascertain his whereabouts; finally of the awful revelation which was made to me of Miss Regnier's interest in me and of my pecuniary obligation to her. Then I told of my determination to return to my home. As I did I felt her hand tighten upon mine and I could feel again the love which enveloped me. I told her also of Arthur's letter, giving its substance. I could not bring myself to permit even my mother to read that revelation of my husband's weakness. Yet the synopsis which I gave was complete and accurate.

Throughout it all she listened attentively with barely an interruption, and when I finished she remained silent for a long time.

"Do you still love him?" she finally asked with all the simplicity of her dear, good heart.

"I do not know."

Again she was silent.

"It has all been such a shock to me that I cannot regain my perspective," I told her.

"It will return," she assured me. "As soon as your mental vigor and physical strength are fully restored your view of life will be normal. When that time comes ask yourself the question which I have just asked you: Do you love him? Upon your answer to that question may depend much of your future happiness."

She looked away into the deepening shadows. I knew she was thinking of my father.

(To be continued.)

GERMAN PRESS AND PUBLIC

LOOK TO HINDENBURG TO BRING THEM VICTORY

Lauds Kaiser's Decision—Emperor Credited With Sensing Wish of the Nation in Elevating the Field Marshal.

Berlin, Sept. 4.—The effect on public opinion of Field Marshall von Hindenburg's appointment as Chief of the General Staff is considered its most important immediate consequence here, and the man in the street feels just as good about it as do those in political and military

circles, while the German press has momentarily forgotten its differences over annexation and submarine warfare and unanimously choruses the Kaiser's praise and enthusiasm over the change.

Under the headline, "Long Live the Kaiser!" Eugene Zimmerman, editor of the Lokalanzeiger, says: "The intoxication of joy today possesses all German lands, and there will be no German heart that will not beat higher, and this elevation is due to only one man—the Kaiser. If in decision for the most momentous of his had needed any advice no one at all conservant with the situation would have counseled otherwise than of what his own initiative he did. Herein is manifest the high gift of the Kaiser and his deep sense of duty toward a nation that is prepared to make every heavy sacrifice asked of it in this hard struggle." The Kaiser's decision will give the armies that have been heroically fighting for twenty-five months against a brave and numerically superior enemy, new and unsuspected moral values. Now that the Kaiser, Field Marshall von Hindenburg, and General Ludendorff are working confidently together in the central military leadership for our present and future, we know that the best forces at our disposal are quiding our fate.

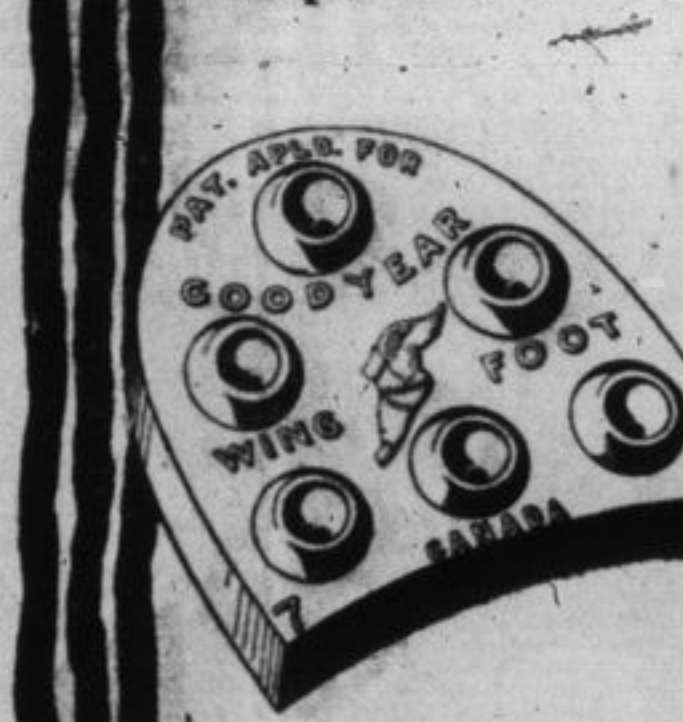
Bring Victory and Peace.

"In the present moment the military developments in the Balkans demand unusual measures and unusual tempo in deciding and daring. The new leadership is the best for this. Therefore it enjoys the unanimous approval of the German nation. It will bring us victory and peace, which we need. Both von Hindenburg and Ludendorff have shown that they are most gifted leaders. And yet in this hour we must warn the public against expecting wonders and admonish the people only to expect the possible, which, however, will and must be. To these two now has been entrusted the central leadership of all military operations under the Kaiser's direction. They survey the whole situation and will turn into deeds and success the decisions which the Kaiser will make as a result of their advice. From now on they will work together confidently and intelligently with the political leadership of state, from which we also promise ourselves very considerable gain. Thus today our hopes are due to the Kaiser and his two first military counselors."

Calls Him Master.

Major Morath writes in the Tageblatt: "An important step forward has been taken which may prove to have incalculably far-reaching consequences for our enemies. We hail our national hero as 'Vater' of the whole German army and of one in the German empire or among our allies will fail to hail this decision with

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a pair put on—
Black or Chocolate
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We cannot make a better heel—we will not make a poorer one—the extra price merely pays for this high standard.

Goodyear Wingfoot Air Heels

WE guarantee Good-year Wingfoot Air Heels to out-wear any other rubber heels you have ever worn, or any others you can now buy. Should they not meet this guarantee, return them to us at Toronto, or to any Goodyear Branch, and get a new pair free.

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"LOW COST OF LIVING" MENU

Menu for Wednesday

- BREAKFAST**
Scrambled Potatoes
Cereal of Choice
Coddled Eggs
- Whole-Wheat Muffins**
Jam or Jelly
Coffee or Cocoa
- LUNCHEON OR SUPPER**
Fish Cakes
Sliced Tomatoes
Dutch Peach Cake
Buttermilk or Tea
- DINNER**
Tomato Soup
Beef Stew with Vegetables
Pickled Cabbage
Frozen Custard
Coffee

Pickled Cabbage
Materials—One small head cabbage, ¼ teaspoon celery seed, ¼ teaspoon mustard seed, 6 cloves, 1 tablespoon sugar, 1 teaspoon salt, ½ cup vinegar, ½ teaspoon red pepper.

Utensils—Wash and chop the cabbage fine; let it lie in cold water half an hour; drain the cabbage and mix all the ingredients together.

joyful confidence. Did the Kaiser recognize the secret wish of the whole nation? We could not utter this for von Hindenburg into the place of the great von Moltke; our enemies would have misinterpreted such a wish, but it existed none the less. Now that the reason for the Kaiser's decision have resulted from the general situation and is intended to express in the happiest form the centralized use of our whole vast army on old and new fronts, assurance is synchronously given that Germany and its allies are one with the Kaiser's wish to continue holding out; to continue to manifest the will to win and to continue asserting all that is dear to us if we only win and our banners triumph above the ruin round about us.

"Now von Hindenburg is master in the east and west. In his hands centre the strands that connect all the armies. He has become the brain of the whole gigantic machine which is animated by his spirit. This is something that our enemies can never imitate. Joffre will always stand beside Haig as equal in power, and beside these, Brusiloff and Russki, and in their train the little ones and the dwarfs, Cadorna, Sarrail, and Illescu. Our inner machine has gained the power and speed of von Hindenburg decisions which will shorten the distance. Von Hindenburg will once more write a chapter of history with his iron pen, the sword which all Germany has entrusted to him, and beside him stands his faithful Ludendorff. We may well repeat the words of Prince Henry of Prussia at the banquet at von Hindenburg's headquarters on the latter's

An Excellent Coffee



In ½, 1 and 2 pound cans. Whole-ground—pulverized—also Fine Ground for Percolators.

You Can Improve Your Position

Have you heard of the Sales and Intelligence Departments of the Canada Life?

They teach a man the Insurance Business, which offers permanent success, does not fluctuate, is a professional occupation, and has been truly named "The best paid hard work in the world."

This teaching is done by correspondence and personal assistance, free of charge. When he is fully prepared for the work he is placed in a position and the Company helps him to make good.

The first two lessons of the Company's correspondence course will be sent to anyone interested. It will pay young men who desire to get on in the world to look into this.

All correspondence strictly confidential.



CANADA LIFE ASSURANCE CO. HEAD OFFICE, TORONTO.

MOTHER FOUND LOST SON

Saw Picture in a Group of National Guardsmen.

Paterson, N.J., Sept. 2.—Mrs. Fred Tiers, of 143 Atlantic street, this city, was in the act of throwing away some old newspapers several weeks ago when a picture of a group of National Guardsmen on the Mexican border attracted her attention. One of the men in the group looked like her son Fred Martin, 24, who disappeared from home eight years ago. The mother got in touch with Congressman Dow Drucker, who in turn communicated with the military authorities with the result that Mrs. Tiers today received word that her long lost son Fred had enlisted in the army at Fort George Wright in August, 1911, and was at the present time a member of Troop C, Thirteenth Cavalry. Mrs. Tiers has written to her son asking him to come home when he is released from military service.

What's in A Name?

If to prove her loyalty Berlin flouts her German name. On a patriotic plea Why may I not do the same.

Though Canadian born and bred, British and pro-Ally too— Ah! I've written, all I've said Ultra-loyal through and through.

Yet reports were out that I (By my name, perhaps, betray'd) Was a well-paid German spy, So a prisoner had been made—

In Fort Henry was interned. Having preached pro-German lies, And my friends were much concerned— Head the scandal with surprise.

But truth caused the lie to cease Ere my smiles had turned to sobs; Yet, perhaps, instead of Woe's Friends henceforth should call me "BOBS."

Ganoque, Sept. 1, 1916.

Get the average young man's opinion of Solomon and it would be to the effect that if he were here today he could teach him a thing or two.

One liar in the community cannot work a dangerous amount of mischief. It's the liars that follow in his wake and add to his stories that cause the trouble.

If you are perfectly honest with yourself, you will be surprised to learn how easily you can enumerate all your virtues.



The Waltham

THE habit of promptness grows on a man who carries a Waltham Watch. The accuracy that is part of a Waltham watch becomes part of the man. In business or in social life, wherever accuracy is admired, there you will find the Waltham. For Walthams time the movements of most people throughout the world. You will appreciate having your watch possess Waltham accuracy and the Waltham name on the dial.

You will be delighted with the Waltham Exhibit at Toronto Exhibition. See it in Manufacturers' Building. WALTHAM WATCH COMPANY, MONTREAL



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CLEAN SANITARY AND FREE RUNNING