

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 Medicines 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. CAVERN.

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

Worth Remembering

If you want an up-to-date Photo taken, rain or shine, or Saturday night; a picture, or picture framed, call on

D. A. Weese
108 Princess Street.
Photos, Frames, Pictures, Planos.

QUIT MEAT IF YOUR KIDNEYS ACT BADLY

Take Tablespoonful of Salts If Back Hurts or Bladder Bothers.

We are a nation of meat eaters and our blood is filled with uric acid, says a well-known authority, who warns us to be constantly on guard against kidney trouble.

The kidneys do their utmost to free the blood of this irritating acid, but become weak from the overwork; they get sluggish; the eliminative tissues clog and thus the waste is retained in the blood to poison the entire system.

When your kidneys ache and feel like lumps of lead, and you have stinging pains in the back or the bladder is cloudy, full of sediment, or the bladder is irritable, obliging you to seek relief during the night. When you have severe headache, nervous and dizzy spells, sleeplessness, acid stomach or rheumatism in bad weather, get from your pharmacist about four ounces of Jad Salts. Take a tablespoonful in a glass of water before breakfast each morning and in a few days your kidneys will act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to flush and stimulate clogged kidneys, to neutralize the acids in urine so it is no longer a source of irritation, thus ending urinary and bladder disorders.

Jad Salts is inexpensive and cannot injure; makes a delightful effervescent lithia-water drink, and nobody can make a mistake by taking a little occasionally to keep the kidneys clean and active.

CATARRH OF THE BLADDER
Relieved in 24 Hours
SANTAL MIDY
24 Hours
SANTAL MIDY

Cold Weather Footwear!

Keep your feet warm and dry. Wear Felt Boots, Overshoes, Rubbers, Moccasins.

We carry a large stock to select from.

The Sawyer Shoe Store

THE CONFESSIONS OF ROXANE

(By Frances Walter)

WE GO TO MR. HENDERSON WITH MY TROUBLES

(Copyright, 1916, by the McClure Newspaper Syndicate.)

Arthur's astonishment when I told him abruptly that I wanted him to aid me in finding Mr. Gordon probably was very natural. I did not think much about it at the time, but when one does not know that a person is lost, and, in fact, hasn't thought thought very much about that person at all, one is apt to be fairly surprised to be requested to begin a search for the gentleman desired. This was Arthur's case. Probably he had not thought of Mr. Gordon at all, for several months, and in all likelihood he never had imagined that he was not in New York, or, for that matter, that I had not seen him that day.

Under such circumstances to be requested to seek Mr. Gordon might have implied that he had been kidnapped or that he had been spirited away in some very mysterious fashion. Realizing this, it occurred to me to explain some of the facts in the case.

"Mr. Gordon," I told him, "is supposed to have been captured by the Germans while engaged in a difficult and perilous engineering enterprise for the French government, to which he tendered his services several months ago. He and Mariani went to Paris, and from there he set out on his mission. I have received a letter from her telling me that she had not heard from him in a long time and that she could get no assurance from the government officials that he was alive. She believes that he was captured by the Germans and is a prisoner in the Kaiser's empire."

"What was he doing for the French government?"

"I do not know precisely. Mariani thinks he was consulted regarding the construction of railroad lines behind the French and British trenches and that he personally visited the dangerous locality so that he would be in a better position to give advice. She admits the possibility of his being killed by a German shell, but she hopes that he was captured. Her hope is borne out to some extent by the fact that no trace either of Mr. Gordon or of the engineers who accompanied him has been found. It is reasonable to suppose, therefore, that they were surprised and captured. Do you not think so?"

"With such meagre information at hand it would be presumption for me to suppose anything," replied Arthur a little tartly. "Let me see Mariani's letter."

I rose to get it, but stopped suddenly. What of the reference to the mysterious pocket? Would not Arthur think it strange that Mr. Gordon had left anything of that sort for me? But, even if he did, I was

The Whig's Daily Menu

Menu for Tuesday

BREAKFAST
Steak, Potatoes, Gravy
Scrambled Eggs with Bacon
Fruit, Marmalade
Hot Tea
Coffee or Cocoa

LUNCHEON OR SUPPER
Lima Bean Soup Flavored with Shallots
Whole Wheat Bread and Butter
Steamed Pudding Reheated with Sauce
Tea or Cocoa

DINNER
Baked Rabbit Pie
Sweet Potatoes on Casserole
Steamed Celery
Cranberry Sauce
Queen of All Puddings
Coffee

Rice Fritters.
Materials—Two cups cold boiled rice, 1 cup flour, 2 eggs, ½ cup milk rounded teaspoon baking powder, 1 level teaspoon salt, 1 tablespoon melted butter, 1 tablespoon molasses.

Utensils—Mixing bowl, two measuring cups, teaspoon, tablespoon, eggbeater, bowl to beat eggs in, deep frypan.

WAS ANAEMIC For Over a Year

Anaemia, or blood turning to water, is caused by the heart becoming deranged and if the heart becomes weakened it cannot pump the blood as it should. As a result the blood becomes impoverished, and it loses its nourishing qualities. The face becomes pale and thin, and the lips bloodless. There is a weakness, tiredness and loss of weight.

When those suffering from this or watery blood start taking Milburn's Heart and Nerve Pills they can see a change from the outset.

Every dose introduces into the blood those vital elements necessary to make it rich and red. The pale cheeks take on the rosy hue of health, the weight increases, and the whole being thrills with a new life.

Mrs. R. J. Grey, Fredericton, N. B., writes: "When I was a girl working at general house work I overtaxed my strength and became completely run down. For over a year I was very bad with anaemia. A friend told me to try Milburn's Heart and Nerve Pills so I got a box and when it was done I felt and looked so much better I decided to get six more. When I had taken them I had gained not only in strength, but in flesh and color, and best of all was good health."

Milburn's Heart and Nerve Pills are 50c. a box; three boxes for \$1.25 at all dealers or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

Century Old Dispute

Where Are the Bones of Christopher Columbus?

The discussion has been revived, if, indeed, it has ever subsided within the century, as to the burial place of Christopher Columbus. This is a period of interest in relics, sites, monuments and memorials, having historic significance, and wherever one mentions the grave of the bones of Columbus historians and antiquarians resume the century-old dispute. It is a controversy that has not been settled, and the prospect that it ever will be settled is not encouraging to those who would have the bones of the great adventurer and discoverer remain at rest in one place. Spain claims to possess the remains of the celebrated explorer in the city of Seville. Dominican antiquarians are usually sure that the remains of the discoverer of America are in their possession.

Columbus died and was buried at Valladolid, Spain, in 1506. That is a fact which has passed beyond the region of dispute, and is a fact of adequate authority that settles the matter after his death his bones were removed to Seville, where the bones of his son Diego were also laid. About thirty years later both bodies were exhumed and taken over to Santo Domingo, where they were buried in the cathedral. The bodies were deposited undisturbed until 1588, when the English under Drake sacked the city, and the residents fearing that the tomb might be desecrated, destroyed all evidence of it and hid the bones in some spot in the cathedral that later could not be ascertained. This is the way the narrative, which is accepted as history, runs.

It is further related that in 1795, when Santo Domingo was ceded to France, certain remains found in a part of the cathedral were taken to Havana, Cuba, and there interred as the bones of Columbus. It was these bones which at the close of the Spanish-American war in 1898 were exhumed by Spanish authorities and removed to Seville, where they now rest.

Some years after this certain Dominican discoverers near the altar at the cathedral a leaden casket containing bones, a bullet and a silver plate on which was an inscription to the effect that the bones which, at the close of the Spanish-American war, were taken to Cuba, were those of the son of Columbus. The weight of opinion seems to be that the bones of Columbus rest in the cathedral in Santo Domingo, and that the bones removed by the Spanish to Havana in 1795 were the remains of Columbus' son, Diego.

The Speed of Birds

There is nothing more wonderful in nature than the swiftness of flight possessed by birds, and no subject which yields more startling facts upon investigation.

"The way of an eagle in the air" is one of those things of which Solomon expresses himself ignorant; and there is something truly marvelous in the mechanism which controls the scythe-like sweep of wings peculiar to most birds of prey. Yet even naturalists of the first order have had little or nothing to say about the power of flight in birds, while some of them speak on very insufficient evidence.

Witness Michelet's statement that the swallow flies at the rate of 240 miles an hour. Roughly this gives us 1,000 miles in four hours, but naturally, even in its swiftest dashes, the swallow does not attain to anything like this speed. The flight of Argyl is rather under than over the mark when he computes the speed at more than one hundred miles per hour.

The mechanism of flight in the swallow is carried through an ascending scale, until in the swift it reaches its highest degree, both in endurance and facility of evolution. Although there are birds which may, and probably do, attain to the speed of 150 miles per hour, this remarkable rate is not to be looked for in any of the birds of the world.

In their migrations swallows stick close to land, and never leave it unless compelled. They cross straits at the narrowest part, and are the least easily fatigued of all birds. Presently, though they possess considerable speed, they have no powers of sustained flight.

Shower Evaporator

Raindrops and snowflakes are cloud particles which, in virtue of their size and other favorable conditions, succeed in falling on the way to the earth. Many a shower of rain or snow never reaches the earth, but evaporates in midair.

EVEN CROSS, SICK CHILDREN LOVE SYRUP OF FIGS

If Feverish, Bilious, Constipated, Give FRUIT LAXATIVE AT ONCE.

Don't scold your fretful, peevish child. See if tongue is coated; this is a sure sign its little stomach, liver and bowels are clogged with sour waste.

When listless, pale, feverish, full of cold, breath bad, throat sore, doesn't eat, sleep or act naturally, has stomach-ache, indigestion, diarrhoea, give a teaspoonful of "California Syrup of Figs," and in a few hours all the foul waste, the sour bile and fermenting food passes out of the bowels and you have a well and playful child again. Children love this harmless "fruit laxative," and mothers can rest easy after giving it, because it never fails to make their little "insides" clean and sweet.

Keep it handy, Mother! A little given today saves a sick child tomorrow, but get the genuine. Ask your druggist for a 50-cent bottle of "California Syrup of Figs," which has directions for babies, children of all ages and for grown-ups plainly on the bottle. Remember there are counterfeits sold here, so surely look and see that yours is made by the "California Fig Syrup Company." Hand back with contempt any other fig syrup.

Used in Millions of Tea Pots Daily—Every Leaf is Pure

Every infusion is alike delicious

"SALADA"

Black, Green or Mixed } Sealed Packets only.

Sunlight Soap

A little of Sunlight goes a long way; every particle is pure; there is nothing to harm the clothes or impede the rapid progress of the wash. Every cake of Sunlight Soap carries a \$5,000 guarantee of purity.

GUARANTEED TO CONTAIN NO IMPURITIES

Women's Tan Walking Boots

OUR NEW 1917 STYLES HAVE ARRIVED

Women's Brown Calf Boots, High Cut, with Goodyear Welt Soles and either Military or English heels, \$7.00 and \$8.00.

Women's African Brown Kid Boots, High cut with high heels and Goodyear welt soles, \$7.00 and \$8.00.

Brown Rubbers to fit these styles, \$1.50.

J.H. Sutherland & Bro.

The Home of Good Shoes.

Easy & Practical Home Dress Making Lessons

Prepared Specially for This Newspaper

By Pictorial Review

The Newest in Night Dresses.

inch material, with 4 yards of wide ribbon and 3 1/2 yards of narrow ribbon for the trimming.

A glance at the construction guide convinces one of the simplicity of the night dress and it really can be made under-arm and shoulder seams as within a few hours. First close the notched, terminating the seams at large "O" perforations. If low neck night-gown is made, finish upper edge with a straight, or bias casing of material; insert ribbon and draw in as desired. Tack ribbon to position at shoulder edges, at the small "o" perforations and tie as illustrated.

Next, gather the front and back along crosslines of small "o" perforations. Work eyelets at each end of band at small "o" perforations. Stitch band to position over the gathers bringing small "o" perforation at upper edge of band to under-arm seams. Single large "O" perforation indicates front of band. Insert ribbon

CONSTRUCTION GUIDE 7088

The new designs in underwear offer something more delightful than this night dress in semi-Empire style. It is trimmed with embroidery.

This is the season when the new styles in underthings appear and many novelties are being shown in nightgowns. Slightly Empire in effect is this model, made to be slipped over the head. The gown is made with a round neck, two depths being provided. A straight band is stitched across the front and back under the arm, while the front is allowed to fall free in panel effect. In medium size the design requires 2 1/2 yards 36-

Pictorial Review Nightgown No. 7 088. Sizes, 34 to 44 inches bust. Price, 20 cents.

The man who doesn't know one note from another is always getting next to things that are selling for a song.

One smile of fortune is better than three of her laughs.

Only the man who has nothing to live for, can afford to loaf.