AFFECTED

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

632 GERBARD St. EAST, TORONTO. "For two years, I was a victim of Acute Indigestion and Gas In The Stomach. It afterwards attacked my 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 Fruita-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,

D. A. Weese 168 Princess Street. Photos, Frames, Pictures, Pianos.

QUIT MEAT IF YOUR KIDNEYS ACT BADLY

Take Tablespoonful of Salts If Back Hurts or Bladder

and our blood is filled with uric ac says a well-known authority, w warns us to be constantly on guard against kidner trouble.

The kidneys de their utmost but become weak from the overwork tissues clog and thus the waste is re-

When your kidneys ache and feel like lumps of lead, and you have stinging pains in the back or the urine is cloudy, full of sediment, or the bladder is irritable, obliging you seek relief during the night. When you have severe headache, nervous and dizzy spells, sleeplessness, acid ther, get from your pharmacist about four ounces of Jad Salts. Take fore breakfast each morning and a few days your kidneys will act fine This famous saits 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 not 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.



Weather

Keep your feet warm and dry. Wear

Felt Boots, Overshoes, Rubbers, Moccasins.

We carry a large stock to select from.

(By Frances Walter)

WITH MY TROUBLES

(Copyright, 1916, by the McClure Newspaper Syndicate). Arthur's astonishment when I tolk him abruptly that I wanted him to aid me in finding Mr. Gordon probab ly was very natural. I did not think Heart and I had pains all over my body, 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 search for the gentleman desired This was Arthur's case. 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 kidnaped 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 to find out where he is, will he not months ago. He and Mariam went to Paris, and from there he set out on his mission. I have received 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 Kais-

"What was he doing for the French government?"

"I do not know precisely. Mariam thinks he was consulted regarding the construction of railroad lines behind the French and British trenadvice. She admits the possibility tured. Her hope is borne out to Gordon. 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, been shot immediately. If he is

at hand it would be presumption for go to him now." me to suppose anything," replied Arthur a little tartly. "Let me see Mariam's letter."

don had left anything of that sort way to the old banker's home. for me? But, even if he did, I was

with a clear conscience, what had I to fear? I got the letter from desk and gave it to him. He read it slowly, the customary frown

tion, does she " he asked, ignoring for the time the reference to Mr. Gordon's message to me. 'No. She doesn't seem to have

been able to obtain much." "I mean, she doesn't seem to kno much about Mr. Gordon's mission fers to?"

"I think I destroyed it." "Was there anything in it to dicate where her uncle intended

"I think not, in fact, I do no believe Mr. Gordon told her much He must have been under the neces sity of strict secrecy, and naturally he would not discuss his mission." "All that is known, then, is that

Mr. Gordon has disappeared?" "Apparently that is all, except the he is supposed to be a prisoner i Germany.

"It will be a great shock to M Henderson," mused Arthur, half to himself. "He was the closest frien-Mr. Henderson had." "Then Mr. Henderson will attemp

probably the closest friend Mr. Henderson had. They not only were associated very intimately in many business affairs, but they were warm personal friends."

the matter up immediately with the Spanish-American war in 1898 were State Department?" I asked. 'Come, let us drive at once to Mr. Hender- removed to Seville, where they now

cuss the matter with him tomorrow." taining bones, a bullet and a silver Henderson would want to know it the effect that the bones which, at immediately if his best friend was the close of the Spanish-Americaa ches and that he personally visited in trouble. Besides, it is possible war, were taken to Cuba, were those the dangerous locality so that he that haste may mean everything. I of the son of Columbus. The weight would be in a better position to give have heard of court-martials and of opinion seems to be that the bones persons being saved in spite of their of Columbus rest in the cathedral in of his being killed by a German friends. Possibly a similar condit- Santo Domingo, and that the bones shell, but she hopes that he was cap- ion may prevail in the case of Mr. removed by the Spanish to Havana

"It is not likely. If he was arrested under circumstances which indicated he was a spy he would have and captured. Do you not think have no intention of shooting him." "With such meagre information ought to learn of it at once. Let us upon investigation.

> Arthur rose unwillingly. 'Very well," he said, 'but I shall

not take this letter along with me. I rose to get it, but stopped sud- He gazed fixedly at me for a modenly. What of the reference to the ment and I fear that I changed color mysterious pocket? Would not Ar- under his scrutiny, However, he said thur think it strange that Mr. Gor- nothing and soon we were on our

Menu for Tuesday

BREAKFAST Stewed Prunes Oatmeal Scrambled Eggs with Bacon Fried Mush and Syrup Coffee or Cocon

LUNCHEON OR SUPPER ima Bean Soup Flavored with Whole Wheat Bread and Butter Steamed Pudding Reheated with

Tea or Cocoa DINNER Baked Rabbit Ple Sweet Potatoes en Casserole Stewed Celery Cranberry Sauce Queen of All Puddings

Rice Fritters.

Directions-Mix flour, milk well-beaten eggs, butter and molas- speed at more than one hundred ses. Beat three minutes. Add the miles per hour.

To fry on hot griddle more mill

Steamed Cranberry Pudding Materials-Two cups cranberries, 1 cup seeded raisins, 1 cup dry breadcrumbs, 11/2 cups flour, 1 cup beef suet, 1 cup sugar, 1 teaspoon salt, 1 teaspoon cinnamon, 1/2 cup water. Utensils-Mixing bowl, knife, twomeasuring cups, teaspoon, table-

spoon, food chopper, mold. Directions—Cut the cranberries in half, put in bowl; add the crumbs, flour, suet, which has all the skin and fibre removed, and put through Utensils—Mixing bowl, two mea- in mixture, cover and boil slowly 1 1/2 suring cups, teaspoon, tablespoon, hours. Or the bowl can be set in eggbeater, bowl to beat eggs in, deep pan of hot water. Cover both and frypan. EVEN CROSS, SICK

WAS ANAEMIC For Over a Year

tiredness and loss of weight.
When those suffering from thin or

watery blood start taking Milburn's

at all dealers or mailed direct on said, slowly, "for we allow he wa'n't "California Fig Syrup Company," usually finds or makes the way. Co., Limited, Toronto, Out,

An Appropriate Reminder.

He was a rackety young man, and kept very late hours, but had now joined the Fusiliers and was ordered water, is caused by the heart becom- to the front, and on bidding farewell ing deranged and if the heart be-comes weakened it cannot pump the ling, when I am far away wilt thou blood as it should. As a result the gaze at you star every night and

"Why?" he asked. "Because it is out so very late at waste.

blood becomes improverished, and it loses its nourishing qualities. The face becomes pale and thin, and the lips bloodless. There is a weakness, mind me of you I would choose that child. See if tongue is coated; this of our Allies there is one which

is a sure sign its little stomach, liver would have inspired the admiration

CENTURY OLD DISPUTE.

Where Are the Bones of Christopher

The discussion has been revived if, indeed, it has ever subsided with-in the ceptury, as to the burial place of Christopher Columbus. This is a period of interest in selics, sites, mementoes and memorials having historic significance, and wherever one mentions the grave or the bones my of Columbus historians and antiquarians resume the century-old disupon pute. It is a controversy that has

not been settled, and the prospect "She doesn't give much informa- 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. Dominicans are usually sure that the remains of the discoverer of America are their possession.

Columbus died and was buried at Valladolid, Spain, in 1506. That is a fact which has passed beyond the region of dispute. It is related by adequate authority that seven years 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 oversea to Santo Domingo, where they were buried in the cathedral. The bodies reposed there 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 found. This is the way the narrative, is accepted as history, runs,

It is further related that in 1795, when Santo Domingo was ceded to France, certain remains found in vault of the cathedral were taken to Havana, Cuba, and there interred as the bones of Columbus. It was "Then Mr. Henderson will take these bones which at the close of the exhumed by Spanish authorities and rest. Soon after this certain Do-"There is no necessity for such minicans discovered near the altar haste," replied Arthur. " Will dis- at the cathedral a leaden casket con-"But why delay? I am sure Mr. plate on which was an inscription to in 1795 were the remains of Columbus' son, Diego.

The Speed of Birds,

There is nothing more wonderful therefore, that they were surprised alive at this time it is because they in nature than the power of flight possessed by birds, and no subject "Nevertheless, Mr. Henderson which yields more startling facts

"The way of an eagle in the air" is one of those things of which Solomon expressed 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. even naturalists of the first have had little or nothing to say about the power of flight in birds, while some of them speak on very

Witness Michelet's statement that the swallow flies at the rate of 240 enemy machines falling on a house miles an hour. Roughly this gives in a village. Ball then returned for us 1,000 miles in four hours, but more munition, came back to the naturally, even in its swiftest dashes, | charge, and attacked three more the swallow does not attain to any- aeroplanes, which he put thing like this speed. But the Duke action; then, having no more petrol. of Argyll is rather under than over was obliged to return to his base and the mark when he computes the

the baking powder last. This is a swallow is carried through an very stiff mixture, and is intended to ascending scale, until in the swift it | 350 metres in order to drop bombs on fry in deep, very hot oil or fat. Drain reaches its highest degree, both in a passing train. Lieutenant Gordon at the narrowest part, and are the down one enemy machine, severely at easily fatigued of all birds. Apparently, though they possess considerable speed, they have no powers of sustained flight.

Showers Evaporate.

Raindrops and snowflakes are Materials—Two cups cold boiled food chopper, or chop on board; add rice, 1 cup flour, 2 eggs, % cup milk raisins, which have been floured, sultions, succeed in falling on the way 1 rounded teaspoon baking powder, gar and salt. Mix all well together; to the earth. Many a shower of rain 1 level teaspoon salt, 1 tablespoon add water enough to hold together.

I level teaspoon salt, 1 tablespoon add water enough to hold together.

or snow never reaches the earth, but evaporates in midair.

CHILDREN LOVE SYRUP OF FIGS

If Feverish, Billious, Constipated. Give Fruit Laxative At

Non-Committal.

Non-Committal.

Non-Committal.

Non-Committal.

Non-Committal.

Non-Committal.

Non-Committal.

Non-Committal.

It was the first case ever tried 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

are 50c. a box; three boxes for \$1.25

at all dealers or mailed direct on and colors and dealers or mailed direct on and colors.

Non-Committal.

Keep it handy, Mo'her! A little given today saves a sick child tomornow, but get the genuine. Ask your druggist for a 50-cent bottle of "Callifornia 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 strouble for himself, but for others.

The man who doesn't know one note from another is always setting the first case ever tried in stitch-work, but in a miraculous manner righted his machine just at the given today saves a sick child tomornow, but get the genuine. Ask your druggist for a 50-cent bottle of "Callifornia 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 "Callifornia Fig Syrup Company."

The man who doesn't know one note in the first case ever tried in stitch-work and is stitch-work at the given today saves a sick child tomor or callifunction.

Non-Committal.

It was the first case ever tried in Stony Gulch, and the jury had sat for hours arguing and dispating. At a straight band is stitch-work at the moment it reached the earth after a veritable plunge to death. Howey was taken prisoner, but he was unlarged accounted to the summer of the first is allowed to the summer. At the moment it reached the earth after a veritable plunge to death. Howey was taken prisoner, but he was unlarged accounted to the summer. The case of the first and the plunge to death. Howey

Flying Men

Are Heroes TNDER the title of "English Aviato -- Who They Are and What They Do," The Matin of Paris recently published an appreciative article from which we take the following The statements, however, should not be accepted as authoritative or official, although from what we have heard of the heroic deeds of British flying men, we se

no reason to doubt their accuracy: The English aviators are entrusted with the same mission as the French. The same halo of brilliancy encircles them, they obtain the same glorious results, and yet there is an indefinable something which distinguishes them from their French colleagues. What is this elusive quality which enables one to distinguish the nationality of the aviator on merely hearing the details of an aerian exploit? I think it is because our Allies carry on aerial warfare in a more sporting than military spirit. They regard an encounter in the air with their abhorred enemies as an exciting and thrilling experience.

This mode of action, while permiting our Allies to obtain remarkable results, has also the inconvenience of augmenting their losses. The com bat in the air is often unequal, the Englishman will not hesitate to tack single-handed ten Germans. He brings down several, but is often beaten himself in the long run by force of numbers. The English, with perfect loyalty, state in their official communiques the number of their aeroplanes which do not return to their base. In September they lost 48 avious, brought down 53 enemy machines, and damaged about 100. The French during this month brought down 56, damaged

57, but their losses were much less. But marvellous are the deeds of heroism inscribed each day in the annals of the Royal Flying Corps. I will cite a few of them. On August 11, during a reconnaissance in Egypt, an aeroplane was attacked by two enemy machines. A

bullet broke the English pilot's jaw, another pierced his shoulder, a third found a resting place in his left leg. and finally his left hand was also wounded. He fainted, regaining consciousness when only 150 metres above the earth. He was over his! own lines. He brought his machine safely to land, and then found that his observer was wounded in the chest and shoulder. With difficulty he made his report, fainted and died.

During a bombing mission Lieutenant Albert Ball noticed twenty enemy aeroplanes, divided into three groups. He advanced towards the first group, which contained seven machines, and fired on them at man wavered, wheeled, and fell. He then threw himself upon the others, firing two volleys at them. The first Boche took fire and fell. The others attempted to escape, but our pilot immediately started in pursuit and followed them until he has discharged his last cartridge, one of the

Attacks on trains are very popular cold boiled rice and mix well. Add The mechanism of flight in the weather Lieutenant Owen Tudor endurance and facility of evolution. Kidd descended from 2,200 metres to Although there are birds which may, 300 for the pleasure of dropping a and probably do, attain to the speed | bomb on a munition train, which of 150 miles per hour, this remark- caught fire and blocked the line with able rate is not to be looked for in wreckage. Lieutenant Tayler derailany of the birds of the swallow kind, ed a troop train. Lieutenant Gordon In their migrations swallows stick | Gould, attacked during a reconnaisclose to land, and never leave it un- sance, was wounded in the leg. In less compelled. They cross straits spite of the intense pain he brought damaged another, and then calmly

continued his appointed work. Captain Gerald Dixon Spain one day observed four enemy machines, He attacked three, one after another, and put them to flight, the fourth in the meantime being engaged by another Englishman. The following day he fought two enemies, brought one down, forced the other to recede. continuing his successful career by again bringing down a Boche the next day. Lieutenant Cope Evans, during one flight, conquered four German machines, crashing them to

Another great feat was accomplished by an aviator named Mac-Laren. Flying over an enemy aerodrome, he noticed a machine about to rise. Pilot and observer were in their places, mechanicians held the wings. The Englishman came gentiy down to within 30 yards and dropped a bomb. Aeroplane, pilot, observer, and mechanicians were pulverized, but MacLaren went

and bowels are clogged with sour of Edgar Poe. An English aero-Heart and Nerve Pills they can see a change from the cutset.

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

Mary's mother found her busily engaged in cutting up potatoes. "Why, Mary," said the astonished mother, 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 the me to try Milburn's Heart and Netve Pills so I got a box and when inght, and looks so pale in the morning. "Because it is out so, very late at night, and looks so pale in the morning the cold, breath bad, throat sove, doesn't eat, aleep 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 the morning food passes out of the bowels and you have a well and play-from the surface of the same over at the store say that year, mamma, and I was just looking for some."

Because it is out so, very late at change from the morning.

When listless, pale, feverish, full of cold, breath bad, throat sove, doesn't eat, aleep or act naturally, has stomach-ache, indigestion, diarrhoea, give a teaspoonful of "California Syrup of Figs." and in a few hours termenting food passes out of the bowels and you have a well and play-forming a veritable gymnas-ful call again. Children love this harmless "fruit laxative," and mother is played to the succeeded in slipping in the cold, breath bad, throat sove, doean't eat, aleep or act naturally, has stomach-ache, indigestion, diarrhoea.

Mary's mother found her busily engaged in cutting up potatoes. "Why, Mary," said the astonished mother, "what are you doing that for?"

Pausing a moment in her task, full children love this harmless "fruit laxative," and mother is played to the succeeded in slipping to the second to the bowels and you have a well

too often foolishly been endured.

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

Every infusion is alike delicious

Black, Green or Mixed

Sealed Packets only.



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.

Sunlight Soap

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

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



inch material, with 4 yards of wide

ribbon and 11/2 yards of narrow rib-

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

notehed, terminating the seams at

large "O" perforations. If low neck

night-gown is made, finish upper edge

desired. Tack ribbon to position at

.. ext, gather the front and back

shoulder edges, at the small "o" per-

along crosslines of small "o" per-

forations. Work eyelets at each end

of band at small "o" perforations.

Stitch band to position over the gath-

ers bringing small "o" perforation

at upper edge of band to under-arm

forations and tie as illustrated.

bon for the trimming.

The Newest in Night Dresses.



The new designs in underwear offer nothing 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

CONSTRUCTION GUIDE 7088 BANDA FRONT

Embroidery is the logical trimming for the front of the gown, while the neck and sleeves may be finished with buttonholed scallops.

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

The man who doesn't know one One smile of fortune is better than receipt of price by The T. Milburn there, but we think he would ef he'd Hand back with contempt any other What could have been cured has next to things that are selling for a Only the man who has nothing to live for can afford to loaf.