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"Fruit-a-tives Again Proves Its Extraordinary Powers"

Rochon, Que., March 2nd, 1915.

"I have received the most wonderful benefit from taking 'Fruit-a-tives'. I suffered for years from Rheumatism and change of life, and I took every remedy obtainable without results. I tried 'Fruit-a-tives' and it was the only medicine that really did me good. Now I am entirely well—the Rheumatism has disappeared, and the terrible pains in my body are all gone. I hope that others, who suffer from such distressing diseases, will try 'Fruit-a-tives'."

MADAME ISALE ROCHON.

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

WE TRY TO AVOID MISTAKES BUT NEVER TO AVOID RIGHTING THEM.

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Celeste Whole Figs packed in corn and sugar syrup, 20c per tin. The choicest dessert before the public.

Fresh Dates, 15c lb.

Maple Sugar, 10c cake.

Sunkist Oranges, 20c to 50c doz.

Grape Fruit, 5c each, 3 and 4 for 25c.

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You can get Sunkist Oranges wherever uniformly good fruit is sold. Tissue wrappers stamped "Sunkist" identify the genuine. Order now.

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Uniformly Good
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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

Lieut.-Col. W. S. Dinick, Toronto, said the volunteer system of recruiting would be put to the last test by the introduction of the draft system in the 109th Regiment.

THE CONFESSIONS OF ROXANE

(By Frances Walter)

MY SITUATION APPEARS DAILY MORE DESPERATE

(Copyright, 1916, by the McClure Newspaper Syndicate)

As I reread the latest letter which I had received from my kidnapper, I became all the more firmly convinced that he was a madman, and, analyzing my situation as best I could, I came to the somewhat paradoxical decision that I was safer on account of his madness than I would have been had he been of sound mind.

I reasoned in the first place, that the chivalrous sentiments which he had expressed would have been totally missing had my captor been actuated only by a desire to possess me. Possibly one phase of his mania prompted him to pursue this high plan of conduct, and if this was true I might be fairly certain that the frame of mind would not be merely a temporary one. He might continue to regard me as sacred from molestation and even seek to make my imprisonment less irksome. Indeed, he already had made an offer looking to that end. If I would agree not to attempt to leave the house he would give me the freedom of the dwelling, he had told me in the letter.

This suggestion furnished me food for much thought, and was the cause of much indecision as to the best course open to me. One moment it seemed to me that if I accepted his proposition I would have everything to gain and nothing to lose. The next moment I was firmly set against giving my word to remain a prisoner under any circumstances. I had no idea that escape from the mysterious prison in which I was confined was possible. At the same time there was a certain security about the place which gave me a grain of comfort. If I permitted myself to be assigned to another apartment, might I not be subject to more frequent disturbances than I was now?

In the end I decided to talk the matter over with Jane, and, to my surprise, I found that she knew all about it.

"But my instructions were to say nothing to you one way or the other," she told me. "He wants you

to come to a decision of your own free will and accord."

"Now, Jane," I puzzled, "you surely are not going to take that old ogre's side against me, are you? Remember our recent conversation and your promise to aid me in whatever manner you possibly could."

"I do remember it and I stand ready to aid you whenever the point is reached when I think that you need aid."

"But I need it now," I insisted. "Think what may be the consequences of my deciding one way or the other. It may mean life or death to me."

Jane forced a smile.

"Hardly so serious," she said.

"Tell me," I began, bending toward her, "is not my jailor insane?"

She started and looked at me, mere surprise growing into something akin to terror. Then, glancing quickly around, as if fearful that we might be observed, she finally brought her gaze back to me.

"Insane?" she asked in a hoarse whisper. "I never thought of that!"

She reflected a moment. At length she turned to me.

"I do not know," she said hopelessly. "As I said, the idea never had occurred to me until you suggested it, but now that you have mentioned it may be explained on that theory."

"It cannot be merely a theory. No sane man could have done what he has done to me, and no sane man could have written the letters which I have received. He is mad. There can be no doubt of it. He is mad."

As I uttered the last few words, Jane rose and hurriedly paced the floor.

"If what you say is true, I shall not only give you such assistance as I can, but you and I must form a partnership to escape from this accursed house. I am as much a prisoner here as you are!"

I gazed at her with a question in my eyes.

"It is true! I can no more leave this house than you can escape from this room. I, too, am at his mercy."

I looked at her in terror.

"Heaven help us!" I cried involuntarily.

(To Be Continued.)

The Whig's Daily Menu

Menu for Tuesday

BREAKFAST
Stewed Dried Peaches
Oatmeal
Creamed Bacon
Pancakes and Syrup
Coffee or Cocoa

LUNCHEON OR SUPPER
Minced Guinea on Toast
Stewed Potatoes
Pickled Beets
Cake
Tea or Cocoa

DINNER
Harley Soup Made From Guinea
Veal Cutlet with Rice
String Beans
Relish
Canned Peaches with Custard
Coffee

Pigs in Blankets.

Take large oysters (allowing four to each person); drain and wrap each one in a very thin slice of bacon and fasten with toothpick through the hard part of oyster. Place in shallow pan. Have bran bread cut thin and oblong. Just the size to hold four oysters. Toast in oven, and when oysters are done lay them on

the bread. Garnish with thin slice of lemon that has been dipped in very finely chopped parsley. A sprig of watercress adds to the appearance of the dish. Sauce can be served around the bread.

The sauce can be made by adding a little flour to the pan in which the oysters are baked. Mix well and add 1 cup of cold milk. Mix and season to taste.

Japanese Salad.

Materials—1 cup rice, 1 tablespoon onion juice or finely chopped onion, 1 tablespoon chopped parsley, 2 tablespoons chopped green peppers, 1 teaspoon curry powder, ½ cup French dressing or 1 cup mayonnaise.

Utensils—Bowl, 2 measuring cups, teaspoon, tablespoon, saucepan, strainer.

Directions—Line bowl with lettuce. Wash, boil, blanch and drain the rice as usual. When cold, put in to bowl; pour over the French dressing, in which you have the curry powder, onion juice, parsley and chopped green peppers, and serve.

P.S.—Mayonnaise put on in small portions adds much to the appearance.

France Adopted Daylight Saving.

Paris, Feb. 19.—The Chamber of Deputies adopted a bill permanently advancing the legal time one hour during the summer. The putting on of the clocks is to begin the first Sunday in April and this time will be in force until the first Sunday in October.

AT ONCE! STOPS STOMACH MISERY AND INDIGESTION

"Pape's Diapepsin" Makes Sick, Sour, Gassy Stomachs Feel Fine.

Do some foods you eat hit back—taste good, but work badly, ferment into stubborn lumps and cause a sick, sour, gassy stomach? Now, Mr. or Mrs. Dyspeptic, get this down: Pape's Diapepsin digests everything, leaving nothing to sour and upset you. There never was anything so safely, quick, so certainly effective. No difference how badly your stomach is disordered you will get happy relief in five minutes, but what pleases you most is that it strengthens and regulates your stomach so you can eat your favorite foods without fear.

Most remedies give you relief sometimes—they are slow, but not sure. "Pape's Diapepsin" is quick, positive and puts your stomach in a healthy condition so the misery won't come back.

You feel different as soon as "Pape's Diapepsin" comes in contact with the stomach—distress just vanishes—your stomach gets sweet, no gases, no belching, no eructations of undigested food, your head clears and you feel fine.

Go now, make the best investment you ever made, by getting a large fifty-cent case of Pape's Diapepsin from any drug store. You realize in five minutes how needless it is to suffer from indigestion, dyspepsia or any stomach disorder.

AL. H. WILSON
In his new Irish song-play "My Killarney Rose," at the Grand on Thursday evening, Feb. 22nd.

Let's laugh a little more at our own troubles and a little less at our neighbors.

WHY GERMANS WANT PEACE

Observations of Woman Who Visited Huns at Home.

Miss Madeleine Z. Doty last summer went to Germany. In part, at least, her purpose was to carry aid to underfed German babies; but it was in part to observe conditions there. Her report is appearing on successive Sundays in The New York Tribune and in the Chicago Tribune. Miss Doty is well-known for what she has done on behalf of prison reform.

She found the German people suffering from physical privations and the mental strain of war. The food that she had, except in the very best of hotels and in certain private homes, was inadequate. "Prison diet," she says, "does not promote health or strength. One can live on it, but patriotism and temper suffer." The people at a cafe which she describes were "shrunken listless, distraught." She could not swallow the cakes that were served. "Only the music is cheerful," she says. "There is a revival of band playing in Germany. It is needed to hide the lack of laughter and talk."

Life has become mere existence, a prison existence. A satisfying meal she reports as a noteworthy experience. After one such meal she writes: "It seems cruel to eat henceforth at the most expensive hotels."

Since her preceding visit the year before she reports a change in the attitude of the German people toward America.

Today the average person is pathetically eager to be friends. Slowly the people are awakening. For months the newspapers have fed them on the triumphs of Germany and the peridy of other nations. But these stories of glorious German victories have resulted in what? A lean and barren country, under-nourishment, death, the hatred of other nations. The people begin to doubt their leaders.

Her account of being spied upon is amusing. She tells of doubling on her tracks when she went to visit a member of the Social Democratic party in order that she might avoid observation. She saw enough of spies to form the following impression:

The funny thing about German spies is that they dress for the part. They are as unmistakable as Sherlock Holmes. They nearly always wear gray clothes, a soft gray hat, are pale-faced, shifty-eyed, smooth-shaven, or have only a slight moustache, and carry canes.

One spy she describes as standing out in the rain from three in the afternoon until nine o'clock. "I simply cannot take him seriously. My friend and I get into a state of laughter. I want to go out and invite him in to tea. He looks so miserable." "But," she acknowledges, "before I leave Germany the spies get on my nerves. What was at first amusing becomes a nuisance."

Even the horses show underfeeding. They are "chiefly valuable as a study in bone anatomy." She looks into their dinner-pails, and never finds there anything but chopped straw. She reverts to the appearance of the people. "They are thin. I didn't see a big sixth anywhere." Food is scarce. Sugar, or meal she likens to "trying to run a wagon without oil. It begins to creak."

She describes the diet kitchens, and tells what good food can be had there. But "the day laborers cannot afford city feeding kitchens. They cannot afford to eat. Sugar places are a godsend to the middle class, the small storekeepers whose business has failed, clerks, and stenographers, but for the unskilled laborer the price is prohibitive."

She sums up the food situation in the words:

The remedy in Germany is not quick starvation, it is the underfeeding of a whole race. . . . It is hard to be discontented and progressive when the stomach is full and the land flows with milk and honey. But suffering has come and a new race is emerging—a lean race, with active minds that begin to question German autocracy and militarism.

Miss Doty, on the other hand, is accustomed to observing people in the lower strata of life, and in Germany she sees privation and hardship. The suffering that war has brought upon Germany is largely hidden from the outside world, but it is to be remembered that it is also largely hidden from a great part of the German people themselves.

Hard Times Ahead.

The adored daughter was sad. "Father," she said, "what has come over you? Since I can remember, I never had a wish you were not anxious to gratify and you even anticipated my wants and handed me money for all sorts of things that I hadn't even thought of. But now I have to ask you for every cent I need, and you growl and grunt and ask if I think you are made of money, and you rail at a woman's extravagance and invariably ask me what on earth I did with that last check of dollar or half dollar you gave me. It is very strange. Don't you love me any more, father?"

"My dear Ethel," her father answered, "I love you as much as ever. But you are soon to be married, and I am trying gradually to prepare you for the change."

German Police Methods.

A light is thrown on German police methods by a story in the Vossische Zeitung, transmitted by Reuters from Amsterdam. A Berlin policeman was attempting to arrange into a queue a crowd of potato applicants, when he was attacked by an elderly woman. "The policeman drew his sword and wounded the woman, who with her husband was then arrested." Perhaps the husband ventured on a meek protest. Ron her through first and run her in afterwards seems to be the German motif.

A preliminary announcement states that \$171,000 has already been given by citizens of London, Ontario, to the Patriotic Fund. Their "1917 drive" does not commence until next week.

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is composed of clean, whole young leaves. Picked right, blended right and packed right. It brings the fragrance of an Eastern garden to your table.

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Sunlight Soap has a high standard of purity which is backed by a \$5,000 guarantee. If a soap has no standard there is no reason why it should always be of uniform quality, always contain the best materials or be anything like as good as the soap with a standard.

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For those contemplating the investment of funds, our wide selection of Canadian Government and Municipal Bonds offers special opportunities to secure an investment of the highest order, combining the maximum of safety with an excellent income return. Write to us today for a special list of these securities, which are now obtainable at prices ranging from

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WHY YOU SHOULD USE M.S.C. SHAMPOO

It maintains healthy hair, corrects unnatural scalp conditions, and assists nature in restoring normal, healthy conditions, by stimulating and renewing the hair-growing processes.

HEALTHY HAIR NEEDS ATTENTION, and any disorder of the scalp or falling hair will grow worse by neglect.

M. S. C. SHAMPOO contains pure Cocoanut Oil and other hair health ingredients, which by constant use will keep the scalp and hair in perfect condition.

Being in LIQUID form, it is easy to apply: You simply wet the head thoroughly in Hot water, then apply about two tablespoonsful, which will instantly work up oceans of lather that will thoroughly cleanse the scalp, and after thorough rinsing will leave the hair beautifully soft.

Buy a bottle from your dealer and follow directions carefully, and you, like thousands of others, will be convinced of our claims.

Price 50 Cents

All Druggists, Everywhere, or if your dealer cannot supply you with the genuine write us.

MUTUAL SALES CO.
32 Front Street West - Toronto, Ontario

Drop Postage Increase.

Washington, Feb. 19.—Proposed increased postage rates on newspapers and magazines and provision for one-cent postage on drop letters finally were eliminated from the postal bill on a point of order by Senator Lodge that they had no place on such a measure under the Senate rules. This action is expected to end the fight at this session for the provisions.

A Stamford, Ont., widow's request to have her son released from the C.E.F. because of her need may be granted by King George.

John S. McDonald, ex-M.P.P. for Centre Bruce, passed away at Rip-senate rules. This action is expected to end the fight at this session for the provisions.

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Excellent service guaranteed.
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GRAND TRUNK RAILWAY SYSTEM

LOCAL BRANCH TIME TABLE
In effect Jan. 14th, 1917.

Trains will leave and arrive at City Depot, foot of Johnson street.

GOING WEST

No. 15 Mail	12:20 a.m.	12:57 a.m.
No. 12 Express	1:35 a.m.	2:32 a.m.
No. 27 Local	4:40 a.m.	7:12 p.m.
No. 1 Internal Ltd.	1:41 p.m.	2:12 p.m.
No. 7 Mail	3:04 p.m.	3:40 p.m.

GOING EAST

No. 15 Mail	1:40 a.m.	2:17 a.m.
No. 12 Express	2:55 a.m.	3:52 a.m.
No. 4 Mail	12:20 p.m.	12:52 p.m.
No. 14 Internal Ltd.	1:08 p.m.	1:38 p.m.
No. 28 Local	4:48 p.m.	7:22 p.m.

Nov. 1, 6, 7, 13, 14, 16, 18, 19 run daily. Other trains daily except Sunday.

Direct route to Toronto, Peterboro, Hamilton, Buffalo, London, Detroit Chicago, Bay City, Saginaw, Montreal, Ottawa, Quebec, Portland, St. John, Halifax, Boston and New York.

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J. P. HANLEY, AGENT.
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Open Day and Night Telephone 99

NOTICE

Commencing Monday, Feb. 12th, Transcontinental train for Sudbury, Port Arthur, Fort William, Winnipeg, Brandon, Regina, Saskatoon, Calgary, North Battleford, Edmonton, Vancouver and the Pacific Coast will leave Toronto Union Station at 9.00 p.m. instead of 10.45 p.m., Monday, Wednesday and Friday.

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