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

ORTLIJA, ONT., Nov. 28th. 1914. "For over two years, I was troubled with Constipation, Drowsiness, Lack of Appetite and Headaches. One day I saw your sign which read "Fruit-a-tives 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 a good appetite, relish everything I eat, and the Headaches are gone entirely. I recommend this pleasant fruit medicine to all my friends".

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

FreshFrozen FISH

Finnan Haddies Halibut Salmon Herrings Fresh Oysters.

always in stock.

Take Tablespoonful of Salts If Back Hurts or Bladder

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 en

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 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 salts 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 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.

By placing your order now for your spring suit you will save 25%. Also skirts and Dresses made to measure for very low prices.

New York Skirt & Suit

203 Wellington Street.

FOOT OF BROCK STREET

for Sweets

Candles in excess cause our digestive organs to rebel. So do also all the front from neck edge to 2 inches large "O kinds of food. The big fact is that sweets in moderation are a necessity. Try some of these:

Try some of these:

Maple and Chocolate Fudge . 30c lb.

the waist may be built over it. Face the large "O the front from neck edge to 2 inches large "O below small "o" perforations and front.

Self-edge to 2 inches large "O below small "o" perforations. Take up to small "o" perforations. Take up a dart in front as perforated and sleeves.

These are sure to captivate a sweet tooth on the first trial.

P. H. BAKER & CO. Phone 141; 302 King St.

(By Frances Walter)

ALL IS ARRANGED

(Copyright, 1916, by the McClure

Newspaper Syndicate). magazines, and I soon found that I could not read them, so persistently outhouses. did my mind dwell upon my plains the secret chamber, and like any passed along beside the hedge. other incorrigible prisoner, be placed Twirling a rose in my hand and on a diet of bread and water?

eaching the front door. All kinds of fish in cans the car in time to stop me, either was at that time that I was regarded by jumping into the car and seizing in any such light.

Cage, and other matters that it wasn't long the house and went up to my room, Phone 549, Montreal St. I was pacing the floor in anxiety and I saw no one, not even Jane. small for me, and I hungered for not appeared, and I was beginning with Harry Pendleton to prevent me Jane glided in walking about the yard, and such a light wrap over my house dress and gone. went to the garden.

reason I assumed my most casual heart for the bell to give me the air as I threaded the labyrinth of signal, paths in the great front yard.

Home Dress Making

Ravishing Because of Its Simplicity.

A charming costume in grey crepe cated by small "o" perforations. de chine, featuring a dart-fitted bas- Face flare collar and sew to neck edge.

Pictorial Review Waist No. 6914. Sizes, 34 to 42 inches bust. Price, 20 cents. Bkirt No. 6911. Sizes, 22 to 34 inches waist. Price, 15 cents.

Above Patterns Can Be Obtained From

NEWMAN & SHAW

Princess Street.

One needs only the saftest of grey crepe de chine to make this dress, so

that the folds of the skirt will cling

gracefully to the figure, while the

dart-fitted basque adds picturesque-ness to the ensemble. In medium size the model requires 8% yards 36-inch material, with 1 yard of lining

Lessons

Prepared Specially for This Newspaper

By Pictorial Review

The garden was walled in on the FOR MY FLIGHT front, and on either side there was a high hedge, so thick that it was impenetrable to the eye. In the rear a great board fence arose, separating There was nothing in my new it from the mysteries of the back yard, from which rose the barns, stable, garage, and one or two other

to escape. Should I succeed? And if the feeling that I was being watched I did not, what would be the pen- never left me, and at length was conalty? Would I be thrown back into firmed by the rustle of leaves as I carefully refraining from exhibiting Determined that nothing within curiosity, I walked on until my lungs my power would arise to prevent me | were filled with the fresh air and my making good my flight, I took out cheeks were red from the exhilaratthe road map which Jane had given ing exercise. I pretended to have me and went over again very care- seen nothing, although my heart had fully the route I was to take to as- thumped violently and my breath had sure my freedom. Then I closed my quickened on two occassions-once eyes and formed a mental picture when I distinctly saw a pair of very gar, 2 eggs, 1/2 cup lemon juice, a few of the great old house, and recalled red and very masculine eyes staring grains salt. the passageways I was to take in at me through a section of the hedge, and again when another of All sorts of possibilities went the guards was plainly visible bowl or cup to soak gelatin in, bowl, through my brain. Would it be bet- through the leaves as he lolled at egg beater, strainer, mold or bowl. ter to leave my door slightly ajar, full length on the ground and chewed so that I could save the fraction of a straw. But no one spoke to me a second necessary to open it? Indeed, every one seemed to avoid Should I run to the front door or me, or, rather, to hide from me, as walk sedately, as though I were though I were some uncanny object. merely looking about the premises? I learned afterwards that they Would I be able to start the car im- thought I was a leper who had been mediately, or would I, in my ner- spirited away from the authorities - RIIN-S hopelessly? Fortunately, the weather so that I might not be sent to a was mild, and, barring accidents, lazaretto. This belief on the part of there should be no trouble with the the guards served me well a little starter. But would I have time? later, and was the cause of no little Would not some one see me enter mystification to me, ignorant as I

the wheel or by closing the great | The tour of the garden completed without any apparent gain to me ex-So intensely did I consider these cept for the fresh air, I returned to before my head was in a whirl and where a cold luncheon was laid. But dread. Soon my spite became too could not understand why she had

"Be ready for instant flight," she, trip might be of great help to me said, and then laid her finger on her in my plan of flight, so I threw a lips. In another instant she was

I darted to my bedroom and slip-I saw no one at first, yet I was ped on the wrap which I had disconscious of being watched. Indeed, carded Then I crept close to the float off themselves down river to t seemed to me that many pairs of outer door, placed my hand on the Quebec. Many of the rafts were eyes were upon me, and for this knob and waited with pounding

turn hem in front at notches. The

small "o" perforations indicate the

center of the front. Close underarm

and shoulder seams and sew collar to

sorresponding notches even. Stitch

along the folded edge and finish ed-

ges below extensions with buttons

and buttonholes. Close remaining

seams as notched. Close seam of ruf-

fle as notched and arrange under-neath sleeve matching large and dou-ble small "oo" perforations; stitch upper edge to position along cross-line of small "o" perforations in

sleeve. Sew sleeve in armhole of lin-

ing as notched, small "o" perfora-

tion at shoulder seam easing in any

The front of the basque may now

have the darts taken up as perfora-ted. Close underarm and shoulder seams as notched. Stitch corded pip-ing to position around armhole edge. Adjust underfacing to position un-derneath front. Center-front indi-

notches and center-backs even. Ar-

ther and tack. Stitch corded piping

to position along lower edge of

Self-covered buttons trim the

Menu for Tuesday

BREAKFAST Steamed Prunes Cereal of Choice Shirred Eggs in Tomato Sauce Crisp Roll or Tonst Fruit Butter or Marmalade Coffee or Gocon

LUNCHEON OR SUPPER Vegetable Chowder Whole Wheat Bread Fruit Salad Cream Cheese and Crackers Tea or Cocoa

DINNER Braised Short Ribs with Vege-Lettuce or Relish Cheese Cake Pie

Spanish Cream Materials-One pint milk, 1 table-

spoon granulated gelatin. 1/2 cup su-Utensils-Double boiler, 2 measur-

ing cups, teaspoon, tablespoon, small minutes; beat the eggs and sugar un- sprigs of parsley

boiling milk, then the eggs and sugar and lemon juice and stir until thick, but do not let boil. Remove and strain through wire strainer into wet mold or bowl. This can be made the day before or early in the morn-

Braised Short Ribs with Vegetables. Materials-Two pounds short rib beef, 2 cups carrots, 1 cup cut onion, 1/2 cup cut celery, 1 quart diced potatoes, 1 tablespoon salt. '% teaspoon white pepper. 1 teaspoon sugar, 1/4 teaspoon paprika, 1 table-

spoon flour. 1 tablespoon caramel.

Utensils-Braising pair (double roast pan), cheesecloth, 2 measuring cups, teaspoon, tablespoon, fork, skimmer, small bowl for thickening. Directions-Have the butcher saw the rfbs into 1-inch pieces; wipe the beef with wet cheesecloth. Put into braising pan (double roast pan) sear, then add onion, salt, pepper and 2 cups of boiling water. Reduce the heat of oven and roast 1 hour; then add the carrots, celery, potatoes and another cup of boiling water; roast 1 hour. Remove the meat to hot platter with a skimmer, remove the vegetables and place around the meat. To the gravy add the flour Directions-Put the milk on in and caramel mixed with a little coldouble boiler. Cover the gelatin water; boil 3 minutes; pour over the with 2 tablespoons of cold milk 10 meat and vegetables. Garnish with

vousness and haste, bungle the job and was being cared for by relatives, I UNIUILU III IIIL MILL

WRECKAGE OF A CENTURY RESTS IN ST. LAWRENCE

When Rafting Was Done-Great steam yacht Sport experienced a Anchors Are Embedded in the Mud of the Upper Bay of Clayton, tom Between Village and Calumet. "Observer" in the On-the-St. Law-

rence Clayton, N.Y., says: Scattered along the river bottom within a few miles from Clayton the outside air which had been de- to feel an almost childish yearning there is property of various kinds, for her presence when my door open- the valuation of which at the time keeper of the lighthouse. There was nothing in my agreement ed without any warning knock and of its disappearance would amount to several small fortunes.

> In raft yard times our upper bay was a busy place, there being times when a hundred men were employed in the weaving together of floating masses o ftimbers that when ready were taken in tow by steamers to the wide as village streets, and as long as from the present uptown Stand- ! drink?" Brooks lumber yards now are, and extending down into the water six feet or more. The timbers, oak and pine of an average length of fifty feet and two and a half feet square, were brought in sailing vessels from Michigan ports. The oak, ow ing to its natural weight and absorption of water, would remain affoat but a few days after launching, the pine being used to prevent its sinking. Old employes of the raft yard have said that many pieces of the oak timbers became at different times loosened from their moorings to float outward, to sink in the channel between the village of Calumet Island, a present day estimate by some who were living in those times being not less than fifty great

timbers reposing on bottom. In the mud of the upper bay where from 20 to 40 big sailing ves sels were moored every winter, there are known to be several great anch ors, some with chains that became Next, take the sleeve and turn entangled with sunken timbers, and under the edge on slot perforations, at the annual spring scramble to be then lap to small "o" perforations, away with the first fair wind of uplake, they were left behind as of less value than a few hours' time to make it rich and red. The pale when wheat freight rates from Chicago were thirty cents a bushel.

Along the village water front there are samples of almost every useful or useless, valuable or ornamental thing used by civilized man There are diamond rings hopelessly lost by wealthy women guests while paddling in the water. There are told me to try Milburn's Heart and the monstrous steel ring hoop skirts, Nerve Pills so I got a box and when worn by women back in 1864, that it was done I felt and looked so much The Polishing Cloth for inflated dresses so the wearers could better I decided to get six more hardly enter a barn door, and that When I had taken them I had gained going out of style were deposited in not only in strength, but in flesh and watery graves, to be resurrected by color, and best of all was good the present day boys' fish hooks. health." A part of a human skeleton left behind in a physician's abandoned office are 50c. a box; three boxes for \$1.25 is now reposing on bottom back of at all dealers or mailed direct on the Ellis Co., stores, and the wonder receipt of price by The T. Milburn is how the original and rightful Co., Limited, Toronto, Ont owner may proceed to collect the balance of his framework when re-

surrection day comes.

There is tableware and lots of it and there are articles of expensive china, and cut glass, that during the past 50 years or more have been rumped overboard by careless servants, along with table garbage from

range basque on lining, center-fronts steamboats and yachts. and center-backs even; stitch lower edges together. Bring small "o" per-At the rocky point at the western end of Round Island, or Frontenac, forations near lower edges of backs and small "o" perforations in fronts there are a couple of tons of anchor near under arm seams together and tack. Bring large "O" perforations near shoulder seams in backs togechain that has never been recovered. The big sidewheel steamer Cataract, of the Lewiston and Ogdensburg line, struck the shoal there a sideway, glancing blow one stormy night and came near being capsized. The chain, coiled and unfastened on main deck, To make the belt, crease on small "o" perforations and stitch edges together. Adjust to resition around slid overboard, o the deep water side. Many attempts in years after waist as illustrated on reverse side of envelope with upper edge of helt at large "O" perforations near lower edges of front and back; tack at the were made by residents along the shore to recover it, but all failed owing probably to its being deposited in deap crevices of the rocky bottom. large "O" perforations and tie in At the upper end of Rock Island where the lighthouse now stands, a large lake sailing vessel loaded with corn struck and went to the bottom in 7 feet of water. The boat and cargo was abandoned by owners to insurance companies. A few days later a party of roving adventurous wreckers and divers of the kind who watch newspapers for reports of marine disasters anywhere and everywhere came in quest of plunder.
The boats hatches were broken open,
a canvas tube a foot in diameter,
with suction pump at the surface,
brought up several thousand bushels
of the grain that was shipped away

to starch factories, where customers puddings, custards and ice cream. The vessel's topmast and rigging were 20 feet above the surface of the water and the owners their guests and the crew of the sidewheel scare one night that none of them have forgotten. The yacht with a party had been up lake on a fishing And Great Timbers Rest On Bot- trip and having heard nothing of the wreck crashed full speed into the wreckage, crippling the side wheels, ripping off part of the bulwarks, and creating a reign of terfor for a few minutes by shrieks of women and calls for help to the

He was a good little boy, and very thoughtful. It was during a long spell of dry weather (some time ago, by the way), and he had heard of the great scarcity of water through-

"Mamma," he said, "is it true that in some places the little boys and girls have not enough water to "That is what the papers say, my

"Mamma," he presently said, "I'd ilke to give something for those poor little boys and girls. "Yes, dear. What would you like

way, "as long as the water is so very, very scarce, I think I ought to give

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 improverished, and it loses its nourishing qualities. The face becomes pale and thin, and the ips bloodless. There is a weakness, tiredness and loss of weight.

When those suffering from thin 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 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

Milburn's Heart and Nerve Pills

You know, if a thing is worth doing at all, it is worth doing well. So, for your dishes and utensils, use Sunlight Soap. Its soft, creamy lather ensures a shining cleanliness that will be a delight to the eye.

"Nothing But Leaves"

Not Tea Leaves intermixed with Dust,

Dirt and Stems but all Virgin Leaves.

has the reputation of being the cleanest,

Everyone will

admire them

three times a

day-shining,

spotless dishes.

and most perfect tea sold.

BLACK, GREEN OR MIXED.

Sunlight Soap

has great cleansing power, yet it never reddens or hurts the softest hands, being of surpassing purity.

> A \$5,000 guarantee of purity goes with every Sunlight Soap. All grocers sell it.

Headquarters For

GROCERIES, MEATS, and PROVISIONS

C. H. PICKERING 490-492 Princess Street. Phone 530.

brellas, Suit Cases, Trunks, repaired and re-fitted Saws filed, Knives and honed. Al makes of firearms repaired promptly. Locks repaired; Keys fitted. All makes of Lawn Mowers sharpened and repaired.

149 Sydenham Street

All Metals.

Always ready for use; nothing to

spill, won't dry or injure the hands. A real friend for the soldier. Sold at Thompson's Grocery

294 Princess Street.

Phone 387

LOCAL BRANCH TIME TABLE In effect Jan. 14th, 1917. Trains will leave and arrive at City Depot, foot of Johnson street.

No. 13 Express . . . 2.58 a.m. 3.35 a.m. No. 27 Local 6.40 a.m. ~ 7.12 p.m. No. 1 Intern'l Ltd. 1.41 p.m. 2.12 p.m.

No. 28 Local 6.48 p.m. 7.22 p.m.
Nos. 1, 6, 7, 13, 14, 16, 18, 19 run daily.
Other trains daily except Sunday.
Direct route to Toronto, Peterboro,
Hamilton, Buffalo, London, Detroft
Chicago, Bay Cky, Saginaw, Montreal,
Ottawa, Quebec, Portland, St. John,
Halifax, Boston and New York.
For Pullman Accommodation, Tiokets, and all other information, apply

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LONDON to HALIFAX (Via Plymouth)

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For particulars of sailings and rates, apply to Local Agents or to The Robert Reford Co., Limited, General Agents, 50 King Street East, Toronto.



VIA CANADIAN NORTHERN