

TWO LONG YEARS HE SUFFERED

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

ORLEANS, 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, and now I eat, and the Headaches are gone entirely. I recommend this pleasant fruit medicine to all my friends."

Fresh Frozen FISH

Finnan Haddies Halibut Salmon Herrings Fresh Oysters.

All kinds of fish in cans always in stock.

J. R. B. Gage, Phone 549, Montreal St.

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 urine is cloudy, full of sediment, or the bladder is irritated, 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.

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.

Ladies' Suits !!

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 Co. 208 Wellington Street.

PARADIS GARAGE

FOOT OF BROCK STREET Phone: Office 223, Home 611. We furnish: Auto Supplies, Gasoline at 25c, Motor Oil, Care for tires.

E. PARADIS, Prop.

Nature Calls for Sweets

Candies in excess cause our digestive organs to rebel. So do also all kinds of food. The big fact is that sweets in moderation are a necessity. Try some of these: Maple and Chocolate Fudge, 30c lb. Marabone, 30c lb. Lady Carmelita, 30c lb. Maple and choc. striped caramels, 30c lb.

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

THE CONFESSIONS OF ROXANE

(By Frances Walter)

ALL IS ARRANGED FOR MY FLIGHT

(Copyright, 1916, by the McClure Newspaper Syndicate). There was nothing in my new room to amuse me except a few old magazines, and I soon found that I could not read them, so persistently did my mind dwell upon my plans to escape. Should I succeed? And if I did not, what would be the penalty? Would I be thrown back into the secret chamber, and like any other incorrigible prisoner, be placed on a diet of bread and water?

Determined that nothing within my power would arise to prevent me making good my flight, I took out the road map which Jane had given me and went over again very carefully the route I was to take to assure my freedom. Then I closed my eyes and formed a mental picture of the great old house, and recalled the passages I was to take in reaching the front door.

So intensely did I consider these and other matters that it wasn't long before my head was in a whirl and I was pacing the floor in anxiety and dread. So in my spite became too small for me, and I hungered for the outside air which had been denied me. My room was stifling. There was nothing in my agreement with Harry Pendleton to prevent me walking about the yard, and such a trip might be of great help to me in my plan of flight, so I threw a light wrap over my house dress and went to the garden.

"Be ready for instant flight," she said, and then laid her finger on her lips. In another instant she was gone. I darted to my bedroom and slipped on the wrap which I had discarded. Then I crept close to the outer door, placed my hand on the knob and waited with pounding heart for the bell to give me the signal.

Easy & Practical Home Dress Making Lessons

Prepared Specially for This Newspaper By Pictorial Review

Ravishing Because of Its Simplicity.



A charming costume in grey crepe de chine, featuring a dart-fitted basque and tunic skirt.

One needs only the softest 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 picture-ness to the ensemble. In medium size the model requires 3 1/2 yards 36-inch material, with 1 yard of lining for the blouse.

The subject is the particular study for today's home dressmaking lesson. Its V-shaped neck is finished with a standing collar of grey crepe Georgette, while the sleeves are slashed at the elbows and trimmed with lace cuffs. Make the lining first so that the waist may be built over it. Face the front from neck edge to 2 inches below small 'o' perforations and around the armhole in front and back to a dart in front as perforated and

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

Above Patterns Can Be Obtained From NEWMAN & SHAW Princess Street.

The Whig's Daily Menu

Menu for Tuesday

- BREAKFAST: Steamed Potatoes, Creamed Spinach, Shredded Eggs in Tomato Sauce, Crisp Roll or Toast, Fruit Butter or Marmalade, Coffee or Cocoa. LUNCHEON OR SUPPER: Vegetable Chowder, Whole Wheat Bread, Fruit Salad, Cream Cheese or Crackers, Tea or Cocoa. DINNER: Clear Soup, Braised Short Ribs with Vegetables, Lettuce or Relish, Cheese Cake Pie, Coffee.

Spanish Cream Materials—One pint milk, 1 tablespoon granulated gelatin, 1/2 cup sugar, 2 eggs, 1/2 cup lemon juice, a few grains salt. Utensils—Double boiler, 2 measuring cups, teaspoon, tablespoon, small bowl or cup to soak gelatin in, bowl, egg beater, strainer, mold or bowl. Directions—Put the milk on in double boiler. Cover the gelatin with 2 tablespoons of cold milk 10 minutes; beat the eggs and sugar un-

FORTUNES IN THE RIVER

WRECKAGE OF A CENTURY RESTS IN ST. LAWRENCE

When rafting was done—Great Anchors Are Embedded in the Mud of the Upper Bay of Clayton, and Great Timbers Rest On Bottom Between Village and Calumet. "Observer" in the On-the-St. Lawrence Clayton, N.Y., says: Scattered along the river bottom within a few miles from Clayton there is property of various kinds, the valuation of which at the time 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 of timbers that when ready were taken in tow by steamers to the head of the rapids and from there to float of themselves down river to Quebec. Many of the rafts were made of 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 vessels were moored every winter, there are known to be several great anchors, some with chains that became entangled with sunken timbers, and, at the annual spring scramble to be away with the first fair wind of up-lake, they were left behind as of less value than a few hours' time 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 the monstrous steel ring hoop skirts worn by women back in 1864, that inflated dresses so the wearers could hardly enter a barn door, and that going out of style were deposited in watery graves, to be resurrected by the present day boys' fish hooks.

A part of a human skeleton left behind in a playful abandoned office is now reposing on bottom back of the Ellis Co., stores, and the wonder is how the original and rightful owner may proceed to collect the balance of his framework when resurrection 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 dumped overboard by careless servants, along with table garbage from steamboats and yachts. At the rocky point at the western end of Round Island, or Frontenac, there are a couple of tons of anchor chain that has never been recovered. The big sidewheel steamer Cataract, of the Lewiston and Ogdensburg line, struck the shoal there a sideways, glancing blow one stormy night and came near being capsized. The chain, coiled and unfastened on main deck, slid overboard, on the deep water side. Many attempts in years after were made by residents along the shore to recover it, but all failed owing probably to its being deposited in deep crevices of the rocky bottom.

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 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 hatched, were broken open, a canvas tube a foot in diameter, with section pump at the surface, brought up several thousand bushels of the grain that was shipped away

to starch factories, where customers long since consumed it in delicious 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 steam yacht Sport experienced a scare one night that none of them have forgotten. The yacht with a party had been up lake on a fishing trip and having heard nothing of the wreck crashed full speed into the wheels, ripping off part of the bulwarks, and creating a reign of terror for a few minutes by shrieks of women and calls for help to the keeper of the Lighthouse.

"Nothing But Leaves"

Not Tea Leaves intermixed with Dust, Dirt and Stems but all Virgin Leaves. "SALADA"

has the reputation of being the cleanest, and most perfect tea sold. BLACK, GREEN OR MIXED. SEALED PACKETS ONLY.



Everyone will admire them three times a day—shining, spotless dishes. 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.

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 bar of Sunlight Soap. All grocers sell it.

Headquarters For GROCERIES, MEATS, and PROVISIONS

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

JOHN M. PATRICK

Sewing Machines, Umbrellas, Suit Cases, Trunks, repaired and re-fitted. Sewing Machines, Razors honed. All makes of Broams repaired promptly. Locks repaired; Keys fitted. All makes of Lawn Mowers sharpened and repaired.

BLITZ

The Polishing Cloth for 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.

Advertisement for CUNARD LINE. Includes a map of the Atlantic coast showing routes from Halifax to London and back. Text: "Low Fares and Through Tickets To All Points in Western Canada and the Pacific Coast. Electric Lighted and Comfortably Equipped Trains. To obtain the lowest fare and the most convenient routing apply to M. C. Dunn, City Agent, or J. E. Ivey, Station Agent, or write to R. L. Fairbairn, General Passenger Dept., 68 King St. E., Toronto. VIA CANADIAN NORTHERN"