

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 irritable, obliging you to seek relief during the night. When you have severe headaches, 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 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.

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 No. 1, CURE OF RHEUMATISM.
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 enables traders throughout the world to communicate direct with British MANUFACTURERS & DEALERS in each class of goods. Besides being a complete commercial guide to London and its suburbs the Directory contains lists of EXPORT MERCHANTS with the goods they ship, and the Colonial and Foreign Markets they supply; STEAMSHIP LINES arranged under the Ports to which they sail, and indicating the approximate sailings; PROVINCIAL TRADE NOTICES of leading Manufacturers, Merchants, etc. in the principal provincial and industrial centres of the United Kingdom.
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THE LONDON DIRECTORY CO., LTD.
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GRAND TRUNK RAILWAY LOCAL BRANCH TIME TABLE
 In effect Sept. 30th, 1917.
 Trains will leave and arrive at City Depot, Foot of Johnson Street.
 Going West:
 No. 19 Mail ... 12:29 a.m. 12:57 a.m.
 No. 15 Express ... 2:35 a.m. 3:31 a.m.
 No. 27 Local ... 9:45 a.m. 10:17 a.m.
 No. 1 Int'l. Ltd. ... 1:41 p.m. 2:13 p.m.
 No. 7 Mail ... 8:09 p.m. 8:40 p.m.
 Going East:
 No. 18 Mail ... 1:40 a.m. 2:17 a.m.
 No. 16 Express ... 2:55 a.m. 3:51 a.m.
 No. 6 Mail ... 12:29 p.m. 12:57 p.m.
 No. 14 Int'l. Ltd. ... 1:05 p.m. 1:37 p.m.
 No. 28 Local ... 8:41 p.m. 9:13 p.m.
 Nos. 1, 4, 7, 10, 13, 16, 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. For Pullman accommodation, tickets and all other information, apply to J. E. Hanley, Agent, Agency for all ocean steamship lines. Open day and night.

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LONG ARM OF THE LAW

MOUNTED POLICE BROUGHT THE MURDERERS FROM ARCTIC

Two Eskimos Murdered Priests, and They Learned That British Justice Will Not Be Thwarted—They Were Captured After a Search That Lasted for Almost Three Years.

IN the record of the Royal Northwest Mounted Police there is no more wonderful story than that to which "finis" was written in an Edmonton court-room the other day. Two Eskimos, Sinnisiak and Ulukuk, murdered two Catholic priests, Fathers Laroux and Rouvier, near Bloody Falls, on the Coppermine River, far in the Arctic Circle, in 1913. After a pursuit that lasted for more than three years, and extended over 6,000 miles, the murderers were brought to Edmonton by Sgt. "Danny" LeNouze and Constables Wright and Withers. They were convicted; indeed, they freely confessed their crime and were sentenced to death, but on the strong advice of the jury and the judge it was decided that it would be a crime to execute men who understood so little the nature of their offence and who at the time it was committed feared that the priests were about to shoot them. So the Eskimos will be sent back to their icy homes, there to spread among their fellows this wonderful story of the long arm of British justice.

The hunt for the Eskimos began on May 1, 1915, when Sgt. "Danny," the Irishman with the French name, took his two men and left Edmonton for Peace River. Here the party fitted out for a three-year trip, then proceeding down the Peace River to Lake Athabasca, then down the Slave River across the Great Slave Lake, and into and down the Mackenzie River as far as Fort Norman. Here they picked up an Eskimo interpreter, who, with his wife and daughter, was attached to the party. At this point, too, another constable joined the party. They reached Bear Lake on August 4 after a hard journey. Here they found old Fort Franklin, still standing and in good repair. It is named after the Arctic explorer, who once spent a winter on the spot. Then they started across Great Bear Lake, a huge body of water, and it took them from August 12 to September 8 to make the distance of 400 miles. All were seakick. The party had a dozen husky dogs with them and had to fish daily for their food.

The next stop was at Dease Bay, where they expected to come across the cabin of the priests. It was at this spot that Stefansson found the first evidences of a blonde Eskimo in 1911. When they came across the cabin they knew at once that the priests had been murdered, for it was looted, but still there was nothing to give a clue to the murderers. Up to this time, it ought to be remarked, the officers were only working on a report that the priests had been killed by unknown Eskimos, and until they reached the ransacked cabin they had not even presumptive evidence that a crime had been committed. They remained here through the winter, going into the Barrens to kill meat. By the middle of March all was ready for the dash into the Arctic. It was March 29, 1916, when they began the last stage of their journey, a 200-mile trek to the world's rim. In a month of sledging and traveling by foot they had reached the Coppermine River. Here they fell in with Eskimo bands, and the real hunt began.

They were armed with automatic pistols and rifles, for they did not know what sort of reception they might meet, but the Eskimos, though sometimes sullen, were never hostile, and not once did the officers have to use their weapons. It would have been useless to do so in any event, for had the Eskimos meant mischief they were numerous enough to overwhelm the white men. What gave them their wonderful authority was not their guns, but the knowledge that they represented the Northwest Mounted Police, men who never let go of a man once they had seized him, and would follow a murderer to the ends of the earth. The Eskimos, however, were comparatively friendly, though at first it was difficult to get much information from them. The police drifted here and there, and finally drifted out to Cape Lambert, in the Dolphin Straits. It was here that they learned the story of the murder, and that the murderers were in the neighborhood.

It appears that the two murderers had been practically expelled by their tribe, and were living like outcasts. At a point near the edge of Victoria Land the officers found Sinnisiak in an ice hut. When they walked in on him he merely glanced up, though a big gun lay near his hand. The interpreter told him that he was under arrest. He immediately told all the details of the crime, and offered not the slightest objection to going with Sgt. LeNouze. Some weeks later they picked up Ulukuk, who was with a number of companions. He quietly submitted and presently the outfit started on the return journey. In fact, all the way back the Eskimos worked like the white men and were never under guard. The winter was spent on Herschel Island, and in the spring the back trail was taken. One of the most gruesome features of the story, and at the same time one of the most interesting to those who have studied the habits of Eskimos, was the admission of the murderers that they had eaten the livers of their victims, thus establishing what has long been suspected, namely that cannibalism is practised among some of the denizens of the Far North.

Since the beginning of the war Germany has built about two hundred and fifty submarines.

No man will admit that he would marry a woman smarter than himself because he doesn't believe there is one. Working for others is one way of working for yourself.

PRISONERS GET PARCELS.

Soldier Who Escaped From Germany Tells Experience.

The following statement regarding parcels dispatched to prisoners was made to a representative of Reuter's Agency by a Canadian soldier who has been for twelve months a prisoner in Germany but recently made his escape.

"After being two months in Germany, I received my first parcel, and since then they have arrived regularly, except that at the beginning of last January they were held up for about six weeks. They came in excellent condition, and the contents were just such things as we wanted and could appreciate. Altogether I think the new system very good. Before it came into force some men were getting much more food than they required, and were even then not satisfied, and were continually grumbling. Now every man gets the same amount. There is, therefore, no discontent, and things run more smoothly.

"With regard to the bread coming from Switzerland, I think that during the summer time this is a great waste. For three years the British people have been told about the bread going bad, and yet it still keeps coming out, and in consequence thousands of pounds of bread have been wasted. The bread is, of course, sent to the main camps, and in the case of men who are actually there when it arrives they get it in good condition. For the men in working camps, however, things are different, as the bread has to be sent on, and it is perhaps another three weeks to get there, by which time it is quite uneatable.

"I would recommend that instead of this bread being sent to the prisoners, rusks or biscuits should be substituted. The biscuits sent to the French prisoners are excellent, and if dipped in a little water and heated, rise and take the form of bread; moreover, these biscuits will keep an almost indefinite time. The French prisoners have their biscuits sent out in bulk to the various main camps, and they are distributed from there to the small working camps.

"To my knowledge the parcels were never stopped for any reason, except during the six weeks I have mentioned, but I have heard rumors of the Germans threatening to stop them. I do not think they will do so in the case of the British prisoners at any rate; if they did they would not get a single stroke of work out of them."

The Eskimos at Home.

Some interesting and amusing information concerning the aboriginal inhabitants of the Arctic regions is contained in an article, "Wireless with the Eskimos," by Douglas R. P. Coats in The Wireless World. The author kept a diary of his experience while on a voyage to Baffin Land and Hudson Bay on board the Naucopie, a sealer and ice-breaker engaged in carrying mail to various Hudson Bay stations in the Far North.

"The Eskimo at home was rather a surprise. I was taken to a wooden hut, which he led forth the Eskimo stench as we opened the door. There were four or five inhabitants the hut, and they lived in a state of semi-cleanliness, perhaps superior to many of our brethren in civilized slumland. They all assumed the happy Eskimo smile as we entered their dwelling and across politely to their feet. Snowshoes and various seal-skin garments hung upon the walls, while from the shadow in one corner protruded the horn of a phonograph! It seemed so utterly incongruous, this possession of an up-to-date marvel by a family who ate raw seal and whose children delighted, most likely, in nothing better than chewing a piece of walrus hide, that I wanted to laugh. I had not heard then of the passionate love which the Eskimo has for music. In some regions, where missionary influences are strong, he has his own brass band, and produces horrible noises in the process of mastering the trombone or euphonium—just like ourselves.

"The smile of the Eskimo is a continuous one. When he is hurt he smiles; when his kayak upsets and precipitates him into icy water he smiles; when he is friendly he smiles again, and when he is not friendly I am willing to wager that he smiles to. It falls upon one who is not accustomed to it, and I was not sorry when we had the family good-bye and went out into the fresh air."

Imperial Titles Urged.

Apropos of the recent change in the Royal titles a correspondent of The Morning Post suggests that the younger sons of the British royal family take some Imperial designation for life, Ontario, Quebec, Nova Scotia, etc., might very euphoniously and advantageously emphasize the common heritage of the Empire.

A Copper Country.

British Columbia is becoming one of the world's leading copper producers. Production is showing rapid strides. In 1915 the increase in amount was 11,908,706 pounds over the previous year. For 1916 there was a still further increase over 1915 of about 17,000,000 pounds. The estimate for 1917 is 75,000,000 pounds.

Use of Concrete.

Many large structures are now being built entirely of concrete, or their foundations are composed of this useful material, necessitating the mixing and placing of very large amounts of other material.

Iron in British Columbia.

It is estimated that there are 40, 225,000,000 tons of the best iron ore in British Columbia; these resources have scarcely been touched yet.

Apples for England.

During recent years the exports of Canadian apples to the United Kingdom have totalled about 1,500,000 barrels per annum.

There would be less trouble in this world if people were permitted to be happy in their own way.

Good wishes also come home to roost.



For Others' Greater Needs

"If Canada fails us in October we must curtail many of our activities."

—Extract from letter from Sir Arthur Stanley, Chairman, Executive Committee, British Red Cross.

Ontario's answer is, that the noble work of the British Red Cross must go on, unfettered, unhampered, uncurtailed.

Ontario stands fast. Its contribution on "Our Day", October 28th, will prove it.

Give Generously The Need was Never Greater

A Few Facts about British Red Cross Work.
 The British Red Cross Society is the only institution which carries voluntary aid to the Sick and Wounded of the British Forces on land and sea in every region of the War.
 Its work is therefore the concern of all classes of British subjects, whether living in the British Isles, in the Dominions and Colonies beyond the seas, or in foreign countries.
SENT OUT OF GREAT BRITAIN
 \$165,000 spent on work in East Africa.
 \$215,000 spent on building and equipping St. John Brigade Hospital, Etahles, France (520 beds) and \$271,500 on equipment and maintenance.
 \$8,000,000 worth of Surgical Dressings, hospital equipment, necessaries and comforts of all kinds despatched mainly abroad.
 6,000,000 Articles of Clothing and bedding and Hospital Furniture and Equipment sent away, mainly abroad.
 416,383 Parcels of Food and Clothing sent from London to British Prisoners of War in enemy countries.
 Invalid kitchens attached to hospitals in Malta, Salonika and Egypt, buffets, sun shelters, bathing-sheds, recreation and tea rooms for wounded and convalescent men, established in Egypt, Malta and Salonika.
 6,500 Surgeons, nurses, V. A. D.'s, stretcher-bearers, hospital orderlies and ambulance drivers now serving abroad.
 180 Women Ambulance Drivers serving abroad.
 \$50,000 to erect, equip and maintain recreation and refreshment rooms in France.
 7 Rest Stations in France for wounded men en route, as well as hostels for relatives visiting wounded, and rest homes for nurses.
 16 Store Depots for hospital necessaries, etc.
 12 Branch Offices for Enquiries for Wounded and Missing.
 \$175,000 spent on work in Italy.
 \$310,000 spent on work in Serbia and Montenegro.
 \$350,000 spent on work in Roumania.
 \$100,000 spent on work in Russia.

Organization of Resources Committee, Parliament Buildings, Toronto.