

HIS HEART BADLY AFFECTED

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

632 GERRARD ST. EAST, TORONTO.

"For two years, I was a victim of Acute Indigestion and Gas in The Stomach. It afterwards attacked my Heart and I had pains all over my body, 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, \$ for \$2.50, trial size, 25c. At all dealers or sent postpaid by Fruit-a-tives Limited, Ottawa.

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Peanut Butter,
Maple Butter,
Pure Lard and Jellies
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Relieved in MIDNIGHT
24 Hours
SANTAL MIDNIGHT
Bladder Relief
24 Hours
SANTAL MIDNIGHT
Bladder Relief
24 Hours

FRESH LAKE ONTARIO WHITE-FISH AND TROUT

All Kinds of Fresh Fish.
Dominion Fish Co.

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Mrs. Wynn Tells How Lydia E. Pinkham's Vegetable Compound Helped Her During Change of Life.

Richmond, Va.—"After taking seven bottles of Lydia E. Pinkham's Vegetable Compound I feel like a new woman. I always had a headache during the Change of Life and was also troubled with other bad feelings common at that time—dizzy spells, nervous feelings and heat flashes. Now I am in better health than I ever was and recommend your remedies to all my friends."—Mrs. LYDIA WYNN, 2812 E. O Street, Richmond, Va.

While Change of Life is a most critical period of a woman's existence, the annoying symptoms which accompany it may be controlled, and normal health restored by the timely use of Lydia E. Pinkham's Vegetable Compound.

Such warning symptoms are a sense of suffocation, hot flashes, headaches, backaches, dizziness, fainting, nervousness, timidity, sounds in the ears, palpitation of the heart, sparks before the eyes, irregularities, constipation, variable appetite, weakness and inquietude, and dizziness.

For these abnormal conditions do not fail to take Lydia E. Pinkham's Vegetable Compound.

We have just received our new goods for your Christmas Cake and Pudding.

New Peel. New Raisins.
New Currants. New Walnuts.
New Almonds.
Choice Oranges and Grapes.
Mixed Candies and Chocolates and Nuts.

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Stop, Look, Listen!

AND BUY

Our Christmas Goods Are Here. Come and buy early and often at

The Bon Marche

Phone 1844. Cor. King & Earl

THE POLICIES OF LORD HALDANE

In Regard to Germany Before the War Are Explained.

HALDANE HAS BEEN OBJECT

DURING PAST THREE YEARS OF BITTER CAMPAIGN.

It is said that the Explanations Given Are Inspired by Him or Some One in Close Touch With Him.

Viscount HALDANE'S action in regard to Germany in the years preceding the war are vigorously defended in The Manchester Guardian. Papers opposed to Viscount Haldane assume that it was inspired by him and it may be said that, in so far as the facts are concerned, they must, assuming their correctness, have been imparted to the writer by Lord Haldane or by someone in the very closest touch with him. Lord Haldane has been the object, for almost the whole period of the war, of a very bitter campaign by a section of the British press.

A close friend of Lord Haldane's, though in the opposite political camp, made some interesting comments on the matter recently. His views may be given, not as being necessarily correct, but as the views of one whose opposite political affiliations enable him to maintain an impartial attitude and as the views moreover of a gentleman who is generally regarded as one of the most brilliant, and at the same time judicial, of the younger school of writers and students of affairs.

"Lord Haldane," this gentleman said, "is one of the most misjudged and most maligned of modern statesmen. Throughout the critical days leading up to the outbreak of war he maintained, with Sir Edward Grey and Mr. Asquith a clear perception of the fundamental moral issue involved, which only became apparent to others when Belgium was invaded. I know definitely that no one was clearer throughout on the path which duty dictated to this country and no one was more insistent that Britain should take that path. I consider that Lord Haldane in many respects has been very unwise, and I think he is very unwise in intrusting his defence to anonymous journalists.

"A few years ago," the speaker continued, "Lord Haldane had a great reputation in this country as an authority on Germany. To some extent it was undeserved. He does not really know Germany especially well and he was not in a position to know the mind of Germany. His circles of German acquaintances, I imagine, was confined to kindly, amiable scholars who were as horrified by the outbreak of the war as ourselves. It is a human weakness to desire to be regarded as an authority on any subject, and Lord Haldane, who had, perhaps, more right than most people to pose as an authority that way, was not free from that weakness. Part of the bitterness against Lord Haldane's policy was quite simple. At the time of his visits to Germany there were two parties there, a war party and a peace party, with the Kaiser at the best a peace man, at the worst neutral. Lord Haldane's efforts at home and abroad were directed at helping the peace party to get the upper hand.

"Throughout the critical years he spoke and acted with an eye to avoiding, if possible, saying or doing anything that would provide a handle for the war party or in any way injure the peace party. I regard him as not seeing sooner than he did that the war party had won, and I think he makes a mistake in never owning up to this error of judgment. At the same time he lacked guidance that he might have had. A study of the diplomatic history of the war shows clearly that France had information in 1912 which would have convinced anyone that the Kaiser had gone over to the war party. Why that information was never imparted by the French to British ministers, as it was not, the future historian may be able to reveal. I cannot explain it fully.

"Lord Haldane played a certain game in the interests of this country and he failed in the end, but it was a perfectly honorable failure. He failed simply because the will to war was too strong in Germany to be circumvented. At the same time Lord Haldane was clearly awake to the possibility of war with Germany and concurrently with his efforts in this country to assist the peace party in Germany he worked day and night to put the army in a fit state for war if the German war party should in the end prevail. It is due to Lord Haldane that we had the brilliant ex-

HEART WAS BAD NERVES ALL GONE

Very important it is in this age to have a clear, cool head, a strong heart and steady nerves.

"Too much rush and bustle, work and worry, fall to the lot of women attending to their household duties and social obligations. The constant strain under which they continue day in and day out will soon shatter the strongest constitution. Before long the heart gets weak, flutters and palpitates, the nerves become unstrung, you start at the least sound, the pulse becomes weak and irregular, then finally comes physical breakdown or nervous prostration. The remedy you require to strengthen your heart and steady your nerves.

Mrs. Jackson, 457 Bolivar St., Peterboro, Ont., writes: "Fifteen years ago I was so bad with my heart I could not walk across the house, my nerves were literally all gone, and I was frightened at my shadow. I commenced to take Milburn's Heart and Nerve Pills and was soon able to do my own work. I have told dozens of people about them. Some as bad as I was, and today they are also doing their own work. If more people would take them there would not be so many weak hearts."

Milburn's Heart and Nerve Pills are 50c per box at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

ditionary force we had with a war came, and his were the arrangements that enabled that army to proceed so quickly to France. The verdict on Lord Haldane's war efforts by the most eminent soldiers is wholly favorable."

London Through French Eyes.

"The aid of England is always their enemy in every where in the gestures and disciplined activity of this magnificent people. They make war with the same qualities that they apply to business; it is simply a new aspect of business, which one must meet with tranquility, calm and all the immemorial virtues, of which a long history has proved the efficacy. And that is admirable." This writes a contributor to the "Aevue Bleue."

A Long Honeymoon.

An English couple recently returned home after one of the most remarkable honeymoons on record, consisting of a leisurely trip around the world. When they returned to England, after travelling 50,000 miles in four years, they brought back with them three children—one born in Tokio, another in India, and the third in South Africa.

Those Treble-Barrelled Names.

A friend of mine, a Canadian soldier, told me an amusing story the other day when referring, in the course of conversation, to Sir Genille Cave-Brown-Cave, the "cowboy baronet," whose name has recently been somewhat prominently before the public.

Daffy-Down-Dillies.

It is the color of the daffodil that captures the imagination every year the moment it is seen dotting the meadows, as it does just when they are growing bright with the living green of spring. One sees one several feet in the long bars of gold behind in perspective down a woodland glade, or is it their "dancing and shaking and dripping in wonderful figures," as Constance Armesfield paints them for us in words in her flower book. Exactly what the charm is no one can probably say, but everyone feels it is there and goes away better after the fresh and wholesome and joyous sight. Many are the affectionate names bestowed. The oldest is Afo Dyle (that which cometh early) and this was later turned into daffodil. It seems natural that they should soon have been playfully called "daffydillies" and "daffies," and that one should read in the "Ingoldsby Legends" of a garden decked with "Roses and lilies and daffy-down-dillies."

Armoured Cars.

Most of the armoured motor-cars used in the present war for outpost and scouting duty are encased in a light frame of tough steel plate, ranging in thickness from three-sixteenths to a quarter of an inch, and are impervious to rifle and machine-gun fire.

The Welland Canal.

About \$13,000,000 of the total estimated cost of \$56,000,000 has been spent to date on the Welland ship canal. The work has been suspended on account of the war.

The Point of View.

It has been repeatedly pointed out that, in this world, everything is a point of view. A story going the round of the English press illustrates this admirably. Two women met on their way to a neighboring goal. In the course of conversation she remarked that her mission was to see a conscientious objector. The contempt of the other lady knew no bounds. "Well," she exclaimed, "I'm glad my man ain't one of them things." Then with energy and pride, "He's in for fergery."

Oil From Fruit Stones.

The oil in the kernels of plum, cherry, and other fruit stones is being extracted in Germany by a combined chemical and mechanical process.

ALLIES TO WIN.

American "Educationalist Pays Tribute to the British.

"Subtle attacks, whether by word or deed, which encourage the enemy and endanger the lives of soldiers on sea and land should be suppressed. The success of pacific efforts for peace without victory would mean the sacrifice for nothing on the part of those who have fought or died in the war.

"We can gather strength by keeping clearly in the righteousness of our cause. Von Bissing has said 'We must keep Belgium as a conquered province for the sake of the war which is to come.' But this is a war to end war and it must be fought as a successful finish. We are fighting for liberty and democracy, and we shall win. This is the only conclusion that can justly be drawn from all that may be seen within the war zone.

It was thus that Dr. Benjamin Rand of Harvard University summed up the European situation. Dr. Rand has returned recently from abroad, where he had opportunities to observe the great conflict, both as a visitor to the British Grand Fleet and as a guest of the British army headquarters on the western front.

As to the outcome of the war, he said that it is inevitable that the Allies will win in time. "The Britons are born mariners, and that their mastery of the sea comes as is seen in the instrument of the German high seas fleet. The British are ready to give battle, but the Germans' back. British merchant ships are on the sea; those of the Germans are in port. The German naval tactics are a confession of naval inferiority. The British grand fleet has guarded the transport of millions of soldiers from Canada, India, Australia, South Africa, and Britain itself. In three weeks recently the swift, armored British cruisers engaged in blockading work, have held up 416 vessels on the northern patrol. The chief aim of the British fleet in the present war has been to compel a decisive engagement—the chief aim of the enemy to avoid such an engagement.

"The U-boats are not invincible," continued Dr. Rand. "They are slower than destroyers and are visible targets for aircraft. As for their effect on Britain's food supply, there is no privation in England. There are various restrictions on luxuries, but that is all. The Briton gets his three meals a day, if not his three drinks. Protesting has been suppressed. Prices are controlled so that food reaches the people. Steps are being taken to make England self-supporting next year.

"Aircraft is constantly improving. A new type must always be ready. The latest British type is fully equal to the German's latest. The output in England is increasing rapidly. The supply in June this year was four times greater than in June, 1916, and will be much greater still by Christmas.

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We are soapmakers with an ideal—our ideal is to make a Soap which shall have no equal for Purity and Efficiency throughout the country—no superior in all the world.

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GRAND TRUNK RAILWAY SYSTEM

LOCAL BRANCH TIME TABLE

In effect Sept. 30th, 1917.

Trains will leave and arrive at City Depot, Foot of Johnson Street. Going West.

No.	Train	Leaves City	Arr. City
No. 19	Mail	12:20 a.m.	12:57 a.m.
No. 18	Express	3:58 a.m.	3:36 a.m.
No. 21	Local	8:45 a.m.	10:17 a.m.
No. 1	Inter-city Ltd.	1:41 p.m.	2:13 p.m.
No. 7	Mail	3:00 p.m.	3:40 p.m.

Going East.

No.	Train	Leaves City	Arr. City
No. 18	Mail	1:40 a.m.	2:17 a.m.
No. 19	Express	3:38 a.m.	3:36 a.m.
No. 6	Mail	12:20 p.m.	12:52 p.m.
No. 4	Inter-city Ltd.	1:09 p.m.	1:53 p.m.
No. 22	Local	8:45 p.m.	10:17 p.m.

Nos. 1, 6, 7, 12, 14, 15, 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. For Pullman accommodation, tickets and all other information, apply to J. F. Hanley, Agent, Agency for all ocean steamship lines. Open day and night.

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Cars are often loaded, but the engine sticks to water and does all the work.