Extraordinary Success which "Fruit-a-tives" Has Achieved

One reason why "Fruit-a-tives" is so extraordinarily successful in giving relief to those suffering with Constipation, Torpid Liver, Indigestion, Chronic Headaches, Neuralgia, Kidney and Bladder Troubles, Rheumatism, Pain in the Back, Eczema and other Skin Affections, is, because it is the only medicine in the world made from fruit juices.

It is composed of the medicinal principles found in apples, oranges, figs and prunes, together with the nerve tonies and antiseptics proven repute.

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

PROVISIONS

Are costly these days. It is necessary for you to buy the best. Our store is stocked with the best of every thing in our lines

C. H. Pickering, Grocer and Meat Dealer 490 and 492 Princess St. Phone 530. Canada Food Board License

Cook's Cotton Root Compound



MONTO, ONT. (Formerly Windser.)



man who cares enough about his future to study an I. C. S. Course in spare time is the man we want in a responsible position. You're getting your promotion on what you know. I wish we had more like you."

HERE IS A BETTER JOB AHEAD OF YOU busy right now and put yourself in line for pro-motion. You can do it in spare time, in your own home through the

NYERNATIONAL CORRESPONDENCE SCHOOLS

ITERNATIONAL CORRESPONDENCE SCHOOL Dept. N , 745 St. Catherine West, Montreal, Can. Explain, without obligating me, how I can qualify for

see hearton' or ru tue suclace netota watcu ; mula	
DELECTRICAL ENGINEER	ADVERTISING MAN
Electric Lighting	Window Trimmer
Electric Car Running	Show Card Writer
☐ Electric Wiring	Outdoor Sign Painter
Tolograph Expert	RAILROADER
Practical Telephony	Gas Engineer
Mechanical Engineer	Civil Engineer
Mechanical Draftsman	Surveying and Mappin
SHIP DRAFTSMAN	ILLUSTRATOR
Machine Shop Practice	DESIGNER
MINE FOREMAN OR ENG'R	BOOKKERPER
Metallurgist or Prospector	Stenographer and Typ
STATIONARY ENGINEER	Gert. Public Accounts
Marine Engineer	Reliway Accountant
ARCHITECT	GOOD ENGLISH
Contractor and Builder	Teacher
Architectural Draftsman	Common School Suble
	AGRICULTURE
	Punitire Balaine France
Committee Commit	AUTOROBULES Toller
Contractor and Builder Architectural Braffaman Concrete Builder Structural Engineer PLUNBING AND HEATING Sheet Metal Worker CHEMICAL ENGINEER	Gommon School Subj AGRICULTURE Textile Overseer or 8 Navigator Spar Poultry Balsing Free

ston, C. H. Gilchrist, Representative. of the fine physique and intelligence

Beautify your Complexion

-and rid the skin of unsightly blemishes, quicker and surer, by putting your blood, stomach and liver in good order, than in any other way. Clear complexion, bright eyes, rosy cheeks and red lips follow the use of Beecham's Pills. They eliminate poisonous matter from the system, purify the blood and tone the organs of digestion-Use

Worth a Guinea a Box ions of Special Value to Women are with Every Bost Sold overywhern, In boxes, 25 couts.

Successful borrowers are the kind who get credit for their ef-

RAFTEES IN ENGLAND

MEN TRAINED QUICKLY AND RUSHED TO FRANCE.

Soldiers Stationed In Old Land Are Careful Not to Taunt New Comers, Who Are a Fine Body of Fighters-Every Effort Is Being Made to Give Them a Square

OLDEN gorse glows on the sandy hillsides, a touch of color among the dark olive green of the heather not yet in bloom. Hard by a big pond of clear water, whose sandy bottom makes it a delectable place for bathers, reflects the almost cloudless blue of an English springtime sky. While from the woodlands, which, clad in new verdure, stretch away from the lakelet's edge, the voices of myriad birds fill the air.

When Canada's young draftees, fresh from across the seas, tumble out of their tents at reveille after their first night in an English camp, GROCERIES AND such is the scene that confronts them. Such are the surroundings of the Canadian segregation camp amid the Surrey moorlands. Disembarking at the port of entry, the newly arrived on these shores are brought straight here. They reach camp at night, have a hot meal, and at once seek repose until summoned by the matutinal bugle, when their training as soldiers in the Canadian army has its official commencement.

Grouped in clumps which will accommodate one thousand men each, the snow-white bell tents dot the moor, the name of the encampment being picked out by the roadside in white-washed stones. When your correspondent arrived the flaps of all A sofe, reliable regulating the tents were up to permit the air medicine, Bold in three deto circulate. In front of each, faultless accuracy, were piled the folded blankets and the burnished tin to be sure, but above all, speed. That neatly stacking the picket-posts for plates and cooking accourrements of is what counts in stemming a rush barked wire and the fascines-buntheir occupants. Out on a neighboring exercise ground the boys were going through their preliminary training.

from Canada must spend 28 days in without any preliminary training in to them, 'There's a certain job to be this segregation camp before being Canada, is an excellent one," declar- done. As soon as it's finished you drafted off to the other camps to com- ed a staff officer. "They have noth- can go home, and you'll find your plete their training. Disease sometimes breaks out on shipboard, volunteer system. Their minds are speeds the work up better than anythough generally nothing more serious than a few cases of mumps vres and practices, which they have mor, too." or measles. However, quarantine is to forget. It is far easier for them a needful precaution, and, outside and for us." certain boundaries, no man is allowed to stir until the time is up. Shore leave is not granted until the draftee has been five weeks in England. On his first day at the segregation camp there is a muster and roll-call. The second day is devoted to medical and Robertson. dental inspection, the third to ordnance and kit inspection. On the fourth morning his web equipment is scrutinized, and immediately after his regular training starts. Though the Imperial authorities allow longer, the Canadians have cut the course of training to 10 weeks to meet the demand for men. In 10 weeks' time, which includes the 28 days in segregation, the draftee has become a

That hateful word "conscript" is absolutely forbidden in the segregation camp and in all other camps to which draftees presently proceed to be absorbed by their respective units. Punishment swift and sharp awaits anyone who taunts the new-comers. But announcement of this penalty has been seemingly superfluous. The general attitude of the veterans and volunteers towards the draftees has from the outset been kindly. Not a few of the newcomers have naturally had some apprehensions as to the reception they would meet, but their fears have been groundless. A pleasant surprise has awaited them - a comfortable camp in beautiful surroundings and a friendly staff, keen on discipline, but anxious to make soldiers out of new arrivals with as little severity as possible.

finished soldier, ready for the

Canadian officers and non-coms. Local Office, 130 Clarence St., King- on the staff are loud in their praise of the draftees. Not even the volunteers of the First Division showed a greater adaptability to learn soldiering. And the men who told me this meant what they said

Each clump of tents has its own kitchen, and the men are fed on the new self-help system. Everyone gets enough, but woe betide the man who takes more than he requires. Punishment awaits anyone who leaves food on his plate. It is thus that the local pig-keepers pay much less per pail for Canadian swill than they do for leavings from the mess tables of the Imperials. Waste has been eliminated. That the food provided is good was demonstrated by the viands preparing for the pot. Good beef, fat bacon, lay ready for the knife, and here I tasted, the first white bread I had eaten for months. Lieut.-Col. Colguboun, of Brantford, who commanded the 4th Ontario Battalion at the front in the

early days, is the commandant. A roar of rifle fire betokened that we were nearing the School of Musketry, which is some miles from the quarantine encampment. Here, lying on their tummies, hundreds of draftees, who had, until a few weeks prior, never held a rifle in their hands, were blazing scientifically at a line of targets, Rapid fire was in progress and when the markers pulldummies a most remarkable array of buils and inners was signalled back I came across a Chinese compound as a result of the shoot. Col. Primsoll, the Imperial expert in charge of til about a month ago had never Canadian musketry training, and Major Huggins, of Ottawa, the musketry camp commandant, are very proud of the record being made. The men presently did rapid fire with gas masks on. The celerity with which these novices in soldiering adinsted their masks and fired ten well-

RED CROSS DOING VALIANT WORK FOR ITALIAN TROOPS



THE AMERICAN RED CROSS ROLLING CANTEENS IN ITALY

The American Red Cross has done valiant work for the Italian troops who have been so busily occupied in behalf of the allied cause. The accompanying picture shows some of the rolling canteens which have been such a benefit to the Italian fighters.

facts that these Canadian beginners business-like foresight of "Q," the have cut down the regulation time allowance issued by the War Council "They seem to be putting their to less than one-half. Speed in shoot- backs into it," I said, while we looking is the essential impressed upon ed on at some swinging axes, some every rifleman, reasonable accuracy trimming off stumps with adzes, some of Huns. The targets are not so dles of brushwood used for making

tees straight into uniform and send- major in command, "that's because All troops on arrival in England ing them across to England at once, we put them on task-work. We say ing to unlearn as did men of the old chow-chow walting for you.' That not beclouded with a lot of manoeu- thing. It keeps them in a good hu-

People in Canada may feel assured that the draftees in Ganadian camps in England are getting the squarest of square deals. All those I saw looked well and seemed quite satisfied with their new life.-Douglas S.

WILL HAVE A "CIRCUS,"

Canada's Premier Airman Will See

New Honors.

his remarkable circus, is shortly to rollment is under way. emerge into the limethant with a the enemy where least expected. light in. Many Canadians are already enrolled, and more are seeking posts.

Heath, at London, England, from a youthful Canadian officer from Lambton, Ont., who recently

Italian air force in Italy, Details showing the extent of the new mulch in the morning. new aerial developments are not dinouncements, which, however, give | cessary for rapid ripening little idea of the immense scope of indicate a growing panicky feeling among the Germans, who realize the true meaning of the recent heavy

losses by these important weapons. Canadian flying men are much interested in Premier Borden's announcement respecting the possible formation of a purely Canadian air force, with its own administration. up for them.

Chinese Forestry Battalions. Hamilton Fyfc, of the London Daily Mail, writes as follows, from war correspondents' beadquar-

"This is a queer and odd war," an Ulsterman said to me the other day. have not felt its queerness and cddness more forcibly borne in upon me uninterruptedly drop by drop brought than I did this afternoon when, in better results than even systematic and watched Chinese coolies, who unhandled an axe, cutting down trees and telegraphic service in China with the deft skill and swiftness of Canadian loggers.

exper ment was started they have service for the same period was only cleared targe areas of the forest. \$110,000. This leaves a net profit They have also leen successful as in the three departments of \$17,190,in the trenches for cooking. Last 000 for the year.—East and West year we had to but the amattice

This year we shall at most supply ourdirected shots, is illustrated by the selves-another illustration of the CASTORIA quartermaster-general's department of our army.

For Infants and Children

In Use For Over 30 Years

Always bears

paths both in the trenches and out-"The new system of putting draf- side them. "Yes," said the Canadian

Soldiers of the Soil

Boys enrolled as form helpers in the Soldiers of the Soil organization are doing good work with the seed. ing. In Ontario 15,000 boys have been enrolled, many of them are now on the land; in Manitoba over 1,000 are at work; in Saskatchewan 1,100 are placed; in Alberta 624; in British Columbia 540; in Nova Scotia 1,398; in Quebec over 1,000 have been already enrolled. New Brunswick and Prince Edward Island are Major W. A. Bishop, V.C., with still to be heard from, but the en-

picked team of pilots, including two To Grow Tomatoes Most Successfully. Toronto men, two New Zealanders, If you are growing tomatoes to a and two Africans. Britain is on the single stem, be sure to remove all eve of big things in aerial fighting, side shoots before they become of and is likely to produce sensations any size. All the extra food which in more than one field of operation. is used in their growth is wasted Obviously nothing is allowed to and the breaking off of large shoots transpire that will in any way pre- injures the plants. When August udice their position, but those in the | 15th comes it is well to nip off all inner circles press amazement at growing ends so that the fruit will the comprehensive character of the finish ripening, also open out the organization ready to spring upon plant, if very thick, to allow the sun-

When first fruits begin to ripen, apply nitrate of soda, -- a teaspoonful Major Bishop is at present in in a watering can, full of water,-to charge of a squadron at Hounslow | the plants, twice a week to make a liquid manure and use it instead, A new sensational invention adopt- These are more especially valuable ed by the British authorities comes after the growth has been stopped. Keep a dust mulch around the plants. If the weather is very dry, performed important work with the soak the ground around them thoroughly in the evening, then make a

When the first fruits in staked vulged, but the net is spread wide to | tomatoes are beginning to color, recorral Hun craft. The first fruits are | move one-half of each leaf. This will already seen in the daily isolated an- hasten the ripening. Sunlight is ne-

Leave only growth enough on your British plans. Neutral newspapers | plants to carry what fruit will ripen before frost. There is no use in cllowing more to set than vill be of use to you and the fruits you leave will be larger. - A. H. MacLennan, Ontario Vegetable Specialist.

Think Milk Is Dear.

Milk at seven cents a quart is so dear in Switzerland that the country This development is known to have has been talking about little else for warm support with high Canad an | months past, and a general strike is military authorities. Many airmen threatened if any increase is attemptthemselves claim that, although the ed. Since last summer the state has Canadians form so considerable a been paying the cost of the last inproportion of the actial arm, few crease. Now the farmers insist on administrative posts are given them. a further increase to about piece cents When men fall below the exacting a quart, and it is doubtful whether standards, essential to a rmen, they the state treasury can afford the exare switched into infantry battalions pense. The Socialists say they will and no opportunity arises to qualify | call a general strike if the price to for the suitable posts which the pure- consumers is raised. The milk proly Canadian organization would open | ducers say they will stop all supplies unless they are allowed to charge

Watering Plants.

A French botanist who has experimented with vegetable raising has ietermined the exact amount of water necessary for the best growth of various plants. In general, he found

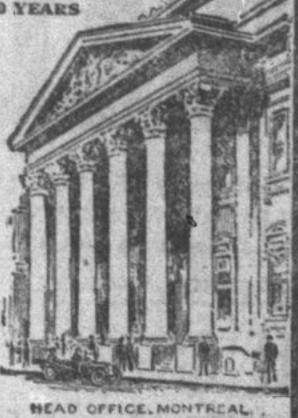
Railways In China.

The Government-owned railways showed profits during 1917 of \$13,500,000 and \$3,800,000, respec-During the past month sinte the tively. The deficiency in the postal

It is unwise to keep Bonds, Securities, Insurance Papers and other valuables in a house or office.

Safety Deposit Boxes

Safety Deposit Boxes in the vaults of this Bank may be rented at a moderate charge.



A. J. Macdonell, Manager, Kingston Branch.



NR Tonight -Tomorrow Feel Right Get a 25° Box

T. H. Sargent, Druggist, Kingston, Ont.

Drink Charm Tea

To Reduce the High Cost of Living try a package of Charm New Japan Tea at the

low price of 28c a half pound package.



For Cylinder Walls

EEP your cylinder walls like new-unscored and as smooth as glass with a film of oil that withstands heat and cold and maintains effective lubrication. Scored cylinders cause poor compression, wasted power,

lost efficiency that impairs both the performance and the actual value of your car.

DELIVERY OF FULL POWER

depends on a gas-tight piston-to-cylinder contact. Correct lubrication is therefore most essential. It reduces friction to a minimum, prevents overheating, protects the cylinder walls against scoring and so keeps power from leaking past the pistons.

has the right body to lubricate every moving part of the motor with a protective film that minimizes wear and friction. It lessens carbon troubles-does not gum in summer nor congeal in winter. It keeps cars in smooth running order the year round.

Polarine is made in two grades-Polarine and Polarine Heavy. It is supplied in one-half, one and four gallon sealed cans, also in 12} gallon steel kegs, barrels and half-barrels. There are also Polarine oils and greases for effective transmission and

differential lubrication. Buy Polarine where you get Premier Gasoline-at the sign of the

Write us at Room 704 Imperial Oil Bldg., Toronto, for interesting booklet on Polarine for Automobile Lubrication

IMPERIAL OIL LIMITED BRANCHES THROUGHOUT CANADA

