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We Are As Full of Deadly Poisons As A Germ Laboratory.

AUTO-INTOXICATION OR SELF-POISONING

"FRUIT-A-TIVES" Absolutely Prevents This Dangerous Condition.

The chief cause of poor health is our neglect of the bowels. Waste matter, instead of passing from the lower intestine regularly every day, is allowed to remain there, generating poisons which are absorbed by the blood.

In other words, a person who is habitually constipated, is poisoning himself. We know now that Auto-intoxication, due to non-action of the bowels, is directly responsible for serious Kidney and Bladder Troubles; that it upsets the Stomach, causes Indigestion, Loss of Appetite and Sleeplessness; that chronic Rheumatism, Gout, Pain In The Back, are relieved as soon as the bowels become regular; and that Pimples, Rash, Eczema and other Skin Affections disappear when "Fruit-a-tives" are taken to correct Constipation.

"Fruit-a-tives" will protect you against Auto-intoxication because this wonderful fruit medicine acts directly on all the eliminating organs. 50c. a box, 6 for \$2.50, trial size 25c. At all dealers or sent on receipt of price by Fruit-a-tives Limited, Ottawa.

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D.D.D. The Liquid Wash

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CUTICURA HEALS RASH ON CHILD On Body and Face. Red and Itchy. Cried For Hours. Lasted a Year. "A rash started all over my little girl's body, and she had some on her face. It started in a pimple that was full of water, and it got red and itchy. She cried for hours. This trouble lasted a year. Then I started with a free sample of Cuticura Soap and Ointment. I bought more, and I used four cakes of soap and three boxes of Ointment, which healed her." (Signed) Mrs. Dora Langly, 103 Gertrude St., Verdun, Que., August 11, 1918. The Cuticura Toilet Trio Consisting of Soap, Ointment and Talcum is an indispensable adjunct of the daily toilet in maintaining skin purity and skin health. For free sample each of Cuticura Soap, Ointment and Talcum, address post-card to: "Cuticura, Dept. A, Boston, U. S. A." Sold everywhere.

Jaeger Parish, Athens, has joined the staff of the Brockville branch of the Bank of Toronto.

The Canadian V.C.'s

How Men From Canada Earned the Empire's Highest Tribute for Bravery in the Field of Battle.

Lieut. James Edward Tait, 78th Battalion, for conspicuous bravery and initiative in attack. An advance having been checked in intense machine-gun fire, Tait rallied his company and led it forward with consummate skill and dash under a hail of bullets. A concealed machine-gun however, continued to cause many casualties. Taking a rifle and bayonet, Tait dashed forward alone and killed the enemy gunner. Inspired by his example, his men rushed the position, capturing 12 machine-guns and 20 prisoners. His valorous action



CAPT. JAMES EDWARD TAIT, V.C. cleared the way for his battalion to advance. Later, when the enemy counter-attacked, this gallant officer displayed outstanding courage and leadership, and, though mortally wounded by shell fire, continued to direct and aid his men until death intervened. —From Official Gazette.

By CAROLYN CORNELL. When the last shattering stroke of the eleventh hour resounded from Westminster Tower on that memorable night, Aug. 4, 1914, it set up reverberations which were heard to the farthest limit of the British empire. Never before in his long history, had Big Ben struck an hour of more momentous meaning. In their council chamber Britain's statesmen paced the floor, watch in hand, halting at even the slightest sound, in the hope that it might be the telegraph messenger, with word from Germany that she would maintain the neutrality of Belgium. But silence settled down on London. Germany had not answered. The next day in the House of Commons the prime minister said: "Since 11 o'clock last night a state of war has existed between Germany and ourselves." Then with characteristic British coolness: "I take this opportunity of giving notice that tomorrow, in committee of supply, I shall move a vote of credit of £100,000,000.

The echo of Britain's call to war touched Canada's shores and was re-echoed back almost instantaneously. But into the interior of the north-land that call took longer to penetrate. There on the Kettle River, a gang of men were hewing out the way for the Hudson's Bay railroad. The late fall mail delivery brought the news that the world was at war. James Edward Tait threw down his engineer's tools and started for Winnipeg.

Tait was a Scotchman. He was born in Dumfriesshire in 1888. He was the second son of the late James B. Tait, of Maxwellton. He attended Lanarkshire school and Dumfries academy successively. Later he served for five years in the Imperial Yeomanry. Three of Tait's brothers have seen active service in this war, two in France and one in Mesopotamia. After coming to Canada in 1911 the future V.C. started in at his profession of architect, which he had learned under his father's direction, in Scotland. But the call of the wild lured him to the barren tracts of the new land, and he joined a survey party for the Hudson's Bay railroad. On his arrival in Winnipeg Tait received a commission in the 100th regiment, Winnipeg Grenadiers, and was attached to the 100th Battalion. While training, both in Canada and England, he received high commendation as an officer. His early training and natural bent made him an athlete of many parts. At Seferd camp he won the revolver championship. Before he left Canada he did much work at recruiting, speaking at many public meetings. His forcible earnestness won many recruits to the army. His many-sided character included an aptitude for such diverse arts as boxing and poetry and music. He not only spoke at recruiting meetings, but wrote many articles on the war, which were printed in various magazines. After reaching England he was transferred to the 78th Battalion, and was with that unit during its two-year and a half of active service. He was wounded four times in a year, but was back at it again as soon as he could get his discharge from hospital. He was in the engagements at St. Elou, Ypres, the Somme, and Passchendaele. He organized and trained a picked section of sharpshooters from his battalion, for sniping, bomb and bayonet work, and scouting. They were called "Tait's Boys," and many of the daring successes of the famous 78th were due to their courage and skill. Those who knew Lieut. Tait best, the men who served beside him in the trenches, said that his daring was beyond belief. It is said that on one occasion Tait went out alone at night. He had told his comrades that he was going to bring back a

Hun, perfectly alive. Creeping to the German parapet he dropped over, captured his man and put him over into No Man's Land. Then the search light was thrown on, and Tait and his prize dropped into a shell hole. The shower of bullets poured down. When at last Tait dropped over the Canadian parapet again, his Hun was dead. At Vimy Ridge Lieut. Tait won the Military Cross. At 6 o'clock in the morning, one hour after going over the top, Tait was wounded. All the other officers were either killed or wounded. Tait refused to go back. He rallied his men and succeeded in consolidating the position which had been taken from the enemy. He was not relieved until noon, during which time he suffered from his fresh wound and from one previously received which had not wholly healed. He still refused to go back, staying with the relieving officer until two hours later, when he started his painful journey back to the dressing station. He crawled back, through shell holes



In the Kitchen A great help in Cooking

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OXO CUBES

Doctor Tells How To Strengthen Eyesight 50 per cent In One Week's Time In Many Instances

A Free Prescription You Can Have Filled and Use at Home Do you wear glasses? Are you a victim of eye strain or other eye weaknesses? If so, you will be glad to know that according to Dr. Lewis there is real hope for you. Many whose eyes were failing say they have had their eyes restored through the principle of this wonderful free prescription. One man says, after trying it: "I was almost blind; could not see to read at all. Now I can read everything without any glasses and my eyes do not water any more. At night they would pain dreadfully; now they feel fine all the time. It was like a miracle to me." A lady who used it says: "The atmosphere seemed hazy with or without glasses, but after using this prescription for fifteen days everything seems clear. I can even read fine print without glasses." It is believed that thousands who wear glasses can now discard them in a reasonable time and multitudes more will be able to strengthen their eyes so as to be spared the trouble and expense of ever getting glasses. Eye troubles of many descriptions may be wonderfully benefited by following the simple rules. Here is the prescription: Go to any active drug store and get a bottle of Bon-Opto tablets. Drop one Bon-Opto tablet in a fourth of a glass of water and allow to dissolve. With this liquid bathe the eye two to four times daily. You should notice your eyes clear up perceptibly right from the start and inflammation will quickly disappear. If your eyes are bothering you, even a little, take steps to save them now before it is too late. Many hopelessly blind might have been saved if they had cared for their eyes in time. Note: Another prominent physician to whom the above article was submitted, said: "Bon-Opto is a very remarkable remedy. Its constituent ingredients are well known to eminent eye specialists and widely prescribed by them. The manufacturers guarantee it to strengthen eyesight 50 per cent in one week's time in many instances or refund the money. It can be obtained from any good druggist and is one of the very few preparations I feel should be kept on hand for regular use in almost every family." It is sold in this city by George W. Stahod and others.

and mud, refusing the stretcher bearing party, and arrived at the rear at 3 o'clock the next morning. For this he was gazetted for the Military Cross, Aug. 16, 1917. The gazette report reads:

"For conspicuous gallantry and devotion to duty. Early in the assault he was wounded and all the other officers killed or wounded, but he led his company with great fearlessness and determination through intense fire to the objective, and although unable to walk, supervised its consolidation, finally crawling back alone to leave for others the front. Back in the front at Passchendaele, Lieut. Tait again distinguished himself. It was after this engagement that he was recommended for a bar to his Military Cross and promoted to the rank of captain. With his rare gift of imagery, Capt. Tait described the night before Passchendaele in one of his letters. He tells of the men of the Canadian battalion digging themselves trenches in the brilliant moonlight. The men worked quietly and steadily. Every once in a while one of them would roll over, hit by a German sniper who was stationed in a blasted tree. In spite of the cold and the other discomforts of the place, Capt. Tait, says that "there was no other place in God's fair world," where he would rather be. The same gift of description is shown in an article which he wrote after Vimy ridge and which was published in an English magazine.

During last summer, when the leaders of our army were making their heroic and successful effort to bring victory and peace, Capt. Tait took part in all of the big engagements. On the morning of Aug. 10, his commanding officer, Lieut.-Col. Kirkcaldy, gave him a company to command. His colonel in describing the engagement says: "He came out of the first day's engagement unscathed and with a splendid reputation for his company." When he was held up by the ever troublesome machine-guns," he rallied his men and led them forward with consummate skill and dash under a hail of bullets. Then a concealed machine-gun continued to harass his company. Tait, with rifle and bayonet, rushed forward alone and killed the German gunner. His company followed and captured 12 machine-guns and 20 prisoners.

It was the next day that Tait was killed. The conquered territory of the day before formed a spur which was very difficult to defend. The Germans counter-attacked and gave the 78th a hard time of it. Capt. Tait led the attack, and was saying to one of his gunners, "That's the stuff to give 'em, boys," when a shell fell near, and he fell, his spirit freed, but not conquered. In recognition of his great service and his dauntless courage the British government conferred its highest military honor, the Victoria Cross for this deed, but it was the young widow, who lives in Winnipeg who received the bronze symbol of her dead husband's valor. Even that honor can not outshine the tribute paid his memory by brother officers. "He was the idol said that "there was no other place 27th Battalion. His men would follow him anywhere."

In the drawing room of Government House, Winnipeg, Dec. 12, the Lieutenant-governor of Manitoba, Sir James Aikens, presented to Mrs. James Edward Tait, the Victoria Cross won so dearly by her husband on the field of honor.

"More Silk Hats Crushed" After the fight at Belleau Wood, where the American Marines glorified themselves, their corps, their country, and gave us a standard of heroism to talk about forever, the Marines were coming out for rest. They had losses ranging up to seventy per cent. They were cut to ribbons. They were bloody and worn, but they were victors; and they had turned the war. A detachment of infantry passed them, going up to the front line. "Say, Marine," shouted a doughboy to one of the Marines, "anything going on up yonder?" "Yes, son," answered the Marine. "Considerable! Why, they killed a man up there yesterday."

Miss Violet May Lapointe, daughter of Nelson Lapointe, township of Bastard, was united in marriage to Milburn Lloyd Flood, son of George E. Flood, Athens on Tuesday.

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It Has No Real Substitute Be sure you receive your own favorite brand—"Comfort". Do not permit inferior soaps to be substituted. "Comfort" is the biggest and best for the money. For nearly 25 years it has been at the top for quality, popularity and big sales. So why buy experience instead of soap? Comfort Soap—"It's All Right" ACTUAL SIZE—the "Bigger Bar" PUGSLEY, DINGMAN & CO., LIMITED TORONTO, ONT.