

# INTESTINAL PARALYSIS

### "Fruit-a-lives" Quickly Relieved This Chronic Trouble

689 CARRAN STREET, MONTREAL.  
 "In my opinion, no other medicine is so curative for Constipation and Indigestion as 'Fruit-a-lives'."  
 I was a sufferer from these complaints for five years, and my sedentary occupation, music, brought about a kind of Intestinal Paralysis, with nasty Headaches, belching gas, drowsiness after eating, and pain in the back.  
 I was induced to try 'Fruit-a-lives' and now for six months I have been entirely well". A. ROSENBERG.  
 50c a box, 6 for \$2.50, trial size 25c. At all dealers or sent, postpaid by Fruit-a-lives Limited, Ottawa.

**WOOD**  
 Sawn in Stove Lengths  
**BOOTH & CO.,**  
 Phone 133  
 Foot West Street

**Nervous Women**  
 Women suffering from nervousness and sick headaches, low spirits, lassitude and loss of appetite will find renewed strength and better health by using Munyon's Paw Paw Pills. They are a natural aid to the stomach, liver, bowels and blood and will give you that help which you need. Gentle and positive in action and no disagreeable after-effects. All druggists, 30c.

**Munyon's Paw Paw Pills**

**We have a supply of cut hard wood and kindling.**

**J. Sowards Coal Co.**

**FORD CARS FOR SALE**

We have a few used Ford Cars which we can sell reasonably. All automobile repair work guaranteed.

**Central Garage**  
 825 King St. Phone 2185

**LOOK FOR EDDY'S NAME ON THE BOX**

Whenever you buy matches, see that the name "EDDY" is on the box. It is your best guarantee of safety and satisfaction. More than sixty years of manufacturing experience is back of it.

**EDDY'S MATCHES**

Keep the fire burning in millions of Canadian homes. There is a match for every purpose among the 30 to 40 different Eddy brands. Now that the tin matches practically double their cost, it is more than ever a real economy to see that Eddy's name is on the box.

The E. B. Eddy Co. Limited  
 Hull, Canada  
 Also Makers of Industrial Filament and Paper Specialties

**Prince George Hotel**  
 TORONTO  
 In Centre of Shopping and Business District  
 250 ROOMS  
 100 Well Furnished Bathrooms  
 EUROPEAN PLAN  
 S. H. H. THOMPSON, PROP.

## From The Countryside

### Frontenac

**SANGSTER.**  
 May 2.—The many friends of J. Murphy are pleased to see him out after a severe illness. Visitors: Mrs. Thomas Young and daughter Helena at Leaside; Mrs. J. J. Moran, Mrs. Glendon; P. O'Connor at J. Babcock's; Miss Stacia O'Connor at W. Abels; Glendon; Thomas Young at P. O'Connor's. Terence Connors is spending a few days at home.

**FRANKVILLE.**  
 May 5.—Miss Ella Jones, Carleton Place, has sufficiently recovered from illness to be able to return home last week. She was accompanied by Miss Lottie Jones. Miss G. C. Livingston has returned from a visit with friends in Morrisburg, N.Y. Mr. and Mrs. Fred Patterson of Glen View, back of Smith's Falls, spent Sunday here with her parents, Mr. and Mrs. Morley Holmes. James E. Hewitt, Lehigh Corners, has been on the sick list for a few days. Fred Price had Levi Scott, Athens, Ont., on Sunday last to try and fix his car.

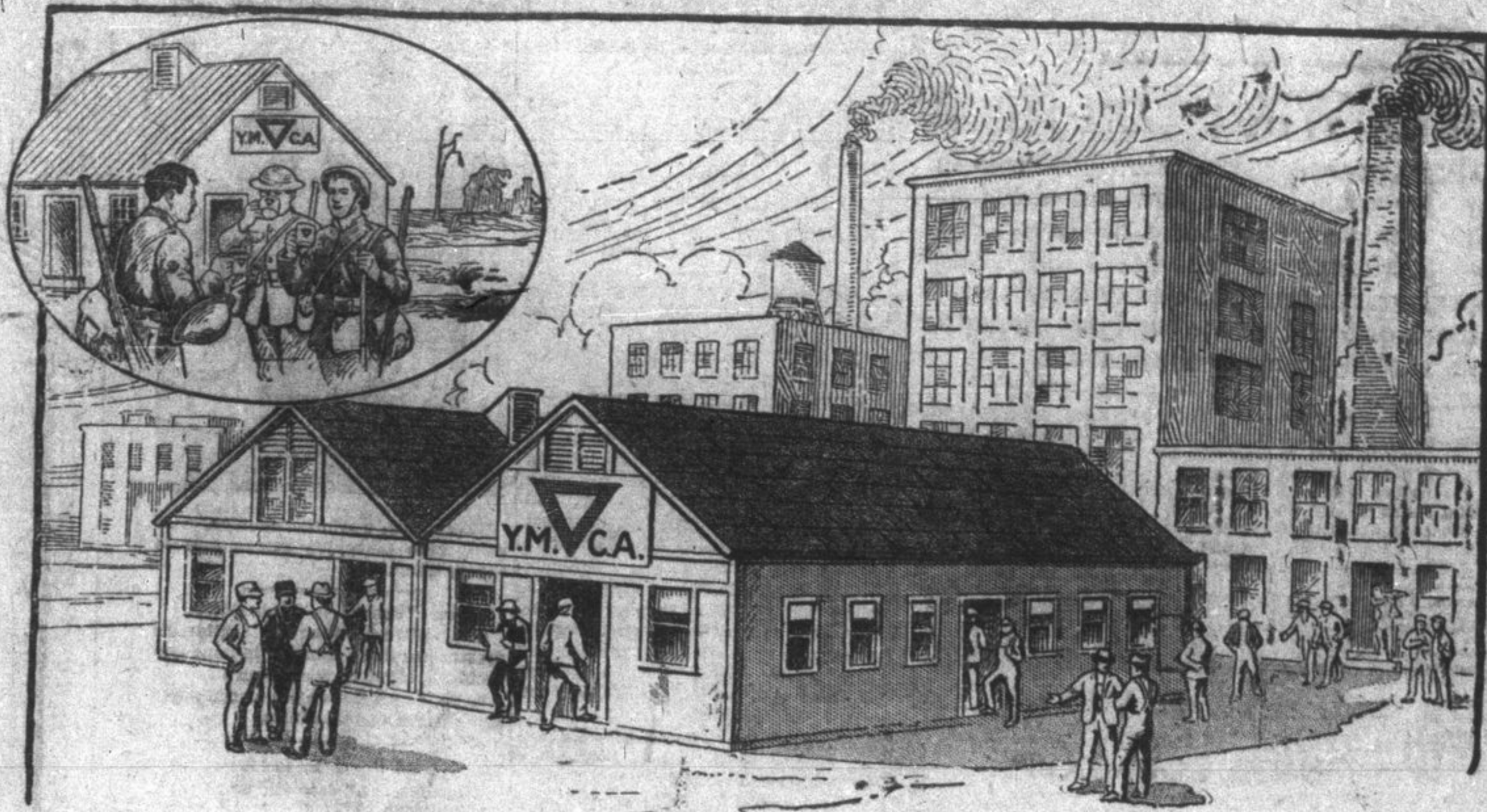
**GODFREY.**  
 May 5.—On Friday night the many friends of Nursing Sister Gladys Leslie, met at her home to do honor to her home-coming. Miss Leslie spent three years in No. 7 Canadian General Hospital, France. Her friends were glad to see her looking so well after her thrilling experiences. During the evening Miss Leslie was presented with a well-filled purse. Mrs. William Clark read a very touching address and Mrs. C. O. Godfrey made the presentation. Miss Leslie replied most fittingly. After the presentation the ladies served a very dainty lunch. All went home much pleased with the evening's entertainment. Mr. Townsend preached his farewell sermon on Sunday last. Owing to the very wet weather, the farmers are very late with their seeding. S. Goodfellow still continues in very poor health.

### Leeds

**WESTPORT.**  
 May 5.—Jack McDonald underwent an operation at the General Hospital, Kingston, on Thursday of last week and his many friends will be glad to learn that he is progressing nicely. Pts. A. J. Wilton and Mrs. Wilton, and Mrs. H. Jordan, Kingston, were visitors in town this week. Dr. Frank Stoney, Sharbot Lake, was the guest of Mr. and Mrs. J. H. Stoney on Tuesday. Charles McDready, Lenhurst, was a visitor in town. Pte. Melvin Barr returned from England last week on the S.S. Olympic. Pte. Barr has been on active service since the early days of the war. Steel Bros. have purchased the Foley property, Spring street, and will erect a new and up-to-date moving picture theatre. Wilfrid Fredenburgh left Saturday, for Watertown, N.Y., to visit his sister, Miss Lena Fredenburgh. Rev. J. B. Howe and family are visiting friends in Kilmarnock.

**WASHBURN'S CORNERS.**  
 May 3.—Friends here received word of the serious illness of Almarion Wilson, of Athens, who is suffering from paralysis, and whose death is expected at any moment. Robert Shaw, who has been in Brockville General Hospital for the last three weeks, is gaining nicely and expects to be home in the near future. Mrs. William Flood of Junetown visited friends here recently. Mrs. Stephen Knollton, who has been ill for the past few weeks, is reported better. Alben Earl, of Sorely's Bay, visited friends here recently. W. T. Earl has been busy for the past two weeks shipping maple syrup to the Canadian west. The dance held in the township hall on Friday evening was a decided success. John Hamilton shipped a consignment of pure-bred Ayrshire cows to Nova Scotia. Mrs. Samuel Stafford is on the sick list. John Crawford, of the Canadian west, called on old friends here recently. Pte. Nesley Carbin, who has been overseas for the past three years, returned home last week looking hale and hearty. Walter Grey, who has been suffering from neuritis, is reported better. Farmers are greatly handicapped by the recent heavy rains. Mrs. George Whaley, and Miss Lena, of Athens, were recent visitors here. J. L. Lang bought some fine horses here at fancy prices. Mrs. Thomas Pattimore has recovered, and is able to be up and resume her household duties again. Mrs. W. H. Erwin, who has been ill, is reported better.

**CHARLESTON.**  
 May 5.—The farmers have a problem to face, that of not being able to do their seeding on account of the wet weather. A heavy electric storm, accompanied by a downpour of rain, passed over here on Sunday evening. Some of our young people attended the dance in the town hall, Athens, given by the Junior Farmers' Club, while others went to the one on Friday evening. Miss Dalry Masterton, Rochester, N.Y., is the guest of Mrs. E. Webster. Miss McLean, B.A., Brockville, has charge of our school in place of Miss Pritchard, who is teaching at Albany, Sask. Pte. George H. Grant was a week-end visitor at W. Halladay's. Miss Marjory Godkin, Athens, was a recent guest of Miss Kathleen Beale. Mr. and Mrs. H. W. Beecher were here for a few days last week, guests of R. Foster. They were accompanied by Charles Washburn, Lake Placid, N.Y., who will remain for a time. The friends here of Pte. George H. Grant, M.M., recently returned from overseas, gathered at the home of Mrs. Charles Slack on Thursday evening and extended to him a wel-



# From the Trenches in Flanders to the Industries in Canada

Y.M.C.A. good cheer helped the soldiers win the war. Y.M.C.A. good cheer will help the soldiers of industry win the battle of life. The Red Triangle went with the

soldiers in khaki right into the front line trenches in Flanders. The Red Triangle is going with the soldiers in overalls into the factories, the workshops the mines and the lumber shanties of Canada.

## Help the "Y" Do for the Workers What it Did for the Soldiers

The success of the Y.M.C.A. during the war as the "Organized Pal" of the Canadian army points the way to success for similarly organized work for the soldiers of Canada's industrial army in time of peace. The Y.M.C.A. is promoting the establishment of Red Triangle huts in the big industrial plants and factory centres under the auspices of the employing companies. It is promoting the erection of Y.M.C.A. huts in isolated

industries, such as mining and lumbering.

Special activities for factory workers of the big cities are planned for the local Y.M.C.A. buildings.

Towards the promotion, inauguration, and superintending of this Industrial Extension of the Y.M.C.A. to the workers, a part of the Red Triangle Fund, for which your contribution is requested, will be devoted.

**CANADIAN Y.M.C.A. Red Triangle Campaign**  
 Nation-Wide Appeal  
 \$1,100,000 May 5<sup>th</sup> to 9<sup>th</sup>

Our plan for Y.M.C.A. extension to the industries is to enlist the sympathy of the president of the company or the heads of the firm, and the management of the plant, to explain our scheme of improved industrial relationships based upon the happiness and the welfare of the workers, and to get the employers to undertake the erection of a Y.M.C.A. building, fully equipped, situated right in the plant.

In some cases, a number of smaller firms would co-operate, and the Y.M.C.A. building would be centrally located for the convenience of a whole group of factories.

### Recreation for Workers

This work has already been inaugurated in Saul Ste. Marie, London, St. Catharines, Fort William, Port Arthur, Vancouver, and Toronto. Y.M.C.A. buildings are built and equipped on lines similar to those in the soldiers' camps, or like regular Y.M.C.A. buildings in the cities, according to the amount appropriated for the purpose by the companies. They should be furnished with a gymnasium, shower bath, swimming pool, canteen, reading and writing room, billiard tables, and an assembly hall for sing-songs, lectures, motion pictures, concerts, social gatherings, etc. To promote and superintend this project for our soldiers of industry part of the Red Triangle fund will be devoted.

The Y.M.C.A. went right into the front trenches in France and Flanders and elsewhere in the war zone to serve the Can-

adian troops. It is going now into those isolated districts where industrial workers like our miners and lumbermen are fighting the battle of life in the front trenches of civilization.

### For Women and Girls

What the Y.M.C.A. aims to do for the men and boys of Canada's industries, the Young Women's Christian Association aims to do for women and girls. The Dominion Council of the Y.W.C.A. has prepared a budget calling for an appropriation of \$175,000, and it is proposed to set aside that amount from the Red Triangle Fund for their use. The Dominion Council expenditure covers the expense of National work as distinct from the expenses of local Y.W.C.A. work. One of the chief items this year to be provided out of the Dominion Council fund is that of caring for the soldiers' wives and dependents journeying to their homes in Canada from overseas, helping them with difficulties and worries of all kinds.

With the support of the operating companies, Red Triangle huts will be established and equipped with canteen, billiard and

pool tables, reading room, motion picture and concert hall, baths and, in some cases, swimming pool and gymnasium. This service tends to eliminate the restless transient, the man who is "fed up with his job," gives him something profitable to do in his leisure hours.

In some districts where lumbering operations are active, trained Y.M.C.A. men drive from camp to camp during the winter equipped with portable stereopticon lantern outfits. They give illustrated talks, and entertainments introducing the element of play among the hard-working shanty boys by such games as volley ball, boxing, etc.

### A Lumberman's Endorsation

One lumber operator says, "You have put my man-catcher out of business. Where before I had three gangs hired—one on the way in, one at work in the woods, and the other on the way out, now I need only one."

At the local Y.M.C.A.'s special programmes for industrial operatives will be aided from the Red Triangle fund. They will be offered recreation, entertainment and opportunity for self-development. Classes in various subjects of special interest or value to industrial workers will be held.

In districts where a considerable non-English-speaking population prevails, a knowledge of the English language, of Canada and of the principles of Canadian citizenship and of social responsibility will be promoted by the Y.M.C.A.

Help the "Y" complete its work for soldiers, help extend "Y" service to Canadian boys, help bring the Red Triangle to the Army of Industry and to Rural Canadian Life.

**National Council, Young Men's Christian Associations of Canada**

The Red Triangle Campaign is under the distinguished patronage of His Excellency, the Duke of Devonshire, K.G., G.C.M.G., G.C.F.O., P.C.

Hon. Campaign Chairman:  
 JON W. ROSS, Montreal

Campaign Chairman:  
 G. HERBERT WOOD, Toronto

Campaign Treasurer:  
 THOMAS BRADSHAW, Toronto

Campaign Director:  
 CHAS. W. BISHOP, Toronto

come after four years' service, and read by Lindsey Slack and the present Mrs. Charles Slack on Thursday evening and extended to him a well-

Pte. Grant was taken by surprise and stream of letters and parcels sent him while in France. He is looking well in France and Flanders for four long years.