

OWES HER LIFE TO "FRUIT-A-TIVES"

After Years of Suffering with Dyspepsia, this Fruit Medicine Gave Relief



Mlle ANTOINETTE BOUCHER. 917 Dorion St., Montreal.

"I am writing to tell you that I owe my life to 'Fruit-a-tives' for this remedy relieved me when I had abandoned all hope of ever recovering my health. I suffered terribly with Dyspepsia. I had it for years and all the medicines I took did not do me any good. I read something about 'Fruit-a-tives' being good for all Stomach Troubles and Disorders of Digestion so I tried them. After finishing a few boxes, I was entirely relieved of the Dyspepsia and my general health was restored. I thank the great fruit medicine, 'Fruit-a-tives', for this wonderful relief."

Mlle ANTOINETTE BOUCHER.

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

Skin Troubles Soothed With Cuticura

Small text describing the benefits of Cuticura for various skin conditions.

Zutoo

Stops headache in 20 minutes by the clock. 25c per box.

MATTRESSES

Don't throw away your old Mattresses. We renovate all kinds and make them as good as new. Get our prices.

Frontenac Mattress Co.
17 BALACLAVA STREET
Phone 2106w

When your head feels like a basket of broken bottles—you need BEECHAM'S PILLS

Stomach or bowel disorder poisons the blood and thus irritates the rest of the body.

Largest Sale of Any Medicine in the World. Sold everywhere in Canada. In boxes, 25c., 50c.

FRECKLES

Now is the Time to Get Rid of These Ugly Spots

There's no longer the slightest need of feeling ashamed of your freckles, as Othine—double strength—is guaranteed to remove these homely spots.

Simply get an ounce of Othine double strength—from any drug-gist and apply a little of it night and morning and you should soon see that even the worst freckles have begun to disappear, while the lighter ones have vanished entirely. It is seldom that more than an ounce is needed to completely clear the skin and gain a beautiful clear complexion.

Be sure to ask for the double strength Othine as this is sold under guarantee of money back if it fails to remove freckles.

Real Help for Tired Feet

A busy day and on your feet most of the time—an afternoon of tennis or golf—may leave your feet tired, aching, hot.

Each them and soothe every soreness and aches by gently rubbing with a few drops of Absorbine J.

Or, if you are worried and your feet burn and swell, rest them in a solution of Absorbine J. and water. Mix 1 what you wish.

"ABSORBINE J." is highly concentrated; penetrates quickly; leaves no greasy residue; and is absolutely safe to use.

\$1.25 a bottle—at most drug-gists or sent postpaid by W. F. YOUNG, Inc., 21 Lyman Building, Montreal.

It is no disgrace to be a follower so long as you can learn and be the better by following. Many times we find it difficult to determine at just what point self-denial should cease. When we lose our faith respect also takes the first opportunity to make its departure.

THE SCHOOL CHILDREN'S PAGE

Circus Clownings

Let's Eat!

EMERETT D. ANGELL

"Come on, shake a leg!" said John Slater, the clown. "If we don't beat it over to the food tent, we'll be out of luck. You see," he continued, "a circus has to run on schedule. There can't be any waiting around for late comers. If you don't get over to the food tent on time, you don't get no eats."

"The cook train has to be the first in town, and the first to leave. That's why it's called the Flying Squadron. You couldn't run a circus very long without good grub and lots of it, and you got to hand it to Daddy Webb—he runs the cook tent—his chow is as good as you'll find in the best hotels."

"Ever stop to think what it means to feed 1,200 people, with husky appetites, in a new spot every day for six months? Daddy Webb has to have refrigerator cars, tons of vegetables and fruit; cooks, waiters and dish-washers; and a perfect system if the Flying Squadron broke down, 1,200 people would go hungry."

"See that white flag with 'HOTEL' on it? When meal time is over they pull it down, and even the biggest star in this show couldn't get a ham sandwich when that old piece of bunting is taken off the pole. Yep, you've got to eat on time in a circus, so let's get over."

It was an invitation worth accepting. Long tables, splendidly cooked food served by white-jacketed waiters, whose speed and courtesy were remarkable, soup, roast, vegetables, salad, coffee, strawberries and cream—what more could one ask—and all you wanted. Such a dinner, served under the spreading canvas of a circus cook tent amid the world's greatest circus performers is an event worth remembering.

(Monday: Tin Can Tricks.)



The Clan of North America

The Winning Photographs

FRANCIS BOLT-WHEELER

The day had come when the Council was ready to make an exhibition of all the photographs which had been taken on Camera Day, and to announce the prize-winning ten, and also the fifty which had been selected for inclusion in the Year Book of the Camp.

The first prize was gained by one of the girls, and showed a bushy-tailed squirrel sitting on a branch, nibbling at a nut. The second prize was a study of an Indian, with a feather in his hair and a breech-cloth of woven grass, for which one of the boys had posed; as this giraffe had been made from wild grasses on Camera Day, it was an achievement; the boy's body had been stained brown too, and the light reflections were per-

fect. The third prize was a flower study, and anyone who has tried to photograph flowers in their natural surroundings knows the difficulty.

Other subjects which had won prizes were a flock of arctic birds perched on the stalks of woolly mulleins; an atmospheric picture of a tiny waterfall; one of the girls with long-gauge wings, poised like a dragon fly over a pool which showed the reflection in the water; a team of oxen hauling a load of logs and toiling up a steep hill; a jolly little study of a black-and-white calf kicking up his heels; a white peacock moth perched on a finger; a rattlesnake coiled and about to strike—this had been dangerous, for the photographer was almost within striking distance—and a Japanese-looking silhouette of twisted juniper against the vivid sunset sky of Camera Day.

Moreover, viewed as a whole, the collection of pictures was excellent and it had been a hard task for the Council to choose the best.

(Monday: A Laundry Mix-Up.)

An Extended Tour.

Just before the St. Michel show the Germans blew up an ammunition dump near a company of Yanks. It was reported that there was a large quantity of gas shells in the dump, and as soon as the explosion began the Americans immediately made themselves scarce with great rapidity.

When the danger had passed all started drifting back with the exception of one man who did not appear till the next day.

"Well, where you been?" demanded the top kick, eyeing him coldly.

"Sergeant," replied the other earnestly, "I don't know where I been, but I give you my word I been all day gettin' back."

Probably Safe.

Louisville Courier-Journal

"I wonder if it would be safe to kiss the pretty widow?"

"I guess so. Kisses are like these modern freerackers."

"Huh."

"They look dangerous, but they ain't."

Experienced.

Baltimore Sun

Wife—"Don't forget, dear, tomorrow is our wedding anniversary. I'm going to buy you a nice present. Hubby—All right, darling. Tell me how much you are going to spend on my present so I can figure out how much I'll have left for yours."

The Wrong Place.

Jack—Mabel's a funny girl.
Jake—How come?
Jack—I tried to steal a kiss and it landed on her chin.
Jake—Nothing funny about that. Jack—I know it; but after I kissed her she said, "Heavens above!"—The Dirge.

A New Version.

"What is it that comes in jugs, is yellow and has raisins in it?"

"I give up."

"But where do the raisins come in?"

"Oh, I put those in to make it hard."—Record.

Poor Mice.

Seattle Times

A woman was engaging a cook, and inquired why she had left a certain place.

"I couldn't stop there, ma'am," was the reply. "I don't mind rats, and I believe I'm economical, but in that house they were so saving they had the very mice used to run about with tears in their eyes."

Didn't Break the Meter.

Houston Post

"Figures won't lie!" declared the statistician.

"Make you're right," answered the mild-mannered citizen. "And yet, somehow, I can't put implicit faith in the numbers that go up on a taxicab register."

ONLY TABLETS MARKED "BAYER" ARE ASPIRIN

Not Aspirin at All without the "Bayer Cross"

"Yes—many years ago—I knew of a man who lost himself in that way," replied the Missioner, straightening GALLEY TWO STOREY—

in his seat. "But he found himself again. And this friend of yours? I am interested. This is the first time in three years that I have been down to the edge of civilization, and what you have to tell will be different—vastly different from what I know. If you are betraying nothing, would you mind telling me his story?"

"It is not a pleasant story," warned the younger man, "and on such a night as this—"

"It may be that one can see more clearly into the depths of misfortune and tragedy," interrupted the Missioner quietly.

A faint flush rose into David Raine's pale face. There was something of nervous eagerness in the clasp of his fingers upon his knees.

"Of course, there is a woman," he said.

"Yes—of course—the woman."

"Sometimes I haven't been quite sure whether this man worshipped the woman or the woman's beauty," David went on, with a strange glow in his eyes. "He loved beauty. And this woman was beautiful, almost too beautiful for the good of one's soul, I guess. And he must have loved her, for when she went out of his life it was as if he had sunk into a black pit out of which he could never rise. I have asked myself often if he would have loved her if she had been less beautiful—even quite plain, and I have answered myself as he answered that question, in the affirmative. It was born in him to worship whoever he loved at all, and I am equally sure that time will prove it—that he will never rise again with his old hope and faith out

Hunting Dog and Shepherd Dog

And the Memory-Man said:

A Shepherd's dog, one day, at the corner of a wood, met a Hunting Dog.

"Come, Cousin," said the Hunting Dog, "and I will show you some sport. Not far from here, a Wolf has his lair. We will hunt him out, you and I, and chase him over the mountains. Maybe he will show battle. That will be fun, because a Wolf can put up a good fight, even against two Dogs. What! You hang back? You are not afraid, surely?"

"My post is with the flock," answered the Shepherd's dog. "As for being afraid, I have killed several wolves when they came to attack my sheep, and I killed them alone, my Hunting Cousin. Go, hunt for a fight if you wish, I will wait till the fight comes to me."

It is no sign of cowardice to defend instead of attacking. R-W.

Daily Twelve-Syllable Rhyme

Better be
Just a clam,
Than a boy
And a sham.

Blackheads

"I'm getting more and more blackheads, Sonia, and indeed it doesn't look nice at all. I wish I could get rid of them, but they're so hard to get out."

"Not hard at all, Ida, if you go about it the right way. For about a week long, every evening before retiring, apply a hot wet towel to your face several times, dry, massage with cold cream, remove it, and very carefully and thoroughly rinse off all the cold cream. Use plenty of tepid water. After several evenings of this, the skin around the blackheads will be softened and you can press them out. Use only the balls of the two thumbs, never your nails nor any instrument. If they do not come out with gentle pressure, the skin is not yet softened enough. When they are eliminated, wash your face, and the spots especially, in a strong solution of boracic acid in order to close the pores. Be sure to keep your face very, very clean, if you have a tendency to blackheads, and always rinse off the cold cream you have used for cleaning."

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White Pine stocks are scarce, but we have secured a good supply and our prices are right.

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It is shrewd common sense to feed a horse a balanced food, which will develop every part of its body. Analysis of Purina O-Molene Feed shows that it contains in proper proportion all the elements for muscle, blood, hair and hide making, as well as a large percentage of Nitrogen free extract, which supplies heat and energy. There is no 15 to 18 percent waste as in feeding the whole oats, due to unutilized whole.

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