

HIS LIFE RUINED BY DYSPEPSIA

Until He Tried "FRUIT-A-TIVES" The Wonderful Fruit Medicine



MR. FRANK HALL, Wyevale, Ontario.

"For some two years, I was a sufferer from Chronic Constipation and Dyspepsia. I tried every remedy I heard of without any success, until the wife of a local merchant recommended 'Fruit-a-tives'.

I procured a box of 'Fruit-a-tives' and began the treatment, and my condition commenced to improve immediately.

The Dyspepsia ceased to be the burden of my life as it had been, and I was freed of Constipation.

I feel that I owe a great debt to 'Fruit-a-tives' for the benefit I derived from them."

FRANK HALL.

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

Public Library Bulletin

New Books for Boys and Girls: Old Myerson, Camp, W. Danny Fieta, Camp, W. Hambley Club on Circle, Sheppard, W. C. Black Hawk, Tomlinson, P. O. Mohawk Chief, Tomlinson, E. T. Don Strong, Heglinger, W. Comrades of the Trail, Roberts, E. H. Cart of Many Colors, Mucklejohn, N. Boy Scout of Woodcraft, Burgess, T. W. Boy Scouts on Swift River, Burgess, T. W. When I Was a Boy in Persia, Merna, E. C. Isabel Carleton in the West, Ashmun, M. Kingnecked Grizzly, Miller, W. H. Castle of Zion, Hodges, George. Book of Fairy Tale Foxes, Johnson, C. Trail Book, Oaten, Mary.

Angrove's Repairs

Scales, Tacking Machines, Bicycles, Baby Carriages, Lawn Mowers, etc. We do repair work right and guarantee satisfaction. 147 WELLINGTON STREET

SORE THROAT IS A COMMON AFFLICTION WHICH UNCHECKED TIME MAY LEAD TO A SERIOUS CONDITION. SIMILAR TO A COUGH OR COLD MAY DEVELOP AND REQUIRE SUSTAINED TREATMENT BEFORE IT IS OVERCOME. BUT IF THE TREATMENT IS WISE, WHICH IS THE CASE WITH DR. THOMAS' ECLECTRIC OIL

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

Why? Proof is positive when founded upon facts plus experience. BEECHAM'S PILLS have been used for 60 years by people all over the globe. BEECHAM'S PILLS The Largest Sale of Any Medicine in the World.

RED PIMPLES ITCHED TERRIBLY On Chest, Face, Arms, Burned Badly. Cuticura Heals. "Ever since I can remember, my chest, face, and arms were filled with dry, red pimples. They were scattered all over me, and itched terribly at times, and I scratched them, causing them to fester and get sore. Sometimes they would dry away and form scales which burned badly. "Then I used Cuticura Soap and Ointment. I had used them two or three times when I felt better and I was healed with one box of Cuticura Ointment together with the Cuticura Soap." (Signed) Miss Bertha Keen, Russell, Manitoba, February 19, 1919. Use Cuticura Soap and Ointment for all toilet purposes. Soap for clean, Ointment to heal. Soap 25c, Ointment 25c and 50c. Sold throughout the Dominion. Canadian Depot: Wm. L. Little, St. Paul St., Montreal. "Cuticura Soap shows without soap."

Books And Their Authors

THE VALLEY OF SILENT MEN.

By James Oliver Curwood. Cosmopolitan Book Corporation, New York, Price \$2.

The reviewer has just finished this last novel from the pen of James Oliver Curwood after carrying it continuously for about sixty hours. The other night he saw the picture play of Curwood's novel of the Northland "The Courage of Marge O'Doone", and, still thinking over that splendid story, picked up "The Valley of Silent Men," and started reading it with the belief that it could not possibly be as good as "Marge O'Doone." In a short time the reviewer found himself transported to the little missioner's country with the characters even more vivid and interesting. He soon saw that this latest book, let alone being the equal of "Marge O'Doone" is vastly superior to it in many ways.

In the first place the characters in it possess a greater appeal to the average mind. They are more probable, more natural and decidedly more human from the point of view of the normal reader. The action of the story is about ten times as fast, with the interest held to every word before the reader. There is not a chapter or paragraph in the whole book that will be skipped over hastily. There is life, romance and adventure in every word until the very end. The opening introduces us to Jas. Kent, sergeant in the Canadian Northwest Mounted Police, lying in the barracks hospital with no prospects of living more than three days, and in the act of confessing to the murder in old blood of a man whose slayer he had been seeking. At first most of his friends doubted his statement but finally he made it so convincing that only one or two believed him innocent. One of these few was a beautiful unknown girl of mystery who came to see him and characterized him as "a splendid liar."

Then the blow fell. The corps surgeon had made a very natural mistake in diagnosing Kent's case and it was found that he was no nearer death than any of his comrades about him. Realizing what he had done, for he was innocent of the murder, of course, he made a bid for escape but was captured and located in the prison of the barracks. From here the girl rescued him, and the story after that is completely theirs. Anyone who runs across this book will find himself propping it before him while he eats, or reading it through before doing anything else. Once started the reader cannot get away from it until he has finished it.

who—but that is Mrs. Burt's story and need not be told here.

If we might be permitted to criticize, however, there is one little point to which attention might be called. In the opening chapters, Hudson is classified as a man with an "income of nearly half a million dollars." Is it not rather unique to find the wife of a man with such an income doing her own cooking and washing her own dishes? It seems so to us.

NIBBLES FROM "THIS GIDDY GLOBE."

From "This Giddy Globe, by Oliver Herford. Published by Hodder and Stoughton.

The English-speaking countries, which comprise the United States and the British Empire, occupy one-fourth of the entire surface of the globe. The rest are just foreign countries. The best definition of government may be found in Wordsworth's lines: "The simple plan That they should take who have the power, And they should keep who can."

In an Absolute Monarchy, the People are Controlled. In a Limited Monarchy they are Cajoled. In a Republic they are Sold.

Vice is nothing more than Virtue outside of its natural geographical latitude. The United States is a large body of laughter-loving people surrounded by trusts. The population consists of one hundred million thirsty souls, some of whom are Americans.

A race of trap-hangers is developing. At certain hours of the day they may be seen seeking their habitations in great flocks, swinging from strap to strap with loud cries and a peculiar whirling motion.

The Indian practice of painting and wearing feathers shocked the Pilgrim Fathers and Pilgrim Mothers but the Pilgrim Daughters made a note of the fashions for future use.

The principal products of Great Britain are beef, bishops, banks, and barometers.

The principal products of Scotland are porridge, parsons, and pibrochs.

The inhabitants are a tall, bar-wiry, music-loving, pious, and joke-fearing race, fond of loud plaids, and still Lauder songs. Their tall spare frames have given rise to the term Bony (or Bonny) Scotland, supposed by some to be derived from "Bonnet," the national headgear.

The dew distilled from the Scotch mountains, flavored with the peat of the valleys, is highly prized by the natives, not only of Scotland, but of all the English-speaking countries of this giddy globe.

Ireland is the land of the Irish Bull, a paradoxical Bore whose cross-eyed horns can toss a British commonplace in two directions at once.

The principal products of Ireland are potatoes, pugilists, patriots, poe, and Bernard Shaw.

The population of Ireland consists chiefly of absentee landlords and emigrants to the United States. They are ruled by two absentee governments, a parliament at Westminster and an Itinerant President.

The first thing a river does after rising is to betake itself as fast as it

can to the nearest river-bed, in which it remains for the rest of its days.

The most famous products of Wales are the Welsh rabbit, the Prince of Wales, and Lloyd George.

The earth has three kinds of Poles; the "Wrigid Poles in the North and South, and the very hot Poles in the centre of Europe.

France is the greatest millinery power on earth.

The steppes of Russia, though vast and quite bare, have nothing to do with those of the Russian dancers.

The Turks are a fearless people; they have many wives.

What then is the use of the weather? Supposing you have made a globe and put some people upon it to live, what would you do to make them feel at home?

You would give them something to talk about. Just so—the weather was designed to furnish a universal topic of conversation for man.

Without the weather, 999,999 out of 1,000,000 conversations would die in their infancy.

NIBBLES FROM P.G. WODEHOUSE

From "The Coming of Bill." If you keep a dog, a dog with a high sense of his abilities and importance, tied up and muzzled for a length of time, and then abruptly set it free, the chances are that it will celebrate its freedom.

It happens only too often that the splinter of the public mind is baulked by a disinclination on the part of the public mind to meet him or her half-way. The uplifter does his share. He produces the uplifting book. But the public, instead of standing still to be uplifted, wanders off to browse on colored supplements and magazine stories.

At that moment she was examining his masterpiece "Ariadne in Naxos." He had called it that because that was what it had turned into.

He knew no artists, but he had read novels of Bohemian life in Paris and he had gathered a general impression that they were, as a class, shock-headed, unwashed persons of no social standing whatever, extremely short of money and much addicted to orgies.

"It's the only thing to do, ma'am, when you're up against it. Get in the first wallop before the other guy can get himself set for his punch."

He had a thorough contempt for all actors, authors, musicians, and artists, whom he classed together in one group as men who did not count, save in so far as they gave mild entertainment to the men who, like himself, did count.

"You have not read my 'Principles of Selection'?" "I have not." "I will send you a copy tomorrow." "I will burn it directly it arrives."

He just sits there waiting for you to go, and, when you do go, shuts the door on you so quick that you have to jump from getting your coat caught in it. I tell you, those two are about all the company either of them needs. They've got the Newly-weds licked to a whisper.

"Who was the pop-eyed second-storey man with the bald head and the convex waistcoat who glued himself to me tonight?" "If you mean the fine old gentleman with the slightly prominent eyes and rather thin hair, that was Brock Mason, the vice-president of consolidated groceries. You mustn't even think disrespectfully of a man as rich as that."

"He isn't what you would call a sparkling talker?" "He doesn't have to be. His time is worth a hundred dollars a minute, or a second—I forget which."

"Put me down for a nickel's worth next time."

There are some men whose mission in life it appears to be to go about the world creating crises in the lives of other people. When there is thunder in the air they precipitate the thunderbolt.

He was considered too gifted to be wholesome. The men of his set, being for the most part amiably stupid, resented his cleverness.

"Say, cull, you tell your aunt Lora to make a noise like an ice-cream in the sun, and melt away. She's a prune, and what she says don't go."

In a converted cannibal there are always possibilities of a return to the gods of wood and stone and the disposition to look on his fellow-man purely in the light of breakfast-food.

Why, just because an old man had died, and left them money, must they rule out the best thing in life as impossible and plunge into a nightmare which was not life at all?

This remarkable child had a keen sense of humor. Thus he seldom began to cry in his best vein till the small hours of the morning; and on these occasions he would almost invariably begin after he had been officially pronounced to be asleep. His sudden grab at the hair of any adult who happened to come within reach was very droll too.

MOTHER!

"California Syrup of Figs" Child's Best Laxative



Accept "California" Syrup of Figs only—look for the name California on the package, then you are sure your child is having the best and most harmless physic for the little stomach, liver and bowels. Children love its fruity taste. Full directions on each bottle. You must say "California."

Why Do People Take Monkey Glands?

There are people to-day who are being fed on these glands, in order to get back new vitality and energy. Vital Tablets will make you strong and healthy if you are not past the stage where medicine can help you. Vital Tablets are a great French Tonic. Nothing more or less. If you need building-up try Vital Tablets. Price 50c. a box or 6 for \$2.50, at all drug stores or by mail. The Scobell Drug Co., Montreal. Sold at Mahood's Drug Store.

Notes of Interest to Booklovers.

It has been known for some time that H. G. Wells was turning his brilliant pen to the writing of a general history of the world. The work is now finished and the Macmillan Company promises it for publication in the latter part of September, under the title, "The Outline of History."

The Book of the Month THIS is a book of Diamonds and Pearls—of Gold and Silver—of Rings and Brooches—of Watches and Purses—of superb Silverware—of Gifts for Weddings, Birthdays and Anniversaries. Every woman who expresses her individuality in her Jewels, her silverware and in her choice of gifts for friends and relatives, will enjoy many happy hours looking through this Mappin & Webb book. Is your name on our mailing list? If not, will you write us at once, so that we may send you a copy? It is the book of the month, indeed, for within its covers are the treasures of the world and the supreme workmanship of the master craftsmen of a dozen nations. It is a book you will consult frequently and come to rely on more and more as you test the efficiency and thoroughly satisfactory service of our mail order system. Write for it. Mappin & Webb (CANADA) LIMITED 353 St. Catherine Street West, Montreal LONDON PARIS ROME LAUSANNE RIO DE JANEIRO BUENOS AIRES JOHANNESBURG SAO PAULO

When buying a watch think first of quality THE first cost of an inferior watch is a long way from being its last cost. Instances are by no means uncommon where the cost of repairing such a watch exceeds its original price. Watchmakers nowadays receive high wages. Their bills are apt to be very large for time spent in trying to repair low grade watches. Especially is this true of the cheaper imported movements for which repair parts are often unobtainable and must be made by hand. It is far better to buy a Waltham. This gives you a high grade watch at a reasonable price consistent with quality. Apart from accidents and the general overhauling every second year which good watch mechanism deserves, the good service you get from your Waltham means a real cash saving over the low grade watch. The longer you carry a Waltham the less it costs you. Divide its price into the years of service it gives and you'll find its price is very low indeed. WALTHAM THE WORLD'S WATCH OVER TIME WALTHAM WATCH COMPANY, LIMITED MONTREAL Makers and Distributors of Waltham Products in Canada Factories: Montreal, Canada; Waltham, U.S.A.

Mr. Wells aims to tell in one continuous narrative the whole story of the life of mankind, believing that such a broad and comprehensive handling will bring it within the possibility of reading by the ordinary person. He has written it, he says, because of his conviction that there is a very urgent need for a common knowledge throughout the world of the general facts of human history, for, as he expresses it, "There can be no peace now, we realize, but a common peace in all the world; no prosperity but a general prosperity. But there can be no common peace and prosperity without common historical ideas." The work is to be in two volumes and will be illustrated with many maps and specially drawn line cuts. A new work by G. Stanley Hall, to be called "Morals, the Supreme Standard of Life and Conduct," is ready for immediate publication by D. Appleton & Co. in Dr. Hall's estimation, morale is the criterion by which to measure every human institution and activity, and he applies it as a working standard of life to social, economic, political, educational, and religious phases of human effort.