

ENDED YEARS OF BAD HEADACHES

"Fruit-a-tives" Completely Relieves all forms of Headache



MRS. HONORE VALIQUETTE

For over three years, I was troubled with very bad Headaches, Nervous Dyspepsia, and Liver Troubles. Then, I began taking "Fruit-a-tives". Very soon my condition improved, and thanks to these wonderful fruit tablets I am once more entirely well.

The wonders of the famous Fruit Treatment are only revealed when you read a letter like this, which comes from Madame Valiquette, 1133 Notre Dame St. W., Montreal.

"Fruit-a-tives" is the juices of apples, oranges, figs and prunes, intensified and combined with tonic—and forms a complete fruit treatment for Stomach, Liver, Kidney and Skin Troubles.

25c. and 50c. a box—at dealers or sent by Fruit-a-tives Limited, Ottawa, Ont.

AN IRISH LETTER

H. G. Scott in Red Deer News, Alberta.

It was in the West of Ireland that British rule first broke down under the attacks of Sinn Fein. It was in Western Ireland that were made the last efforts of De Valera's republican irregulars to resist the rule of the Free State Government.

Protestant, long resident in the West of Ireland, was more explicit on the subject. "Do you know," he said, "the price you will pay for farm land here?" and on being answered "No," "You will pay your life," he said.

Two years ago in the district in question a Roman Catholic cattleman employed by a Protestant refused to abandon his employer's service, when the latter was forced to flee from his land.

Local government in Western Ireland does not seem to be marked by a high degree of success. The city of Cork, like Dublin itself, has had its popularly elected council suspended by the Free State Government.

Under Curb of Fear. The suggestion that the people are to some extent at least under the curb of fear is borne out by enquiries in other directions. A stranger who tries to ascertain the selling value of farm land in Western Ireland is met by a curiously persistent evasion of his questions.

of an unfortunate tendency on the part of Irishmen to distrust their own countrymen and look upon them with jealous eyes. It is again a possibly significant thing that these examiners have not been without experience of occasional "influence" being brought to bear on them, even from ecclesiastical quarters.

Housing Conditions Deplorable. It is not overstating the case to say that the housing conditions both in the farms and towns of Western Ireland are deplorable.

Suggestion of Distrust. As in Dublin, so in Western Ireland, the suggestion of distrust is in the air. Secret brotherhoods, underground influences, unspoken menaces are too many to allow of a really comfortable atmosphere.

Farmers in Bad Way. Outside the towns, in the country, conditions are bad. The farmers of Ireland, like those of most countries, are in a bad way.

Free State Sentries. It is said that crime of the ordinary kind other than that due to politics or religion is not prevalent in Western Ireland, but the presence at the doors of the banks in some at least of the towns of Free State soldiers with fixed bayonets seems to indicate apprehension that some of the lawless elements might try to fill in their time during the present interval of com-

Germes of Catarrh Make Sore Throat Sore Crusts in Nose Quickly Healed in One Quick Catarrhazone

Home Industries. In some parts of the West small home industries of the type of rug-making and knitting are being fostered with some success, and if these can be really established, they may be of substantial assistance to making a poverty stricken country at least self-supporting.

Improved education might do much for the country. At present the standard is distinctly low, and it is low unfortunately just where it ought to be best—in the secondary schools forming the link between primary education and the universities. It is a somewhat surprising thing to find that under the Free State Government the external examiners for the Free State universities are taken from Great Britain and not from Ireland.

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15¢ PER PKG.

— and in 1/2 lb VACUUM (AIR-TIGHT) TINS



OLD CHUM The Tobacco of Quality

LOSSES THROUGH FRAUD REVEAL NEED OF MORE THRIFT EDUCATION

By S. W. Straus, President American Society for Thrift

Commendable organized educational efforts now are being made to safeguard individuals against losses through fraudulent investments.

ing that it does not go far enough. Let the nation learn the words of Lincoln that "economy begins with saving money," but let us emphasize the fact that Lincoln made use of the word begins.

Saving money is only the beginning of thrift. Judging by the reports in the newspapers from day to day, one seems safe in assuming that there is a rising tide of unscrupulous practices based on insufficient popular understanding of personal economics.

As much attention should be given to teaching prudent methods of spending and investing money as is given to the teaching of correct methods of saving it. It is a matter of gratification that more thought is now to be given to the processes of safeguarding what has been saved.

The questions of earning, saving and spending are of equal importance. There are many geographers who think that time will reveal numerous peaks exceeding thirty thousand feet. Such a discovery would rob Everest of its glory.

WonderSpots of the Empire

No. 8—THE HIMALAYA MOUNTAINS, INDIA.

This range of mountains, the highest on the planet, crosses numerous countries in its stretch from east to west. The mountains themselves in Tibet, cross Bhutan, then run through Sikkim and Bengal, through the centre of Nepal and then again into Empire territory in the Kashmir, Punjab and the North Western Provinces of India.

Relief comes at once when you breathe in the soothing vapor of CATARRHZONE. Once its healing, alky essence strikes the bronchial tubes, you realize that a powerful treatment is at work.

"We Got Exercise at the Woodpile"



INDIGESTION is the great bug-bear of the modern business and professional man. If we had the old woodpile to tussle with we might keep the liver active without using medicine.

But we neglect to take exercise and the best substitute is Dr. Chase's Kidney-Liver Pills. They arouse the action of liver, kidneys and bowels and entirely overcome indigestion, constipation, biliousness, headache and similar derangements.

Advertisement for Bayer Aspirin, featuring the Bayer logo and text: "Genuine ASPIRIN. Proved safe by millions and prescribed by physicians for Headache, Neuralgia, Colds, Lumbago, Pain, Toothache, Neuritis, Rheumatism. Safe. Accept only 'Bayer' package which contains proven directions."