Dangerous Condition Relieved Just In Time By "Fruit-a-tives"



MR. F. J. CAVEEN 632 Gerrard St. East, Toronto., For two years, I was a victim of Acute Indigestion and Gas In The Stomach. It afterwards attacked my body, so I could hardly move around. I tried all kinds of medicines but none of them did me any good. At last, well, after using only three boxes. I recommend 'Fruit-a-tives' to anyone

Simple Indigestion often leads to Heart Attacks, Catorrh of the Stomach and constant distress of mind and body. If you are bothered with any Stomach Trouble, and especially if Constipation troubles you, take 'Fruit-a-tives'. 50c. a box, 6 for \$2.50, trial size, 25c.

At all dealers or sent postpaid by Fruit-a-tives Limited, Ottawa.

#### INTERESTING FACTS ABOUT MACHINE GUNS

Against machine guns the rifleman is helpless, a military expert remarked recently; and he was right. Actual tests of machine guns have shown them to be superior to picked marksmen. At a test in this country some time ago, forty-two first-class shots were pitted against one Maxim, each side firing one minute at a target representing infantry in line, at a distance which was unknown, but which was actually 1,000 yards. These were the results: forty-two men, 408 rounds, 62 hits; machine gun 228 rounds, 69 hits; although the Maxim spent some time in getting the range.

Machine guns are really rifles Heart, and I had pains all over the with a mechanical feed, which supplies them rapidly with cartridges. In all modern patterns acting on the advice of a friend, I | they are automatic in action. The decided to try 'Fruit-a-tives'. I bought gas produced by the explosion or the first box last June, and now I am shock of the recoil opens the breech, ejects the spent cartridge, suffering from Indigestion, no matter loads the rifle, closes the breech, how acute". FRED J. CAVEEN. and fires the charge. These complicated operations are carried out with extraordinary speed.

> To give an example. The Maxim can fire at least 450 rounds a minute, or more than seven shots per second, and if in exceptionally

## Remember

whenever you are troubled with minor ailments of the digestive organs, that these may soon develop into more serious sickness. Your future safety, as as your present comfort may depend quickness with which you seek a corrective remedy.

By common consent of the legion who have tried them, Beecham's Pills are the most reliable of all family medicines. This standard family remedy tones the stomach, stimulates the sluggish liver, regulates inactive bowels.

Improved digestion, sounder sleep, better brighter spirits and greater vitality come after the system has been cleared and the blood purified by

### Beecham's Pils

Worth a Guinea a Box Prepared only by Thomas Beecham, St. Helens, Lancashire, England. Sold everywhere in Canada and U. S. America. In boxes, 25 cents.

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JOHN BARNSLEY, Agent. 623 Second Avenue.

Phone 568.

In the British army at the beginning of the war the number of machine guns was two to each battalion or cavalry regiment. In the German army there was an extraordinary development of the machine gun sections shortly before the war. Indeed, the enemy is stated to have taken the field with 50,000 of these weapons, so that each German battalion must have had ten, if not more, which gave them an enormous advantage above the Allies at the outset.—Ex.



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OLDEST MASON

London, Ont., Oct. 6 .- Abraham Kittelhunt, the oldest Mason in the world, celebrated his one hundred and ninth birthday at his home near here recently. Mr. Kittlehunt was born at Waterford, N. Y., October 3, 1806, and both his father and mother were Hollanders. His father lived to be 104. Mr. Kittlehunt joined the Masons in 1825.

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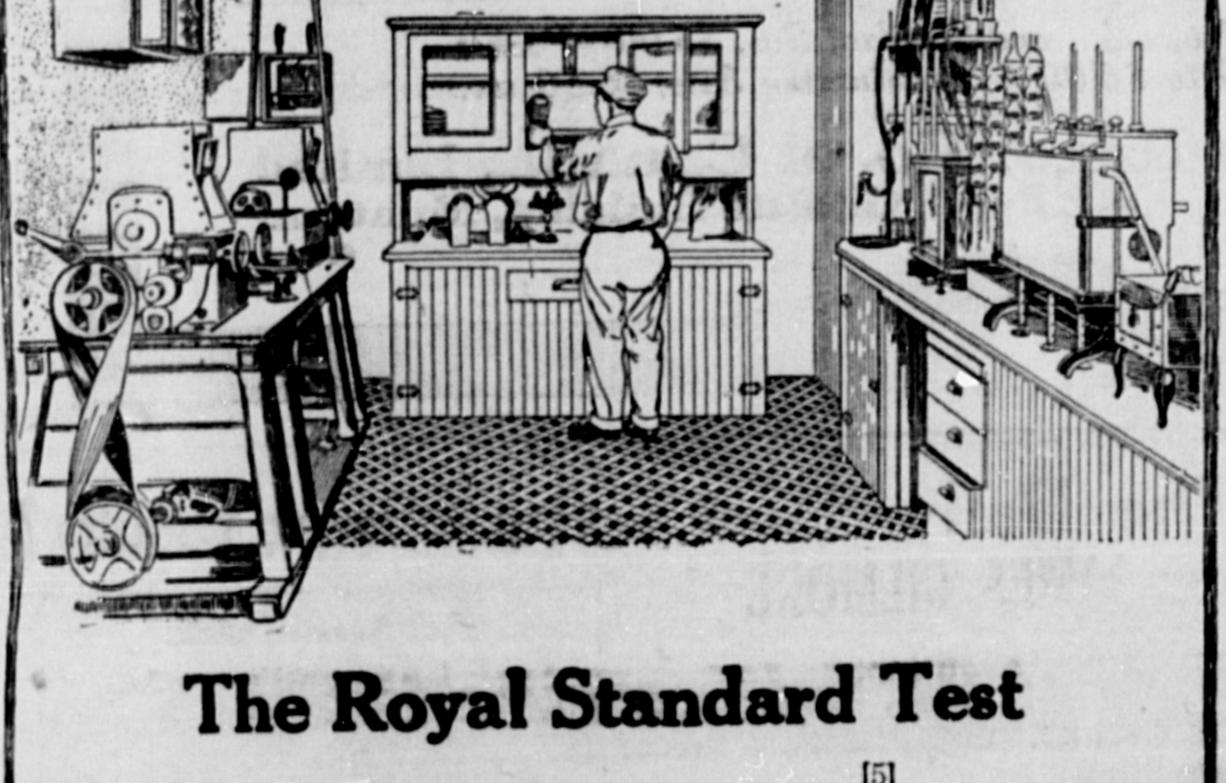
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Sometimes a housekeeper requires a quick leavening agent, and finds she has no baking powder.

What does she do?

She raises her biscuit by a mixture of cream of tartar and soda, or soda and sour milk. She may not get the proportions quite right, but she knows her food is safe. But does she ever use a mixture of alum and soda? Was there ever a housekeeper who bought alum and soda to make a home made baking powder? Intuitively she feels it would be unsafe.

Then why use baking powder made from alum or the same mixture that the housekeeper would not dare to mix

and use in her food? Alum is alum, whether bought in the drug store or in baking powder.

BAKING POWDER

is made from pure cream of tartar and contains no alum, lime or phosphate. There is absolute safety in its use.