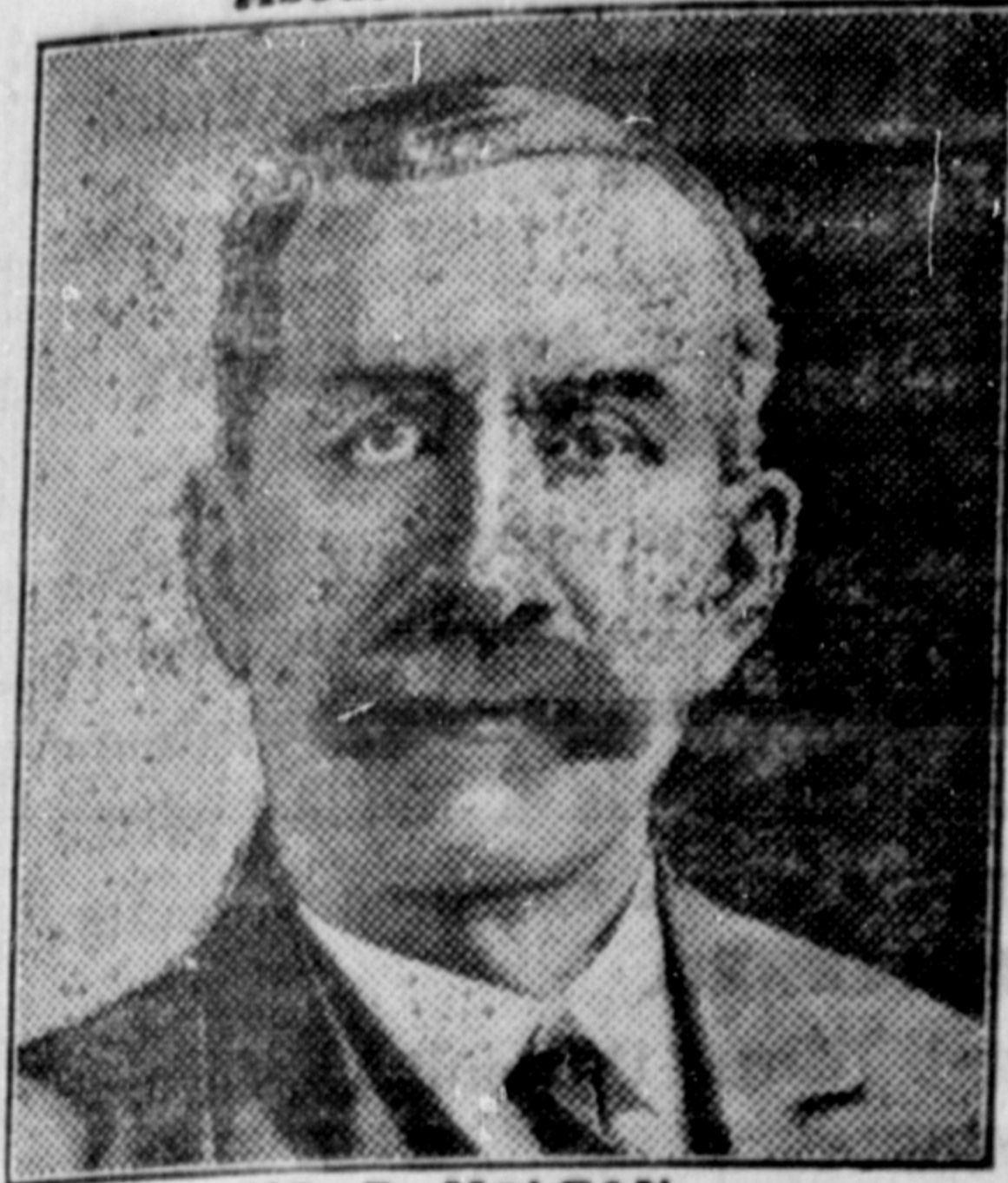


# WILL WE EVER WALK ON AIR?

Train Of Thought Inspired By a Letter About "Fruit-a-lives"



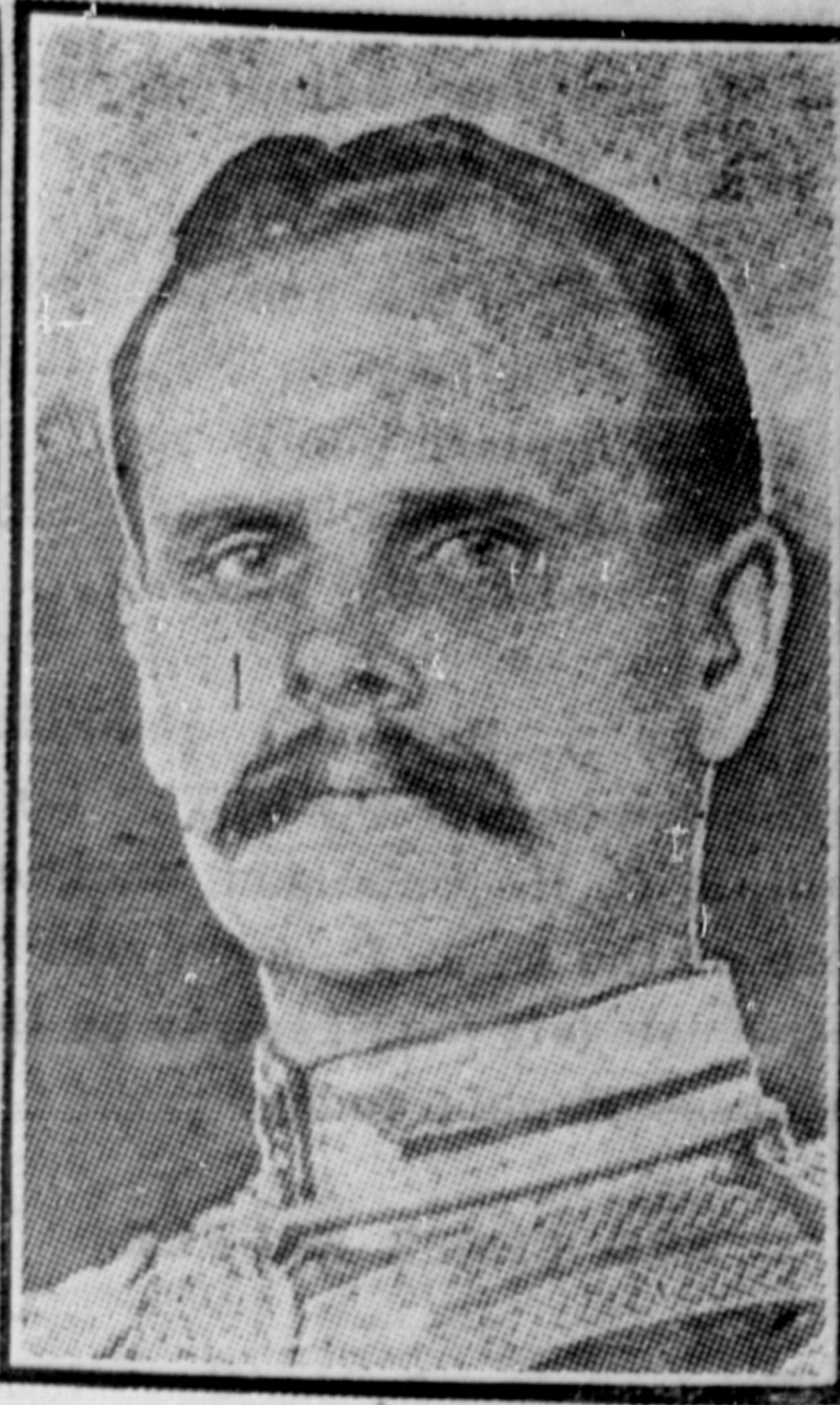
MR. D. McLEAN

Orillia, Ont., Nov. 28th, 1914.

"For over two years, I was troubled with Constipation, Drowsiness, Lack of Appetite and Headaches. I tried several medicines, but got no results and my Headaches became more severe. One day I saw your sign which read 'Fruit-a-lives' make you feel like walking on air. This appealed to me, so I decided to try a box. In a very short time, I began to feel better, and now I feel fine. Now I have a good appetite, relish everything I eat, and the Headaches are gone entirely. I cannot say too much for 'Fruit-a-lives', and recommend this pleasant fruit medicine to all my friends".

DAN McLEAN.

"FRUIT-A-LIVES" is daily proving its priceless value in relieving cases of Stomach, Liver and Kidney Trouble—General Weakness, and Skin Diseases. See a box, 6 for \$2.50, trial size, 25c. At all dealers or sent postpaid by Fruit-a-lives Limited, Ottawa.



**OLD, NEW AND FUTURE DARDANELLES COMMANDERS.**—General Sir Ian Hamilton, who returned to England to report on the Dardanelles situation; General Wm. R. Birdwood, who temporarily succeeds Sir Ian Hamilton in the Gallipoli command, and General C. C. Munro, who is to take permanent command of the Dardanelles forces.

### SAM. AND THOMAS

(Continued From Page Two.)

ly because they are Liberals. However, that is another story. Another reasonable expectation entertained by Commissioner Thomas is that the deliveries will be quicker and prices lower—especially the lower prices. Rumor has it that the toll gate on ammunition contracts is from ten to fifteen per cent.—said assessment not being graft but a contribution

to the party war chest—and it is quite certain that the manufacturer doesn't take that fifteen per cent. out of his own pocket. He adds it to the cost of course. The consumer pays.

As the British War Office does not give a hoot which party wins in the next general election in Canada it is not unlikely that the fifteen per cent. will be cut out and consequently shells will be that much cheaper. Manufacturer's profits may also be trimmed, particularly as such profits are not subject to sixty per cent. war tax as they are in England. A saving can also be effected in the matter of inspection. If the Canadian manufacturers can have the shells inspected in their own factories instead of paying freight to Quebec to have them inspected there and shipped back if they are wrong and reshipped when they are made right—in a word if the British officers who inspect the shells will remember that the Atlantic seaboard is only a small part of Canada, and that there is no objection to their moving round when they do their inspecting, the cost can be whittled that much more.

On the whole it would be no surprise if the reorganized shell committee does everything D. A. Thomas says it will do. At any rate people will be interested to see how much better the thing gets along when Major General Sir Sam Hughes keeps his hands off it. It will be the one Canadian military enterprise in which Sir Sam hasn't got his thumb and it will bear watching if only on that account.—H. F. Gadsby.

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Coughing increases the irritation of the already inflamed mucous membranes and is moreover apt to carry disease to others.

Mathieu's Syrup of Tar and Cod Liver Oil promptly stops coughing, and soon, thanks to its tonic properties, effects a permanent cure.

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

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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.

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