

TWO LONG YEARS HE SUFFERED

"Fruit-a-lives" Made Him Feel As If Walking On Air

ORILLIA, ONT., Nov. 28th, 1914.
"For over two years, I was troubled with Constipation, Drowsiness, Lack of Appetite and Headaches. 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. I have good appetite, relish everything I eat, and the Headaches are gone entirely. I recommend this pleasant fruit medicine to all my friends".

DAN McLEAN.

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



ROYAL PARTY INSPECTS MILITARY CONVALESCENT HOME.—No veteran of the great war was overlooked by the Duke of Connaught, the Duchess or Princess Patricia when they paid their farewell visit to the Convalescent Home for returned soldiers in Toronto. The photo, from left to right, shows: Duchess of Connaught, Princess Patricia, Duke of Connaught, Captain Finnemore of the Princess Pats, Sir Henry Pellatt and other returned soldiers.

Royal Reserve
The Whisky of Quality
Aged in Wood 8 Years before bottling
GUARANTEED BY THE GOVERNMENT OF CANADA
Demand the Brand

Salvation Army.
Public meetings, Tuesday, Thursday and Saturday at 8 p. m. Sundays at 7:30 p. m.

A Real Lever Simulation GOLD WATCH FREE.



A straightforward generous offer from an established firm. We are giving away watches to thousands of people all over the world. It is your chance to obtain one. Write now, enclosing 25 cents for one of our fashionable Ladies' Long Guards, or Gentle Alberts, sent carriage paid to wear with the watch, which will be given free (these watches are guaranteed five years), should you take advantage of our marvelous offer. We expect you to tell your friends about us and show them the beautiful watch. Don't think this offer too good to be true, but send 25 cents today and gain a Free Watch. You will be amazed.—WILLIAMS & LLOYD, Wholesale Jewellers (Dept. 14), 96, Cornwallis Road, London, N., England.

PRIZE WINNERS IN FAIR COMPETITIONS

(Continued From Page One.)
1st, Minnie Bury; 2nd, Arthur Phillips.
Model drawing—1st, R. Gordon; 2nd, Cherry Jan Tai.
Map drawing, all ages—1st, John Fotos; 2nd, Minnie Bowen.
Map drawing, under 12 years—1st, C. Duncan; 2nd, Doris Pattullo.
Nature drawing—1st, Boya Bailey; 2nd, Gladys Vierick.
Picture of Kitchener—A. Noelte.
Essay on "The Union Jack"—1st, Nancy B. Davies; 2nd, Nellie McDonald.

Fancy Work.

Candleshades—1st, Mrs. W. D. Vance; 2nd, Mrs. Morte Craig.
Doilies (crochet)—1st, Mrs. W. D. Vance; 2nd, Miss K. A. Jenns.
Doilies (embroidered)—Mrs. H. Atkins; 2nd, Mrs. Stockland.
Handkerchiefs (embroidered)—1st Mrs. Morrow; 2nd, Mrs. H. Atkins.
Tray Cloths—1st, Mrs. Cummings; 2nd, Miss Kilpatrick.
Tea Cloths—1st, Miss L. Thain; 2nd, Mrs. Morte Craig.
Lunch cloths, with 6 napkins—1st, Mrs. W. J. Kirkpatrick; 2nd, Mrs. P. W. Anderson.
Table cloth, with 6 napkins—1st, Miss Du Vernet.
Bed spread—Mrs. Newick.
Table cover, silk embroidered—1st, Mrs. Stockland; 2nd, Mrs. Leute.
Table cover, white work—1st, Mrs. B. Fotos; 2nd, Mrs. D. H. McDonald.
Centrepiece, silk embroidered—1st, Miss M. V. McLenaghan; 2nd, Mrs. Stockland.
Centrepiece, white work—1st, Miss L. E. King; 2nd, Mrs. K. Johnson.
Towels—1st, Miss E. Briscoe; 2nd, Mrs. Reddie.
Photo frames—Mrs. Stockland.
Sofa pillow—1st, Mrs. Morte Craig; 2nd, Miss L. M. Ellett.
Pin cushion—1st, Miss McLenaghan; 2nd, Mrs. Morte Craig.

Coughing scatters germs —Stop it

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.
The wonderful popularity of Mathieu's Syrup of Tar and Cod Liver Oil is especially due to its great value as a permanent lung and bronchial healer.
Sold everywhere, 50c large bottles.

J. L. MATHIEU CO., Prop. Sherbrooke, P.Q.

For Analyses use Mathieu's Formula. These are useful also to check the purity and potency of other coughing cures. See a box of it postpaid.

Ship your FURS FREE
Our Trappers Guide Supply Catalog and Price List. Write today, address to JOHN MALLAM LIMITED Toronto "Desk E. 18"



2,000,000 Belgians Depend on us for Bread!

Since shortly after the German invasion, the Belgians have depended for food entirely on the "Commission for Relief in Belgium". Their own store of food, even if not destroyed or pillaged, would last only three weeks—they have had no chance to raise more—and the ruthless Germans refuse to supply them!

Backed by the

Belgian Relief Fund

so generously contributed in the British Empire and the United States, the neutral Belgian Relief Commission has imported enough wheat, flour and other foods to feed the whole nation so far. The great majority of the 7,000,000 Belgians left in the country have been able to pay for their daily allowance of bread—but a steadily growing number have no money left.

Unless we are willing to let these hundreds of thousands of women, children and old men starve, they must be fed at the expense of the Belgian Relief Fund. To make this possible someone must contribute nearly \$3,000,000 a month—every month—all this winter!

No people under the Allied Flags are as well able to contribute generously as we Canadians! No cause has ever been more deserving of help! In the name of Justice and Humanity—for the sake of our own self-respect—let us give all we can to help our martyred Allies!

Send your subscriptions weekly, monthly or in one lump sum to Local or Provincial Committees, or to the

Central Executive Committee, 59 St. Peter St., Montreal
\$2.50 Feeds A Belgian Family A Month.



CANADIAN WOMEN SHOULD KNOW THIS—
"CANADA FIRST" Milk is the BEST Milk sold by Your Grocer. The Government Bulletin No. 305 tells the story—IT COSTS THE SAME.
ASK YOUR GROCER FOR THIS CANADIAN OWNED CANADIAN MADE PRODUCT—INSIST
If you want whipped cream, chill "Canada First" Evaporated—then whip as with fresh cream.
THE AYLMER CONDENSED MILK CO., LTD.
AYLMER, ONT., CANADA



This Superior COFFEE

As its name implies is a blend of four special coffees.—It has a splendid body and will produce a rich, strong, and invigorating cup of coffee.

AT ALL GOOD GROCERS
\$0.45 per lb.

WM. BRAID & CO., DIRECT IMPORTERS VANCOUVER - B.C.
Stewart & Mobley, Ltd., Wholesale Distributors, Prince Rupert.

Ramsay's Empire Cream Sodas

In 2-lb. Tins

Have attained their enviable reputation by their superior quality and uniformity. The most discriminating housewife insists upon "Ramsays Empire" when buying Soda Biscuits.

They are made in B. C. and your grocer gets his supply frequently and quickly, insuring freshness, which means crispness.

Prove it by buying a tin with your next order.

Manufactured by

RAMSAY BROS. & CO., LTD.
Vancouver, B. C.

Let Us Save You Money on your Gasoline or Distillate

We guarantee to save you 25 per cent. on gasoline or distillate and upkeep and free any motor from CARBON troubles. A seven ounce box of Carbonvoid is equivalent to 50 gallons of gasoline. Every box of Carbonvoid will save you 400 to 500 additional miles. Carbonvoid is a just drop in the move all carbon tank. Will remove from cylinders. The largest companies in the world use it. THE ALLIES ORDERED IN JUNE 288,000 CARTONS. Previous order 250,000 cartons. Fully guaranteed or your money refunded. Mailed anywhere on receipt of \$1.50

Carbonvoid puts the "GO" in Gasoline!

For Sale Only by
Geo. Clayton, - Prince Rupert, B.C.

Three Mighty Forces Close Linked

Have you ever noted how an audience yawns in the face of an uninspired speaker?

On the other hand, have you noted how an audience will lean forward and grasp the chair arms when the speaker reveals enthusiasm?

Enthusiasm is the buoyant expression of truth. To impart belief in anything, a man must believe it deeply himself. We call such a man an enthusiast.

This applies to the written word also—particularly to advertisements. When the manufacturer really believes in his wares, his enthusiasm will almost inevitably find expression in Advertising. And enthusiasm will be contagious—his audience—the readers of the newspaper—will, figuratively speaking, "lean forward and listen intently."

To be convincing an advertisement must convey an unmistakable impression of enthusiasm. This it will only do when the article advertised has inherent worth.

Thus we have:

Sincerity -- Enthusiasm -- Advertising: Three mighty forces, close-linked.

If you are doing a local business talk over your advertising problems with the Advertising Department of this newspaper. If you are doing a provincial or national business it would be well for you to have the counsel and assistance of a good advertising agency. A list of these will be furnished, without cost or obligation, by the Secretary of Canadian Press Association, Room 503, Lumsden Building, Toronto.