FELT LIKE A NEW PERSON

After Taking Only One Box Of "Fruit-a-tives"

EAST SHIP HARBOUR, N. S.

"It is with great pleasure that I write to tell you of the *wonderful benefits* I have received from taking "Fruit-a-tives". For years, I was a dreadful sufferer from *Constipation and Headaches*, and I was miserable in every way. Nothing in the way of medicines seemed to help me. Then I finally tried "Fruit-a-tives" and the effect was splendid. After taking one box, I feel like a new person, to have relief from those sickening Headaches".

MRS. MARTHA DEWOLFE.

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

CARBONVOID for sale by Lipsett & Cunningham, and Parkin-Ward Electric Co. tf.

Royal Reserve

The Whisky of Quality

Aged in Wood 8 Years before bottling

GUARANTEED BY THE GOVERNMENT of CANADA

Demand the Brand

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 as a live advertisement. Now is your chance to obtain one. Write now, enclosing 25 cents for one of our fashionable Ladies' Long Guards, or Gents' Albert, and carriage paid to wear with the watch, which will be given Free. These watches are guaranteed five years, should you take advantage of our marvellous 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 to-day and win a Free Watch. You will be amazed.—WILLIAMS & LLOYD, Wholesale Jewellers (Dept. 14), 60, Cornwalls Road, London, N., England.

FIRST FOR WAR--FIRST FOR PEACE

The Crown Prince: "Papa, do you think we can get away with it?"—Cartoon by W. A. Rogers in the New York Herald.

FROM FAR AND NEAR

Hon. John Oliver has issued instructions for a complete audit to be made of the accounts covering the construction of the Pacific and Great Eastern Railway.

The Department of Agriculture has decided to cut out the annual allowance of $25 to secretaries of farmers' institutes throughout the province and to increase the grant to the associations themselves.

Hon. John Oliver has sent an ultimatum to the Canadian Northern Pacific demanding that it pay for the use of the New Westminster bridge in thirty days and agree to meet future payments when they fall due. "Honest John" is right on the job.

Scientists claim to have discovered the substance that produces growth in the human body. It is called Thelelin and is located in the pituitary body at the base of the brain. Scientists say that by retarding or accelerating its functions it may be possible to control the stature of human beings. Possibly they may be able to control the growth of the brain as well but they had better keep in mind H. G. Wells' "Food of the Gods," while they are experimenting.

It is stated by a Santa Clara, California, professor that about eight billion miles of spots are now marring the face of the sun. The professor states that there is a great scar visible and that one can see further into the sun than ever before. It would be a relief if Wilhelm could be stuffed into that scar.

San Francisco has just launched the largest floating drydock in the world . It will accommodate the largest vessels sailing out of Frisco. At that, it may not be any bigger than the drydock in Prince Rupert.

The preserving of neutrality in Europe is a delicate matter. In order to show no favoritism, Holland is obliged to ship 80 pounds of bacon to England for every 100 pounds of fresh pork she sends to Germany.

It is proposed to erect in Central Park, New York, a $1,000,000 mausoleum, constructed to withstand the erosion of the centuries, in which will be stored films designed to inform the people of the ages to come of how we live today.

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

FRED STORK'S HARDWARE

710 SECOND AVE

Carpenters' Tools	Builders' Hardware	Ship Chandlery
Wire Cable	Steel Blocks	Fishing Tackle
Iron Pipe	Pipe Fittings	Rifles and Shotguns
Rope	Valves	Ammunition
Pumps	Hose	Paint
Stoves and Ranges	Rubberoid Roofing	Corrugated Iron

"WE SELL NOTHING BUT THE BEST"

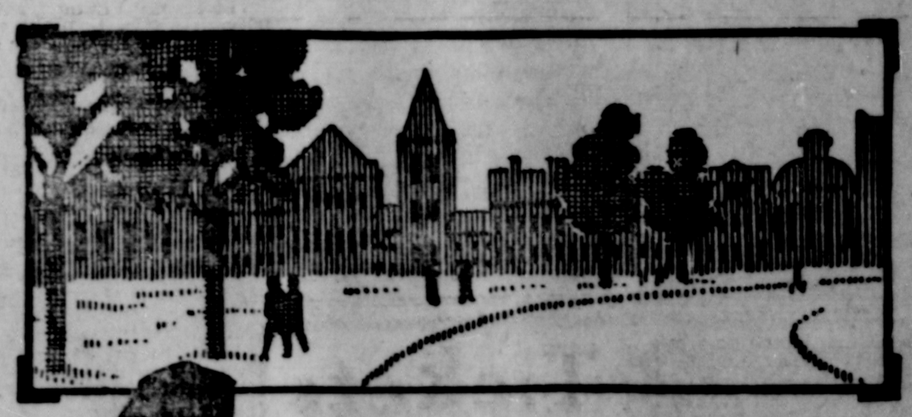
FRED STORK'S HARDWARE

Baby's Own Soap

After the bath with BABY'S OWN SOAP the skin is smooth, comfortable, and exhales the aroma of freshly cut flowers.

Freedom from skin troubles, explains in some measure the refreshing sleep which **"Baby's Own Soap"** babies enjoy. Especially for nursery use insist on **"Baby's Own"**.

ALBERT SOAPS Limited, Manufacturers, - MONTREAL. 14-13



The Poor Man's University

"JONES knows more about motor cars than any other man I know," said a man to his friend. "He has obtained his knowledge chiefly from motor car advertisements, and the catalogues and booklets circulated through them."

"All I know about photography," declared a well-known amateur, "I have learned from the men who advertise cameras, plates, papers and films."

Advertisements have been well called "The Poor Man's University," but other than poor men have been schooled thereby.

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.

Much of what the average individual knows concerning personal and domestic hygiene, modern office methods, books and authors, electricity, precious stones, investments, and almost everything else, he has learned from advertisements.

Advertisements have stimulated our intelligence, added enormously to our knowledge, and given us aspirations which have raised us to higher levels of thinking and living. Advertising is indeed "The Poor Man's University."

(1)