

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 a 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.

ANYONE CAN DYE THEIR CLOTHES WITH DYOLA

The Dye that colors ANY KIND of Cloth Perfectly, with the SAME DYE.

No Change of Method. Clean and Simple. Ask your Druggist or Dealer. Sold Everywhere. The Johnson-Richardson Co. Limited, Montreal.

Royal Reserve

The Whisky of Quality

Aged in Wood 8 Years before bottling

GUARANTEED BY THE GOVERNMENT OF CANADA

Demand the Brand

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	Nozzles	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 - 14-15



"OH, GIRLS, WOULD YOU LET A SOLDIER DO YOUR HAIR?"—The hair-dressing competition at the entertainment given to wounded soldiers by the girls of a munition plant at Sheffield, Eng.

HARRY LAUDER'S SON KILLED IN ACTION

Captain John Lauder, Argyll and Sutherland Highlanders, son of Mr. Harry Lauder, the well-known comedian, has been killed in action. He had been wounded twice previously. He became engaged to be married before he went back to the trenches. He was educated in the City of London School, and was at Cambridge when war broke out. He had taken his B. A. and intended entering the legal profession. The blow comes to Mr. Lauder at a time when he had crowned all his achievements in vaudeville by his successful appearance at the Shaftesbury Theatre, London, as an actor in the new revue, "Three Cheers."

Many stories are told of the comedian's devotion to his son (says a Manchester Guardian correspondent). Some years ago, when he was acting in the Manchester pantomime, he made a lightning week-end journey to Dunoon to see "Jack," who was lying ill. Harry Lauder arrived at Gourock early on the Sunday morning, and as there was no boat available to take him over the Clyde he hired a fisherman's



In "Peg O' The Ring" at the Westholme Theatre tonight.

boat, and made the crossing home. The world heard also of the thousand pound motor car which Mr. Lauder bought for his son out of the earnings of his American tour in 1907, and of the coming-of-age banquet at Dunoon, attended by public men and Harry Lauder admirers from all over the country.

It was the dream of his life that his son should settle down with him on the estate which he bought in Scotland. "When my son comes home from the wars," he wrote once, "I'm in hopes he'll take kindly to the thoughts o' sheep farming and gie the thoughts o' sheepskins and legal processes the go-by." "I hope to see him established in the North as a decent Scots laird growing the nation's meat, and as the years go by, growing the nation's men." Harry Lauder visited his son at the front, and delighted the Scots soldiers with his songs. Nothing touched him more than to find that someone had christened his son's billet "Lauder Vale." It made him think of "home"—the word that meant "our cause" to him.

Just before Christmas, Mr. Harry Lauder, in a message to a London paper, said in his direct and touching way that he would give anything to know that his boy would come through safe and sound.

Vancouver Land District—District of Coast, Range 3.

TAKE NOTICE that Archie Barnes Martin, occupation mill manager, of the city of Vancouver, Province of British Columbia, intend to apply for permission to purchase the following described lands:—

Commencing at a post planted on the south shore of Cousins Inlet about five chains west of the southwest corner of Lot 31, Range 3, Coast District; thence south 20 chains, thence west 40 chains, thence north 20 chains, thence west 35 chains, thence north 18.5 chains more or less to H. W. M. of Cousins Inlet, thence following the H. W. M. to this post and containing one hundred and twenty-five (125) acres more or less.

DATED at Vancouver, B. C., this 1st day of November, A. D. 1916.

A. B. 21. ARCHIE BARNES MARTIN.

MINERAL ACT

NASTURTIUM, IRIS FRACTION, BELLIS FRACTION, GENTIAN, BLUE BELL FRACTION, COSMOS FRACTION, THISTLE FRACTION, MARGOLD FRACTION, LILAC FRACTION, FERN FRACTION, PINE APPLE FRACTION, COXCOMB, BEGONIA FRACTION, MINERAL CLAIMS situate in the Queen Charlotte District, located at or near Ikeda Bay, Queen Charlotte Island, Province of British Columbia, and lawfully held by Ikeda Mines Limited.

TAKE NOTICE that I, John A. MacInnes, solicitor for Ikeda Mines Limited, free miners' certificate No. 70354 B, intend after the expiration of sixty days from the date hereof to apply on behalf of the said Company to the Mining Recorder for a certificate of improvements for the purpose of obtaining a Crown Grant to the above claims.

AND FURTHER TAKE NOTICE that action under Section 25 of the Mineral Act must be commenced before the issuance of such certificate of improvements.

Dated this 31st day of May, A. D. 1916.

JOHN A. MACINNES, Solicitor for Ikeda Mines Limited.

NAVIGABLE WATERS PROTECTION ACT, R. S. C. CAP. 115.

PACIFIC MILLS, LIMITED, hereby give notice that it has, under Section 7 of the said Act, deposited with the Minister of Public Works at Ottawa, and in the office of the Registrar General of Titles at Victoria, British Columbia, a description of the site and the plans of certain structures to be erected in front of Lot Thirty-one (31), Range Three (3), Coast District, British Columbia, at the head of Cousins Inlet.

AND TAKE NOTICE that after the expiration of one month from the date of the first publication of this Notice, Pacific Mills, Limited, will under Section 7 of the said Act, apply to the Governor-in-Council for approval of the said site and plan.

Dated at Vancouver, British Columbia, this 26th day of April, A. D. 1916.

BODWELL, LAWSON & LANE, Solicitors for Pacific Mills, Limited.

Sheets, pillow cases, blankets, bed-spreads receive our 20% reduction—Geo. D. Tite. tf.

Salvation Army.

Public meetings. Free-day Thursday and Saturday at 8 p. m. Sundays at 7:30 p. m.



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 Flag 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 subscription weekly, monthly or in one lump sum to Local or Provincial Committee, or to the

Central Executive Committee, 90 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 GROWN CANADIAN BRAND PRODUCT—INSIST!

If you want whippier cream, chill "Canada First" Evaporated—then whip as with fresh cream.

THE ATYLER CONDENSED MILK CO., LTD. ATYLER, ONT., CANADA



THE ROAD TO THE RIGHT.

YOU'VE met at least one of those few good old souls, who are constantly getting the worst of it when shopping, who don't believe in advertising. A hundred disappointing and instructive experiences have failed to teach him their plain lesson.

When he bought his first watch he was beguiled into buying one without a known name or a trustworthy guarantee. That watch—a poor timekeeper—cost him dearly by reason of missed appointments and missed trains, and for frequent repairs. Yet he paid the price of a good watch.

It is the same story with regard to his underwear, his shoes, and his fountain pen.

This good old soul's case is not unique. Many of us, if the truth be confessed, resemble him; we allow ourselves to be sold merchandise with an unknown brand or trade mark instead of buying merchandise which is well known to us through the medium of advertising. In slang language, we get "stung" pretty often.

In most of these cases we have ourselves to blame, for "the road to the right" thing to buy has been made plain by advertising.

There is no good reason for passing by the known thing, soundly guaranteed, to buy a dubious article, which, quality for quality, cannot be cheaper than the known, branded article.

"It is better to be sure than sorry."

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 505, Lumsden Building, Toronto.