

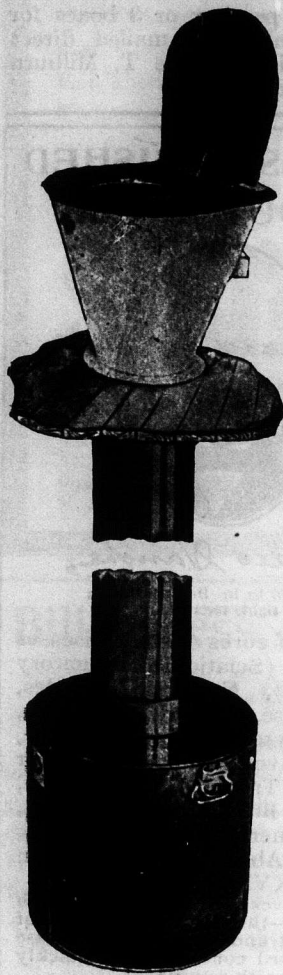
"Welcome the coming and feed the parting guest" BOVRIL makes it easy to do so.

BOVRIL sandwiches are delicious and nourishing—quickly and simply made.



BOVRIL

The "Red Cross" Sanitary Closet



Used in the following Western Public Schools—

"Neepawa"
"Killarney"
"Melita"
"Wolseley"
"McGregor"

and hundreds of other private homes and public buildings.

The only good closet for use where you have no waterworks.

A simple chemical process destroys all deposits.

Can also be supplied in Cabinet form with removable tank.

Write us for booklet and information.

AGENTS

J. H. Ashdown HARDWARE CO. LTD. WINNIPEG.

KELOWNA

FRUIT LANDS

Ready to Plant 10 & 20 acre lots

Within Four Miles of the City of Kelowna (Population 1,200) in the Famous Okanagan Valley.

Our Fruit Lands are free from timber, rock and scrub—already plowed. No mountain side, but in the centre of a beautiful valley—and a prosperous settlement. Main roads run around the property.

The Land will easily pay for itself the first year. Some results this year:

1/2 acre Strawberries.....\$ 626.00
1 acre Tomatoes.....1000.00
4 acres Onions, 75 tons.....2550.00
1/2 acre Crab Apples yielded...10 tons
Prices—\$150 to \$200 per acre—
Terms, 1/4 Cash.

Balance in three annual payments. If interested, write for illustrated booklet.

CENTRAL OKANAGAN LAND AND ORCHARD CO., LTD. KELOWNA, B. C.

TEMPERANCE TALK.

Five hundred of the subjoined posters, three and a half feet long by twenty-eight inches wide, and strikingly printed in red and blue, have been put up on the bill-boards throughout Toronto by Excelsior Division, Sons of Temperance. Such evidence of the physical effects of alcohol, given publicity in this way cannot but have a good effect.

DANGER IN ALCOHOL

The Following High Authorities have Spoken Out Strongly AGAINST ALCOHOL

Sir Victor Horsley, Sir Thomas Barlow, Prof. C. Sims Woodhead, Lord Lister, Sir Frederick Treves, Bart, Surgeon to the King, Prof. Bradford, Dr. Hassells, Dr. Lyon Playfair, Dr. Mayo, Prof. Cameron, Dr. Marcy

THE BRITISH MEDICAL ASSOCIATION

TORONTO MEDICAL MEN, who also affirm that the Uses of ALCOHOL in Medicine is now for years steadily decreasing

Dr. B. E. McKenzie, Dr. W. W. Odgen, Dr. G. H. Carveth, Dr. Wm. Oldright Dr. W S Harrison, Dr. N. A. Powell, Dr. S. M. Hay, Dr. W. B. Gelkie, Dr. Allan' Noxon, Dr. A. D. Watson, Dr. John Ferguson

SCIENTIFIC

MEDICAL

TEMPERANCE

Read the Public Declarations of some of the Best Authorities in the World

1. (Anti Manifesto) THE FIVE GREAT CITIES OF London, Glasgow, Liverpool, Edinburgh, Leeds, with their thousands of Medical Men, were canvassed to obtain the names of sixteen who favored alcohol, and that in moderation for adults only.

2. The London Temperance Hospital has only given alcohol 76 TIMES TO PATIENTS in 33 years.

3. BEER AND ALE contain, in blood forming properties, only 1 in every 1,666 parts.

4. TYPHOID FEVER and PNEUMONIA are found to do better without alcohol, and these diseases are much more fatal to those who drink to excess.

5. Alcohol is absolutely detrimental to PHYSICAL LABOR.

6. Lord Lister discovered ANTI-SEPTIC SURGERY, and any necessity for alcohol in operations then ceased.

7. The only food practically of any kind in Beer and Ale is sugar, and that only 1 IN EVERY 20,000 PARTS.

8. There are now 37 MILLIONS OF PEOPLE in Canada and the United States under prohibition.

9. Alcohol is a NARCOTIC POISON the same as Opium or Laudanum. It simply dulls the nerves.

10. Seven Hospitals in London in 1882 spent \$40,000 in alcohol, NOW COMPARATIVELY LITTLE, and the use of milk has increased in quantity from 1 to 3.

11. Intemperance in parents produces PHYSICAL AND MENTAL WEAKNESS in their children.

12. Alcoholism is a CHRONIC POISONING resulting from the use of alcohol, whether in Beer, Wine, Spirits, or other drinks.

13. Hancock, the great surgical authority, HAS NOT USED ALCOHOL for 7 years.

14. Alcohol increases liability to disease, and retards recovery, and is held useful mainly for EXTERNAL PURPOSES.

15. There is more nutriment in a 4 POUND LOAF OF BREAD than in 16 Barrels of Beer.

16. There are now 6,752 CITIES, Towns and Counties in Canada and the United States under Prohibition.

17. Alcoholism in any form is known to cause rapid Physical and INTELLECTUAL DETERIORATION.

18. Alcohol's value as a drug is PRACTICALLY "NIL."

19. In cases of Blood Poisoning and in POST-SURGICAL CONDITIONS Alcohol is decidedly detrimental.

20. Alcohol in many cases IMPAIRS THE MEMORY.

21. THE STATE OF MAINE has more real estate owners than any other State in the Union, and has \$578,000 in its Treasury for Educational purposes only.

22. Alcoholic persons are especially liable to TUBERCULOSIS and all inflammatory diseases.

23. Alcohol exercises a BAD EFFECT on the resisting power of the patient.

24. There is now a whole SERIES OF DRUGS better fitted to get rid of shock than alcohol.

25. The Medical Profession is NOW MORE HOSTILE than friendly towards the drug they call alcohol.

26. Alcohol is NO. 1 A FOOD, and does not produce muscular vigor.

27. As to Heart Action, Alcohol effects very little, if any, stimulation; on the other hand, DEPRESSION RESULTS.

28. Take all the ALCOHOL AND WATER out of liquor of any kind, and certainly no one will take what is left.

29. Alcohol HINDERS DIGESTION, excites the heart and diminishes the blood pressure.

30. If Hotels CANNOT BE RUN without the "Bar," how, then, do the numerous Apartment Houses manage to succeed?

NO MORE

HEADACHES

Suffered From Constant Headaches—Cured by "Fruit-a-tives" When Doctors Failed.



"I was a sufferer from fearful headaches for over two years, sometimes they were so bad that I was unable to work for days at a time. I took all kinds of medicines, was treated by physicians, and yet the headaches persisted. I was rarely free from headache. A short time ago I was advised to try "Fruit-a-tives" and I did so with, I must confess, very little faith, but after I had taken them for three days my headaches were easier and in a week they left me. After I had taken a box of the tablets my headaches were quite cured. My appetite was always poor and my stomach bad, and now my appetite is splendid and my digestion is excellent. I had become thin and weak from the constant headaches, but now not only have I been cured of all these awful headaches, but my strength is growing up once more, and I feel like a new man. I have taken in all three boxes of "Fruit-a-tives." I am exceedingly grateful to "Fruit-a-tives" for curing me, and I give this unsolicited testimonial with great pleasure, as I hope thereby some other sufferer of headaches will be induced to try "Fruit-a-tives" and will be cured."

(Sgd.) B. Cornell.

Taylorville, Ont.

"Fruit-a-tives" is now put up in the new 25c trial size as well as the regular 50c boxes. Write Fruit-a-tives Limited, Ottawa, if your dealer will not supply you.

FAMOUS ASTROLOGER OFFERS



FREE READING

DO YOU WANT TO KNOW

whether you will prosper or not in your undertakings? Whether you will marry or not? Have sickness or health? Travel or stay at home? Win or lose in speculation? Business to follow, etc.? **Your Planets will Tell You.** Clear answers to all questions of vital interest to everyone. Will send you hundreds of addresses of people who have been patrons of mine for 10 years, and you can write to them and verify my statements. **Grasp your Opportunities** and you will gain your desires. Pope, the great poet, writes: "Whoever disseminates true Astrology is a public benefactor." Shakespeare says, "The stars above us govern our conditions." Send for free Reading. Give your name, address, birth-date (hour if possible), state sex and whether married or single. If you wish you can enclose 10 cents (silver or stamps) to pay postage, etc. Address, **ALBERT H. POSTEL**, Room 1147, No. 116 West 34th St., New York, N. Y.

The KEELEY CURE

For Liquor and Drug using. A scientific remedy which has been skillfully and successfully administered by competent physicians for the past 28 years.

Send for descriptive printed matter and particulars, which will be mailed in plain sealed envelope.

All correspondence strictly confidential.

THE KEELEY INSTITUTE

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