

## SHARP ATTACK REPULSED

Dangerous Condition Relieved Just In Time By "Fruit-a-tives"



**MR. F. J. CAVEEN**  
682 Gerrard St. East, Toronto.

For two years, I was a victim of *Acute Indigestion and Gas in The Stomach*. It afterwards attacked my Heart, and I had pains all over the body, so I could hardly move around. I tried all kinds of medicines but none of them did me any good. At last, acting on the advice of a friend, I decided to try 'Fruit-a-tives'. I bought the first box last June, and now I am well, after using only three boxes. I recommend 'Fruit-a-tives' to anyone suffering from indigestion, no matter how acute". **FRED J. CAVEEN.**

Simple indigestion often leads to *Heart Attacks, Catarrh of the Stomach and constant distress of mind and body*. If you are bothered with any Stomach Trouble, and especially if Constipation troubles you, take 'Fruit-a-tives'.

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

### CENTRAL Business College.

STRATFORD, ONT.  
YOU CAN SECURE A POSIT-ON

If you take a course with us. The demand upon us for trained help is many times the number graduating. Students are entering each week. You may enter at any time. Write at once for our free catalogue of Commercial, Shorthand or Telegraphy department.

D. A. McLACHLAN - PRINCIPAL.

## A. D. HONE Painter and Decorator

WATFORD - ONTARIO

GOOD WORK  
PROMPT ATTENTION  
REASONABLE PRICES  
SATISFACTION GUARANTEED  
ESTIMATES FURNISHED

RESIDENCE - ST. CLAIR STREET

### Here's What You Get In Lovell's Bread

Nut like flavor a sweetness that you look for.  
A crisp thin crust that has flavor.  
A nice, white, well-risen loaf, that retains its flavor for days, and cuts without crumbling.  
Every slice not only a delight, but a source of vitality, alive with the matchless nutrition of Manitoba's richest wheat.  
Bread that ensures ready and complete digestion.

TRY A LOAF  
Lovell's Bakery

Children Cry  
FOR FLETCHER'S  
CASTORIA  
Children Cry  
FOR FLETCHER'S  
CASTORIA

### A SCHOOL FROCK.

All Modish Goes This Maiden Back to Classroom.



A SATISFACTORY DESIGN.

This simple frock is made of navy blue and red plaid gaberdine and trimmed with white pearl buttons. A red patent leather belt matches the smart little four-in-hand of red velvet ribbon. The collar and cuffs are of white pique.

### KITCHEN CUES.

Simple Ways of Doing Simple Things Intelligently and Well.

To prevent potatoes becoming black when cooked put them into cold water and when brought to the boil squeeze a little lemon juice in. They will then keep a good color and be of good flavor.

Before using tinware of any kind rub it well over with fresh lard. It treated in this way it will never rust.

Slip a thimble on the curtain rod when running it through the hem of the curtain.

The tops of pale covered evening gloves make very dainty shoes for babies.

For a homemade coal box procure a wooden lard bucket from the grocer. Remove the wire handle and clean thoroughly inside and outside with strong soda water, one pound to a gallon of boiling water. Purchase a three penny bottle of oak varnish and when the bucket is dry apply over evenly and quickly. Leave for several hours. Get two penny bronze handles and screw one on each side, and the article is complete. The outside cost of this is a quarter, and it looks as well as one costing several times that amount.

White satin shoes should always be kept in blue paper to prevent them from becoming discolored.

After fowl of any kind is cleaned the inside should be rubbed thoroughly with a piece of lemon before the dressing is put in.

When ivory handled knives look yellow rub them with fine sandpaper or emery. It will take off the spots and restore the whiteness.

If clothespins are dipped in white enamel paint and dried in the sun they can be kept perfectly clean and will not split or mark the clothes.

Tin that has become rusty of stained may be cleaned by dipping the cut surface of a raw potato in fine brick and rubbing well with this.

Unbleached Muslin Spread.

Every woman likes to own a hand-made spread, but the majority of spreads call for such expensive materials that few women can afford to indulge in the luxury. However, here is a spread which is within almost every woman's reach. It can be duplicated for about \$5. The spread is made of unbleached muslin. All over its surface conventional scrolls are outlined by means of huge French knots. On the spread in question white knots are used, but there is no reason why one could not use colored cotton to carry

### WHEN BUYING YEAST INSIST ON HAVING THIS PACKAGE



### DECLINE SUBSTITUTES

out the color scheme employed in one's bedroom. The edge of the spread is finished with cotton fringe.

In place of a quilting party why not have a spread party? The work will then be quickly and pleasantly done.

A Kitchen Hint.

Keep a piece of pumice stone in the kitchen to clean the irons with. It will instantly remove those particles of starch that adhere to the iron and will also remove rust or dirt. A careful rubbing with pumice before you put the irons on to heat will prevent any possibility of dirty marks on the delicate linens and laces.

### Farm and Garden

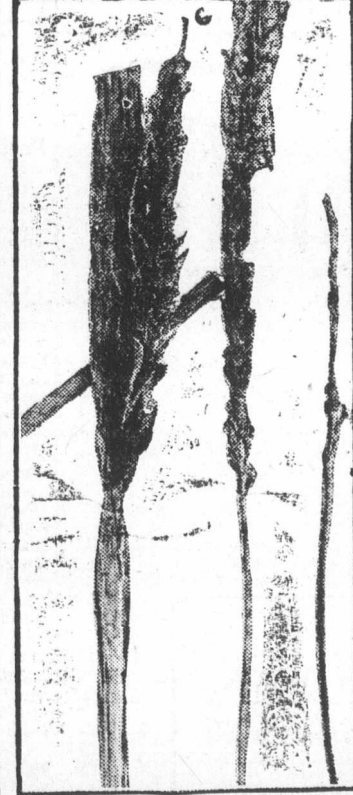
#### NEEDLESS LOSS BY SMUT.

The Formation Treatment at Slight Cost a Preventive.

A western farm writer tells of a visit to an elevator last fall when a farmer brought in a sample of wheat. It was promptly rejected by the buyer.

We examined the wheat, says the writer, and found the worst case of stinking smut we had ever seen. Fully 10 per cent. of the sample was smut balls, and the whole was dirty looking and foul smelling. At best the sample of wheat was worth no more than feed prices, and it is doubtful whether any kind of stock would have cared to eat the stuff.

Here was a case where a farmer who had done all the work necessary



SMUT IN WHEAT.

to produce a crop of wheat and had harvested and threshed it probably secured fifteen bushels of wheat per acre worth no more than 60 cents a bushel, whereas if he had sown good seed he might have harvested twenty bushels of wheat worth 90 cents a bushel. In other words, he could have got \$18 per acre for his crop in place of \$9.

The entire loss could have been prevented by the formalin treatment at a cost not to exceed a very few cents per acre. A pint bottle of formaldehyde costing from 35 to 50 cents and a few hours' labor would have treated enough seed grain to sow fifty acres. There is no excuse for such a loss except carelessness. Any drug store, general implement dealer, experiment station, or farm paper will cheerfully furnish information concerning the treatment of grain for smut. No farmer is wealthy enough to afford to sow grain affected with smut.

### KEEPING YOUNG.

Old Age is Not by Any Means Merely a Matter of Years.

There is no scientific evidence to show that late youth and middle age are the periods of commencing decrepitude and "old age." Man grows old because he is injured; because his body cells are poisoned, and not because he has lived just so many years. There is no relentless law determining when a man shall grow old. The tradition "three score years and ten" is conditioned mainly on the manner of living and not by any natural law. But man has it in his power to modify these conditions either for better or worse.

Probably a greater luxury of living which is not balanced by proper physical exercises is a primary condition to be reckoned with. But temperance all along the line—in eating, drinking, working, playing and even in resting—has been suggested as a wiser principle to hold to. This avoids the possibility of rusting out on the one hand or of wearing out on the other.

Yet there is another way and a more worthy reason for retaining youth and deferring old age—cultivate health for the love and pleasure of it. The monthly letter of the Life Extension Institute says in this suggestion: "It is not a fear of illness or of death that we should encourage, but a love of health, a sense of responsibility for the care of our bodies, a desire for bodily endurance and efficiency and full achievement. If the mind is fixed on these ideals and the already known means of approaching them are utilized, heart disease, kidney trouble and the needless miseries that embitter the lives of so many may be left to take care of themselves. It is not so much necessary to fight disease as to cultivate health for the happiness, contentment and moral gain that it brings."

AGE OF THE EARTH.

Different Systems of Computing It and Their Varying Figures.

As long ago as 1860 John Phillips, the geologist, estimated that the time required for the deposition of the stratified rocks lay between 38,000,000 and 96,000,000 years. This was probably the only estimate prior to Kelvin's epoch making paper of 1862. Since that time many estimates have been made, varying all the way from 17,000,000 years to 400,000,000 years.

Kelvin was the first to discuss the age of the earth considered as a cooling body. In 1863 Clarence King introduced the important criterion of tidal stability and reached the conclusion that 24,000,000 represented the conditions. This result was adopted by Kelvin in 1867, and then he placed the limits as 20,000,000 and 40,000,000 years.

Only Sir George Darwin has discussed the age of the earth from a purely astronomical point of view. From his theory of the earth moon system he derived an estimate of more than 56,000,000 years, which for a long time stood between groups of higher and lower figures. J. Joly was the first to base estimates of the age of the earth in 1899 on the sodium contained in the ocean. Adopting the hypothesis that the sodium content of the ocean is derived at a constant rate from that of the rocks, he arrived at an age of 80,000,000 or 90,000,000 years and increased this by 10,000,000 in 1900. In 1909 Mr. Sollas made a searching inquiry into this subject and placed the age of the ocean at between 80,000,000 and 150,000,000 years.

### ROLL OF HONOR

Men From Watford and Vicinity Serving the Empire

27TH REGT.—1ST BATTALION

Thos. L. Swift, reported missing since June 15th, Rich. H. Stapleford, Bury C. Binks, L. Gunn Newell, killed in action, Arthur Owens, F. C. N. Newell, T. Ward, Sid Welsh, Alf Woodward, killed in action, M. Cunningham, M. Blondel, W. Blunt, R. W. Bailey, A. L. Johnston, R. A. Johnston, G. Mathews, C. Manning, W. G. Nichol, F. Phelps, H. F. Small, E. W. Smith, C. Toop, C. Ward, J. Ward, killed in action, F. Wakelin, D. C. M., killed in action, T. Wakelin, wounded—missing, H. Whitsitt, B. Hardy.

PRINCESS PATRICIA'S C.L.I.

Gerald H. Brown

18TH BATTALION

C. W. Barnes, Geo. Ferris, Edmund Watson, G. Shanks, C. Jamieson, J. Burns, F. Burns, C. Blunt, Wm. Auttonson, S. P. Shanks.



### Regulate Kidneys AND Relieve Constipation

Gin Pills are acknowledged to have the largest sale of any proprietary medicine in Canada—an achievement solely due to their remarkable virtue as a Kidney and Bladder remedy.

But users of Gin Pills have discovered that this invaluable remedy also acts as a mild cathartic. The evidence of hundreds of letters we have received establishes the very logical fact that in compounding a medicine to heal and tone up the Kidneys and Bladder certain of the ingredients have a stimulating effect upon the other organs, especially the bowels.

It is important to know, in the case of constipated patients, that Gin Pills do not act harshly on the bowels; there is no griping, but a gradual and gentle restoration of the function. Try Gin Pills for constipation. In thus relieving the bowels, you safeguard yourself against possible Kidney trouble.

Gin Pills are 50c. a box, or 6 boxes for \$2.50 at your dealer's. A trial treatment will be sent upon request, to

National Drug & Chemical Co. of Canada, Limited, Toronto.

### Gin Pills FOR THE KIDNEYS

- 2ND DIVISIONAL CAVALRY
- Lorne Lucas, Frank Yerks, Chas. Potter, Rus. G. Clark.
- 33RD BATTALION
- Percy Mitchell, Lloyd Howden, Geo. Fountain, Gordon H. Patterson, died in Victoria Hospital, London.
- 34TH BATTALION
- E. C. Crohn, S. Newell, Stanley Rogers, Macklin Hagle, Henry Holmes, Wm. Manning, Leonard Lees.
- 70TH BATTALION
- Ernest Lawrence, — Emmerson, C. H. Loveday, A. Banks, S. R. Wholton, Thos. Meyers, Jos. M. Wardman, Vern Brown.
- 71ST BATTALION
- R. H. Trenouth.
- 28TH BATTALION
- Thomas Lamb.
- MOUNTED RIFLES
- Fred A. Taylor.
- 29TH BATTERY
- Wm. Mitchell, John Howard.
- ANTI-AIRCRAFT
- Gunner Woolvet.
- PIONEERS
- Wm. McNally, W. F. Goodman.
- ENGINEERS
- J. Tomlin
- ARMY MEDICAL CORPS
- T. A. Brandon, M. D., Capt. W. J. McKenzie, M. D., Norman McKenzie.
- 135TH BATTALION
- N. McLachlan.

### 9 YEARS

I suffered with an abscess on my face," writes Mrs. Herbert Cox, of Port McNichol, Ont. "I tried everything and received medical treatment for some time, but in vain. Finally the doctor advised an operation, which was performed, but instead of improving, the sore became worse. I had despaired of ever finding a cure, when a friend recommended Zam-Buk. I tried it, with the result that before long the poison was drawn out and the sore began to heal. Perseverance effected a complete cure, and now not even a scar remains."

Zam-Buk is equally good for eczema, blood-poisoning, ulcers, boils, piles, burns, cuts, and all skin injuries. All druggists, 50c. box, 3 for \$1.25, or from Zam-Buk Co., Toronto.

