

## AUTOINTOXICATION OR SELF-POISONING

The Dangerous Condition Which Produces Many Well Known Diseases.

## HOW TO GUARD AGAINST THIS TROUBLE

"FRUIT-A-TIVES" — The Wonderful Fruit Medicine — will Protect You

Auto-intoxication means self-poisoning, caused by continuous or partial constipation, or insufficient action of the bowels.

Instead of the refuse matter passing daily from the body, it is absorbed by the blood. As a result, the Kidneys and Skin are overworked, in their efforts to rid the blood of this poisoning.

Poisoning of the blood in this way often causes Indigestion, Loss of Appetite and Disturbed Stomach. It may produce Headaches and Sleeplessness. It may irritate the Kidneys and bring on Pain in the Back, Rheumatism, Gout, and Rheumatic Pains. It is the chief cause of Eczema — and keeps the whole system unhealthy by the constant absorption into the blood of this refuse matter.

"Fruit-a-tives" will always cure Auto-intoxication or self-poisoning — as "Fruit-a-tives" acts gently on bowels, kidneys and skin, strengthens the bowels and tones up the nervous system. 50c. a box, 6 for \$2.50, trial size, 25c. At all dealers or sent postpaid on receipt of price by Fruit-a-tives Limited, Ottawa.

### Honor Roll, C Company 149 Batt.

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  - Lieut. R. P. Brown.
  - Sergt. W. D. Lamb
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  - Pte. A. Banks
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  - Pte. J. R. Garrett
  - Pte. H. Jamieson
  - Pte. G. Lawrence
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  - Pte. C. F. Lang
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  - Pte. A. H. Lewis, Band
  - Pte. G. A. Parker
  - Pte. A. W. Stilwell
  - Pte. W. J. Saunders
  - Pte. A. Armond
  - Pte. W. C. Aylesworth, Band
  - Pte. R. Clark, Bugler
  - Pte. S. L. McClung
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  - Pte. W. Palmer
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  - Pte. B. Trenouth
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  - Pte. W. Zavitz
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  - Pte. John Lamb
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  - Pte. E. Cooper
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  - Pte. F. Whitman
  - Pte. Edgar Oke
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  - Pte. McGarrity
  - Pte. Wilson
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### MRS. MELTON'S LETTER

#### To Tired Worn-out Mothers

Jackson, Miss.—"I shall feel repaid for writing this letter if I can help any tired, worn-out mother or housekeeper to find health and strength as I have. "I have a family of five, sew, cook and do my housework and I became very much run-down in health. A friend asked me to try Vinol. I did so and now I am well and strong and my old time energy has been restored. Vinol has no superior as a tonic for worn-out, run-down, tired mothers or housekeepers."

—Mrs. J. N. Moxon, Jackson, Miss.

Taylor & Son, Druggists, Watford Ont., also at the best druggists in all Ontario towns.

## A Royal Gem

It Was a Bone of Contention

By F. A. MITCHEL

One morning I was aroused by telephone from my bed by my chief and directed to go to the house of a Mr. Ackley. I was to apply at the basement door, where I would be admitted by the gentleman himself.

I found a residence that indicated its occupant was wealthy. Mr. Ackley was waiting for me at the basement door. He gave me the points in the case.

Not long before, while traveling abroad, he had purchased a sapphire which had originally been in the crown of a Balkan sovereign. Whether it had been stolen or purchased by the

did not himself know. He was told, however, that his majesty was in financial straits and had parted with it for ready money. At any rate, the king now desired to regain it. He had sent an agent who had bargained for it, offering a very low price for it, basing his offer on the theory that it was stolen property. Ackley preferred not to sell it at any price, but, not being willing to keep it from its original owner, offered to exchange it for a price equal to what he had paid for it, which, though less than its value, was considerable. This offer was declined, and the agent withdrew from further negotiations.

Not long after his withdrawal a Frenchman named Du Pierris brought a letter of introduction to Ackley from a gentleman the latter had met in Rome, a member of the court of Victor Emmanuel. Du Pierris proved so attractive to Ackley that he had invited the Frenchman to visit him in his own house. Du Pierris had become Ackley's guest, and Ackley had introduced him to society.

The Balkan sapphire Ackley kept in his own house in a safe where many of his valuables were deposited. One night while lying awake he decided to go downstairs for a bite and a glass of wine, as he often did when awake, hoping that he might thus regain slumber. On such visits to the larder he usually turned on the electric light in the hall after leaving his room, but on this occasion he saw a man's silhouette against the window at the other end of the hall. The safe was located midway between Ackley and this window. He paused and waited and watched. But he dare not turn on a light for fear of scaring the person away and could see nothing more of the figure. Presently he heard faintly a sound that resembled the closing of a safe door, then saw the silhouette between him and the window. The silhouette vanished, probably entering one of the rooms on the hall.

Ackley went back to his room and, after waiting awhile, stole down into the hall with an electric lamp, flashed it against the safe lock, opened the door and looked about for his valuables. The sapphire was gone.

Closing the safe as gently as possible, he returned to his room.

Only members of the family and guests slept on the floor in question. None of the family would steal anything, and the guests, excepting Du Pierris, were old and long tried friends. It suddenly flashed upon the host that the Frenchman was an agent of the former royal owner of the sapphire and that he had imposed upon Ackley's Roman friend and secured the letter of introduction in order that he might become intimate with him and steal the gem.

If this theory were correct the next move on the part of Du Pierris would be to get away with the gem, and he would not likely allow much time to elapse before doing so. Ackley decided to forestall him, so, putting on a gown and slippers, went downstairs to the telephone booth and called up our office, where he had before applied for detective service.

Such were the facts given me by Mr. Ackley, who added that so far as fixing the theft on Du Pierris was concerned that was very simple. If he were the thief he would either disappear without bidding his host goodby or he would offer an excuse for departing immediately. To this I assented. I asked Mr. Ackley for a description of the stone, for I might have to leave him at any moment to follow Du Pierris. It was of that variety of sapphire called asteria, or star stone, the color being a reddish violet, with an opalescent tinge. Mr. Ackley had scarcely given me this when we heard a step descending the grand staircase as of some one treading softly. The steps were of wood and uncarpeted or we would not have heard it. Ackley put his finger

## NO ALUM



to his lips and, moving noiselessly to the door of the room, peeped. Then he turned and by a meaning look assured me that it was our quarry. But before any action could be taken Du Pierris had opened the front door and passed out. Ackley hurried me to a window, and I saw a man with a pointed beard and waxed mustache hurrying away, carrying a suit case.

There was no time for another word between us. I hurried to the front door and when I saw the Frenchman turn a corner ran after him. I kept him in sight till he entered an unpretentious hotel. Not daring to follow him in at once, I waited about the entrance, saw him write a name on the register, take a key and start to go upstairs. A bell-boy offered to carry his suit case, but the owner kept it in his possession. I then went in and on the register saw the name, Francois Tribadeaux, South Carolina.

The problem before me now was duplex. I must procure funds with which to follow the man—perhaps to Europe—and I must prevent the possibility of his transferring the sapphire to a confederate. The former of these two matters must be attended to at once. I shut myself in a telephone booth, called up Mr. Ackley and informed him of what had occurred. He at once sent me by messenger an envelope containing ample funds for immediate use and a letter authorizing me to draw on him for further necessities.

The Frenchman remained in his room till 8 o'clock, then came down stairs, walked with deliberation to a newsstand, bought a morning journal and went into the breakfast room. A number of persons were now about, and I did not fear being spotted as a shadower. I followed my man into the breakfast room and ordered a meal for myself. I finished before he did and waited for him outside. He went to the rack containing time tables and selected one of the Pennsylvania railroad.

I could have called for assistance to arrest him, but feared that I might not find the gem on him. I preferred to wait till I could get him where he could not pass it to some one else or hide it. If he took a train, this would indicate that he had it with him. I felt confident that he would take a train on the Pennsylvania road, and when he left the hotel soon after breakfast he went out, called a taxicab, and I in another followed him to the station of that road. He bought a ticket to Philadelphia and I being at the window at the same time bought one for the same city.

The train was not an express, but I felt confident that my quarry was going to Philadelphia to sail for Europe. I determined to prevent his leaving the country if possible, but I wished to settle the matter between us without the interference of any one else. How could I do this?

I determined to give him a clew to the fact that I was on his trail, hoping that to elude me he would leave the train. Taking a seat near him I began to ogle him suspiciously, and I saw at once by his expression that he had taken alarm. When convinced of this fact, I took a cigar out of my pocket and put it in my mouth and by my expression indicated that I was eager for a smoke. Then shortly before the train was to stop at a way station I feigned to be so anxious to light my cigar that I could no longer resist and went into the next car ahead, which was a smoker.

But I was on the lookout for my man. The train had already started on from the station at which it had stopped when I saw my man walking away from the track. He had left himself down from the rear end of the car. The train was going at a good speed, but I jumped off and hurried after him, heading him off from the houses about the station. Seeing me, he made in the other direction. Aiming to cross his track I drove him into the open.

He had made a mistake in leaving the train at a very small town. I had secured a condition that I had earnestly wished for. He undoubtedly had the gem with him, and no possible opportunity to pass it to any one else or to hide it. But the French are ingenious people, and he had perhaps a method of outwitting me that I had

not counted on.

There could not have been any doubt by that time that I was a detective seeking the sapphire in his possession. As it turned out he was figuring to get me where he wanted me, just as I was figuring to get him where I wanted him. He led me along the railway track till he reached a cut and a turn in the road at the same time. Then he turned and, drawing a pistol, said to me in broken English:

"Stop where you are or I will kill you."

I had been routed out of bed early in the morning and had started off in such a hurry that I had not provided myself with my revolver. Somehow I did not believe the man would carry out his threat, and I kept on toward him. But he fired at me. Then, to my surprise, he threw down his pistol and said:

"Monstieur, I do not know what you want of me. At any rate I am ready to convince you that I am a citizen of France traveling in America and that you cannot have any real interest in me."

I was now convinced that he had got rid of the sapphire and was very much taken aback as to how he had done it. I did not propose to leave his pistol behind and picked it up. It was an old fashioned weapon with a single barrel large enough to contain a large sized hickory nut.

It flashed upon me that the gem had been fired out of the pistol. My man remained in the position from which he had fired at me, and, turning and looking in the direction he had fired, I saw a little ridge of clay made by the cut. Going to it, I soon found a hole and, probing with my knife, took out the sapphire. Rubbing off the dirt, I saw the most beautiful stone I ever beheld of the reddish violet color with an opalescent luster as described to me by Mr. Ackley. My man jumped for me to snatch it away from me, but I stepped aside, and he missed me. He came for me again, and I knocked him senseless. When he came to himself again he was too badly shaken up to resist me, and I took him to the station.

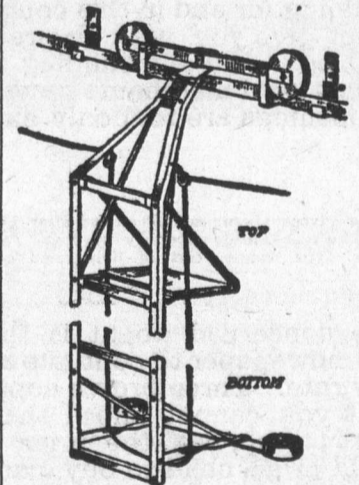
I telegraphed Mr. Ackley reporting the result of my labors, and he replied, "Let him go." I did so and the same evening restored the gem to its owner.

### MANY IN WATFORD TRY SIMPLE MIXTURE

Many Watford people are surprised at the QUICK action of simple buckthorn bark, glycerine, etc., as mixed in Adler-i-ka. This simple remedy acts on BOTH upper and lower bowels, removing such surprising foul matter that ONE SPOONFUL relieves almost ANY CASE constipation, sour stomach or gas. A few doses often relieve or prevent appendicitis. A short treatment helps chronic stomach trouble. The INSTANT, easy action of Adler-i-ka is astonishing.—Taylor & Son, druggist.

### Movable Ladder For Silo.

A ladder that hangs on a track encircling the silo just under the eaves is a new safety device that will be appreciated by the man who must look after his hoops every few months. By means of this ladder you can ride



around the outside of your silo simply by pulling a draw line provided for that purpose.

It is also handy for painting and general repairs. The idea seems to be an ingenious improvement over the light ladders used in shoe stores for getting stock from the top shelves, only in this case the track is circular instead of straight.—Farm and Fireside.

### Weeds Take Much Moisture.

The sunflower, Russian thistle, smartweed and many other weeds are particularly liberal in using the water supply intended for the growing crop.

It is not only because of the water used that weeds injure crops, but also because they use plant food which has been dissolved in the soil and which should be used by the useful plants. The shading effect of rapidly growing weeds likewise injures the young corn.

### Silage For Calves.

Feed silage to calves as soon as they will eat, picking out for them the best portions at first.

### I HAD ALMOST GIVEN UP."

Sarnia, Ont.—"About 27 years ago I was taken very bad, my blood, too, was in bad shape. I got so I had to go to bed and I was there for over three months. I could not eat and suffered untold agony. I had three of the best doctors I could get but it just seemed nothing was going to help me. I had almost given up. I thought I would never be any better and was willing to give up and die rather than suffer as I was. A neighbor of mine told me of Dr. Pierce's wonderful remedies and I decided to use them. My husband bought me six bottles of 'Favorite Prescription.' I had not taken it long until I felt better. In less than six weeks I was out of bed, and in less than six months I was cured and have been well ever since. Do all my own work. I have raised three daughters, two are married and have children. They have used it and they are healthy, so are their children. I am sure it was all on account of my having them use the medicine.

"I keep all of Dr. Pierce's medicines in the house. Have 'Favorite Prescription,' 'Golden Medical Discovery' and 'Smart-Weed'—anything prepared by Dr. Pierce is good. I also have a copy of the People's Common Sense Medical Adviser, which I have had 26 years; it has been very valuable to me."—Mrs. J. WAX, 232 Ontario St., Sarnia, Ont.

If you are a sufferer, if your daughter, mother, sister need help, get Dr. Pierce's Favorite Prescription in liquid or tablet form from any medicine dealer to-day. Then address Dr. Pierce, Invalids' Hotel, Buffalo, N. Y., and get confidential medical advice entirely free.

A most valuable book in any home is Dr. Pierce's Common Sense Medical Adviser. A splendid 1008-page volume, with engravings and colored plates. A copy will be sent to anyone sending fifty cents in stamps, to pay the cost of wrapping and mailing only, to Dr. Pierce, Buffalo, N. Y.

Dr. Pierce's Pleasant Pellets are the original little liver pills, first put up nearly 50 years ago.

### INSECT TRAVELERS.

Moths, Butterflies and Beetles Make Long Distance Journeys.

Mr. William Evans, a Scottish naturalist, who has made a lifelong study of the fauna of Scotland, obtained from a dozen Scottish lighthouses 241 species of insects, which include two butterflies, 159 moths, eighteen caddisflies and lacewings, forty diptera, ten beetles and a dozen other species. Most of the specimens were males. To reach the Isle of May, in the Firth of Forth, where Mr. Evans collected most of the insects, many of the specimens must have flown across several miles of sea.

In his records Mr. Evans calls attention to several other extraordinary flights of insects.

Thus, the "painted lady," or thistle butterfly (Pyraonis cardui), has been known to cross the Alps; the red admiral butterfly (Vanessa atalanta) has landed in numbers on the deck of a vessel 500 miles from the coast of England; the common white butterflies cross the English channel in clouds; the famous painted butterfly (Danais archippus), abundant everywhere in the United States, is said to make the 2,000 mile journey from California to the Hawaiian Islands and has gradually progressed by way of the south sea islands as far as Australia.

A death's head moth has boarded a steamer 200 miles off the Cape Verde islands. Clouds of ladybirds miles in extent, so that they resembled smoke from a steamer, have been seen at sea. A swarm of locusts that passed over the Red sea in 1889 is said to have extended over 2,000 square miles, and it was estimated to weigh 42,850,000,000 tons!

### SLOW ACTING NERVES.

Earthworms and Clams In No Danger of the Strenuous Life.

The common earthworm has two sorts of nerves.

One of these is a thread running lengthwise of the body between the places where head and tail would be if the creature had either. This nerve has only one use—to carry the signal to shorten up.

So when the worm, keeping underground by day, comes by night halfway out of its hole and suspects, though he cannot see, the early bird looking for breakfast, whisk goes the signal along the nerve thread, one end of the body flattens out and locks fast in the burrow, and the rest pulls into safety.

This sort of nerve carries a message at the rate of a yard and a half a second, or about seventy times more slowly than our own do.

The other sort of nerve takes care of the crawling. Signals along these nerves travel only an inch a second. If our inner telegrams were sent as slowly, it would be a whole minute from the time the pitcher threw the ball till the batter started to swing his club at it.

Yet, as the simpler creatures go, the earthworm is not especially sluggish. The fresh water clam, for instance, gets word from one part of its body to another at only half the earthworm's rate. So it is 2,400 times slower than a man.—Edwin Tenney Brewster in St. Nicholas.