

LIFE BURDENED BY DYSPEPSIA

Health and Happiness Came With "Fruit-a-lives"

Made From Fruit Juices and Tonics

"Fruit-a-lives", the wonderful medicine made from the juices of apples, oranges, figs and prunes, is one of the greatest means of doing good that this country of ours has ever known.

"Fruit-a-lives" is bringing health to hundreds and hundreds of people who suffer with chronic Constipation, Biliousness and Dyspepsia.

Mr. Frank Hall of Weyburn, Ont., says, "I purchased a box of 'Fruit-a-lives' and began the treatment. My condition improved immediately. The dyspepsia ceased to be the burden of my life as it had been, and I was freed of Constipation."

Box, 6 for \$2.50, trial size 50c. At dealers or sent by Fruit-a-lives Limited, Ottawa, Ont.

MURINE You Cannot Buy New Eyes But you can Promote a Clean, Healthy Condition **YOUR EYES** Use Murine Eye Remedy "Night and Morning." Keep your Eyes Clean, Clear and Healthy. Write for Free Eye Care Book. Murine Eye Remedy Co., 9 East Ohio Street, Chicago

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The Guide-Advocate is well equipped to handle ALL printing needed

BUTTER FOR WINTER USE

How to Make and Pack to Best Advantage

Use Clean, Sweet-Flavored Cream Coat the Box Inside With Paraffine Finish the Package Off Neatly Blade Blight of Oats—Honesty Pays

(Contributed by Ontario Department of Agriculture, Toronto)

I attended an institute meeting one day and heard one of the speakers close his address with this little verse:

"Good, better, best; Never let it rest, 'Till your good is better, And your better, best."

It is the very best butter that we can make that must be packed for winter use.

Butter undergoes changes in the keeping, and the things necessary for good results when keeping butter for winter use are best quality of butter and low temperatures for holding. Use Clean, Sweet Flavored Cream.

Use cream that has a clean, sweet flavor. Churn it at a temperature low enough to bring the butter in nice, firm granules in from 20 to 30 minutes.

If by any chance the butter comes soft, be very careful to get rid of the buttermilk. It will be necessary in a case of this kind to use an extra wash water.

Salt the butter in the usual way and work it thoroughly. Should the butter soften during the process of working, put it away in a cool place to become firmer before continuing the working.

As butter keeps best in a solid form, crocks or boxes are used for winter use.

Coat the Boxes Inside With Paraffine. The boxes have a coating of paraffine on the inside, and it is necessary to line them with heavy parchment paper.

While many people have a 56-lb. box filled for winter, in some cases it would be much better to have it put in two 28-lb. boxes.

The crocks should be in good condition, free from cracks or breaks in the glazing.

When packing the butter, be sure to pack solidly. See that there are no openings in the sides, and that the corners are well filled.

If there is 8 or 10 lbs. of butter in a churning, do not put the whole lump into the crock and then try to pack it down. Rather put it in pieces, making sure that each piece is solidly packed.

Finish the Package Off Neatly.

Finish the top off evenly, and cover with parchment paper. A thin layer of salt paste may be put over this before fastening down the lid.

With crocks it will be necessary to tie clean wrapping paper over the top after the lid has been put on.

All butter should be stored in a clean, dark place where the air is pure and the temperature is low and even.—Miss Belle Millar, O. A. C. Guelph.

Blade Blight of Oats.

This disease occasionally causes heavy losses in the oat crops of Eastern Canada and Eastern and Central States of America. It attacks also barley, wheat and bluegrass to a limited extent. So says Prof. Dan Jones, Ontario Agricultural College.

It is most noticed in the spring and early summer when it causes the young plants to turn yellow, brown and red, withering them up. In the latter part of the season it induces blast in the heads.

Its spread and the amount of damage it causes is largely dependent on weather conditions. The seasons when much rain, cloudiness and muggy weather prevail are the seasons most favorable for its development.

Primary infection is chiefly through the stomata resulting from spattering of the leaves by the rain with the organisms from the soil.

Two species of bacteria working together are considered necessary to cause the disease. They are found in the soil. They do not, however, affect the plant through the root.

Little can be done to prevent or control this disease except to select and breed resistant varieties.

Honesty Pays.

The man who aspires to the accomplishment of things worth while in the realm of pedigreed live stock, must realize that his integrity as a breeder will be one of his greatest assets, and he must guard it, as he would his stocks, from foul admixtures. As his herds and flocks increase and his business expands, he must make certain that, at the same time, there grows up a reputation for absolute honesty and fair dealing. Only by the help of these essentials can he expect his business to endure and yield to him satisfaction and profits.



Launder dainty things twice as often, this way

It's not necessary to keep your prettiest things folded and laid away. Wear them—often. Launder them just as often as necessary. *But do it this way:*

Use Palmolive PRINCESS SOAP FLAKES—and see fragile crepes, silks, laces, come from laundering absolutely unharmed. Colors brightened and freshened, if anything.

The great foam of suds contains nothing to hurt the daintiest fabric, the most delicate coloring. It dissolves the dirt, however, most thoroughly—and washes it away.

These snowy, crinkly flakes contain nothing but pure soap. So they go farther, cleanse more efficiently. That makes it economical to use them in the washing-machine, for all laundering, and for every general household purpose.

If only to try, get some today of your dealer. He has them—in handy one-pound packages.

THE PALMOLIVE COMPANY OF CANADA, Limited Toronto



PRINCESS SOAP FLAKES

Made in Canada For finest silks, or coarsest woolsens

A Splendid Laxative For The Baby

Mothers should constantly be on guard to keep baby's bowels working freely and his stomach sweet, for nine-tenths of the ailments from which little ones suffer are caused by derangements of the stomach and bowels. Baby's Own Tablets are a splendid laxative for the baby. They are mild but thorough; contain neither opiates nor narcotics, and are absolutely guaranteed to be safe and efficient for either the newborn babe or the growing child. By their action on the bowels and stomach they drive out constipation and indigestion; break up colds and simple fevers and make the dreaded "teething" period easy. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Where Nature Reigns Supreme

To get away from the smoke and stifling heat of the City, to put on old clothes and live a vagabond's life in the great out of doors, there is no place quite so suitable as Timagami. Almost four million acres in extent, plentifully scattered with wonderfully cool, deep lakes, the whole area traced with a net work of rock-churned rivers or quiet shadowy brooks, Timagami is just the place to get back to the primitive. Canoeists can paddle hundreds of miles through ever-changing scenery without a single portage. The waters of Timagami are alive with speckled trout, black bass, while for the nature lover the number of moose, bear and mink to be seen allows ample opportunity to study wild life at

close range. There are many permanent camps throughout the district for those who insist on comparative luxury, or if you wish to establish camp where ever you happen to be, you will find not a single "trespassing forbidden" sign in the whole region. Any Agent of the Canadian National Railways will gladly give you full information and literature. An Oil of Merit.—Dr. Thomas' Electric Oil is not a jumble of medicinal substances thrown together and pushed by advertising, but the result of the careful investigation of the healing qualities of certain oils as applied to the human body. It is a rare combination and it won and kept public favor from the first. A trial of it will carry conviction to any who doubt its power to repair and heal.

Students Storm and Capture Rocky Heights



Top Left—Encamped near the Columbia Ice Field. Mount Columbia, second highest peak in the Rockies, is seen in the background. Below—One of the peaks recently scaled for the first time in history. Inset—Field-Harris party nearing their objective. Right—Edward Fuesz, famous Canadian Pacific Railway Swiss guide, who led the Field-Harris expedition, conquering five new peaks in the Columbia Ice Field.

Five peaks in the Canadian Rockies have just been conquered for the first time by three Harvard and Hotchkiss students who were accompanied by their Swiss guides. The students who climbed and named the new peaks in the famous Columbia ice field are Osgood Field, Frederick Field and Lemond Harris of Boston. They were led by the noted Canadian Pacific Railway guide Edward Fuesz, the oldest guide in point of service in the Canadian Rockies. Two of the newly conquered peaks have been named Mount Harvard and Mount Hotchkiss.

The party made five first ascents including the hitherto unconquered Mount Patterson, 10,400 feet, Mount Sir James Outram 10,700 feet, the South Twin, 10,600 feet and the unnamed peaks, Harvard and Hotchkiss. Besides all this they discovered a new route to the top of the second highest peak in the Rockies, Mount Columbia, 12,000 feet, which was made in a return journey of twenty-three hours. The aim of the exploring party, to conquer the South Twin, was successfully attained. The Field-Harris party left Lake Louise five weeks ago accompanied by two guides, five packers and nineteen horses, and travelled 200 miles into the Columbia ice

field. Their progress was halted several times by the terrific winds from the ice fields and once they were forced to halt a day at Mistayah lake in order to make rafts with which to get their horses across. Here, at the foot of Mount Patterson, they put up a bivouac camp and accompanied by the weird howling of the wild ice winds of this district spent most of their night thrubbing a ukelele and singing warm southern songs. Lemond Harris had his own Swiss guide with him, Joseph Biner who has guided him for many years in the Swiss Alps. Edward Fuesz who has been guiding in the Canadian Rockies since 1903 was the man who successfully maneuvered this valuable expedition. The greatest novelty of the trip, he stated on his return, was the meeting of fourteen American girls on the lonely fork of the North Saskatchewan River, who were travelling alone with their packers. The girls insisted that the party stop off for dinner with them that night, following which a note of civilization was added to their wild northern environment by the sound of the ukelele and the swish of dancing feet over pine needles dimly lighted by a blasing log camp fire.