AFRAID SHE WAS DYING

Suffered Terribly Until She Took "Fruit-a-tives."

St. Jean De Matha, Jan. 27, 1914.

"After suffering for a long time with Dyspepsia, I have been cured by "Fruit-a-tives." I suffered so much that I would not dare eat, for I was afraid of dying. Five years ago I received samples of "Fruit-a-tives." I did not wish to try them for I had little confidence in them, but, seeing my husband's anxiety, I decided to do so and at once I felt relief. Then I sent for three boxes and I kept improving until I was cured. While sick, I lost several pounds, but after taking "Fruit-a-tives," I quickly regained what I had lost. Now I eat, sleep and digest well—in a word, I am completely cured, thanks to "Fruit-a-tives."

MADAM M. CHARBONNEAU.

"Fruit-a-tives" is the greatest stomach tonic in the world and will always cure Indigestion, Sour Stomach, "Heartburn," Dyspepsia and other stomach troubles.

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

VEGETABLE GROWERS PLAN COMPETITION

Provincial Association Advances Means of Stimulating Production On Farms.

At the regular meeting of the London branch of the Ontario Vegetable Growers' Association, held Saturday afternoon, several members signified their intention to enter the field crop competition, to be conducted by the Ontario Vegetable Growers' Association in the following classes of vegetables: Onions, tomatoes, celery and early potatoes.

For the purpose of this competition, the province is divided into four districts, one of which includes London, St. Thomas, Stratford, Brantford and St. Williams. The members of the branches in each district will compete among themselves for the field crop prizes offered in their district.

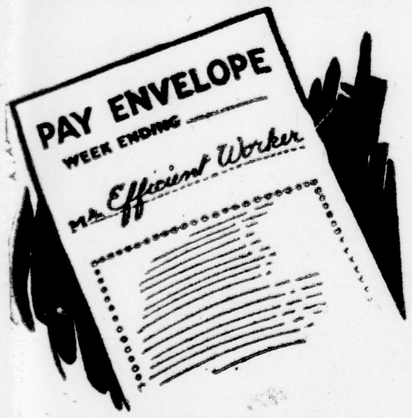
The plots entered for each of the above-named vegetables must be not less than one-quarter of an acre. There must not be less than ten entries in each class of the above-named vegetables from each district. Members may compete in one, two, three, or all of the four crops mentioned. The entrance fee will be $1 for each crop.

The potatoes are to be judged before July 3. Judges will be supplied free of charge by the Ontario Department of Agriculture.

The prizes offered in each district for each of the farm crops mentioned are: First, $25; second, $20; third, $15; fourth, $10. It is also expected that substantial prizes will be offered by the Canadian National Exhibition, the Central Canada Exhibition and the Western Fair, open to the prize-winners in the districts.

ALLIES DROP BOMBS IN MULHEIM, BADEN

BERLIN, via London, March 22.—10:20 p.m.—An enemy aviator appeared Sunday above Mulheim, Baden, and dropped three bombs on the city and the artillery barracks. Three soldiers were wounded.



Big Jobs

—are gained largely by doing common tasks uncommonly well.

But—to do unusually good work of any kind, fitness of body and mind are required.

Food plays a big part in this matter—food that contains true nourishment. And true nourishment—be it remembered—must include certain important elements which unfortunately are often lacking in the ordinary dietary—especially in white bread. These elements are phosphorus, iron, lime, sulphur, etc., stored by Nature in her field grains, and absolutely necessary for building strong, vigorous bodies and active brains.

Grape-Nuts

FOOD

—made of choice wheat and malted barley, affords all the nutriment of these grains, including these important mineral elements, in form for easy, quick digestion.

Grape-Nuts food is always fresh, crisp, sweet and ready to eat—with cream or milk.

Thousands have found that a ration of Grape-Nuts each day makes for real progress towards the bigger things of life.

"There's a Reason"

MADE IN CANADA. —sold by Grocers everywhere.

Canadian Postum Cereal Co., Ltd., Windsor, Ont.

Bringing Up Father. . . . . By George McManus

ALBERTA MAY CLOSE ALL BARS AT SEVEN

EDMONTON, Alta., March 22.—Rumors are rife around the Legislative Buildings that the Government has under advisement the issuance of an order closing all bars throughout the province at 7 o'clock every night.

WINNIPEG, March 22.—Before the end of March, every fire insurance policy covering hotel property in Saskatchewan will be revised on a downward basis, according to leading fire underwriters here. No definite instructions have yet been issued to agents, however. This action will follow the drastic liquor legislation outlined by Premier Scott, which will cut away fictitious values of hotel property that have enabled and justified high fire risks.

FRENCH COMMERCE GOOD

Mercantile Captains of the Republic Report Conditions Excellent.

[Canadian Press.]

Paris, March 23.—Presidents of 75 French chambers of commerce met here yesterday under the presidency of David Mennet, head of the Paris chamber, to discuss the general commercial situation. All were agreed that the conditions which exist are as good as a state of war will permit. The volume of trade, it was asserted, gradually is increasing and certain districts even are enjoying unusual prosperity, notably those in which are factories working on army contracts and those beginning to manufacture products hitherto obtainable only in Germany.

It was decided that the Paris chamber should gather data regarding articles imported from Germany both by France and allied and neutral countries which could be made in France.

Speakers declared that slow and unreliable transportation facilities were hampering large scale operations more than credit difficulties and a resolution was passed favoring a return to the practice whereby courts had the power to relieve transportation companies of liability for lost or damaged goods if it was shown such loss was attributed to a state of war.

FEW CANADIANS ARE IN TRENCHES

Reports Brought by Wounded Men to Shorncliffe Hospital.

EIGHT MORE ON LIST

Toronto Man Hit While Receiving a Spelling Lesson From Officer.

[Special to The Advertiser.]

LONDON, March 22.—Eight more Canadians reached the Queen's Canadian Hospital at Shorncliffe yesterday, bringing the total number of patients since the institution opened to over 200. Only one, Maj. Higginbotham, has died.

The Canadians admitted yesterday were: Lieut. Fornueret, Corpl. Worrall, Lance-Corporal Pegram, Pte. Louis Paterson, David Cuthbert, Clifford Pearce, William Trebble and James Abercrombie.

From what these patients say, it is evident the greater portion of the Canadians were held as a reserve. In the recent costly operations their duty was to engage the German reserves if the latter were brought up. As things turned out, the Germans melted away before the British artillery's attack.

Fifty Canadians Laid Aside.

Nevertheless, the Canadians in reserve had nearly fifty of their number laid aside. There is Pte. Louis Paterson, of Toronto, 4th Battalion, who has shrapnel in both feet and one arm, and to use his own word, "I scarcely know what part of my body has not a bit of shrapnel in it." He is cheerful as a cricket, and declares his wounds are nothing to mention. His situation, when he received the personal souvenirs from the Germans, was absolutely grotesque. He was in a small house with his company officer. Things were quiet in their immediate neighborhood, but the German artillery was busy. To while away the time, perhaps to keep both their minds off what might possibly happen, the officer was actually giving the youngster a spelling lesson. He was attempting to spell "comical" when a shell came right into the room. Pte. Paterson says he knew nothing more for five minutes. His officer came off with a bump on the back of the head.

Arm Shattered.

Much more tragic in the case of Pte. Abercrombie, who was acting as stretcher-bearer, and whose arm was badly shattered with shrapnel.

Several Canadians, incidentally, assert positively that the Germans rarely hesitate to fire upon a dressing station and stretcher-bearers. Pte. Cuthbert, of the Patricias, Winnipeg, who got a bullet in the arm, laconically remarks: "There were plenty of them to go around. I was not there an hour before I got my dose." He was hit about the same time as his fellow Patricia, Pte. Worrall, from Montreal. Their beds at Shorncliffe are within a couple of yards of each other.

A large number of wounded Canadians at Shorncliffe were able to go on the lawn yesterday, the weather being so balmy. One wounded Canadian, attired in comfortable hospital slops, and seated in a basket chair, remarked: "You ought to hear that row from six batteries, all within a mile of you, or rather you ought to pray to be saved from hearing it."

Ten at Notley.

The following Canadian wounded have been received into Notley Hospital during the week-end: Ptes. H. McDonald, M. Mehan, W. Moore, J. W. H. Dalliday, T. Fairbairn, F. Slater, J. Chamberlain, Sergts. W. B. Day, A. Steel, Bugler W. J. J. Cullum.

GEN. STEELE TO COMMAND THE SECOND CONTINGENT

WINNIPEG, March 22.—The Telegram this afternoon says private message received from Major General Steel at Toronto confirms the report he has been given command of the second Canadian Expeditionary Force.

FIFTY MINERS KILLED BY A SNOW SLIDE

VANCOUVER, March 22. — Fifty miners were killed, and as many more injured early today by a snowslide which swept away several bunk houses at the Britannia Mine, at Howe Sound, B.C., according to a dispatch received here. Besides the bunk houses, part of the aerial tramway of the mine was carried away.

The slides swept away a bunk house containing fifteen men, a cook house containing ten men, and several private houses, in which were a number of women and children. Several men who were going off the night shift at midnight were also killed.

WAR SCALE STANDS.

[Canadian Press.]

Calgary, Alta., March 23.—A conference between Western Canada Coal Operators' Association and the representatives of District No. 15, of the United Mine Workers, has resulted in a compromise on the old agreement expiring this month, and the existing war scale stands, with very slight modifications and adjustments. The new agreement is for two years.

BIG HAUL FOR THE CZAR WHEN PRZEMYSL FELL

Eight Generals and Fifty Thousand Soldiers Taken Prisoner —Religious Services and Great Rejoicing Mark Event At the Russian Capital.

[Canadian Press.]

PETROGRAD, March 22.—7:15 p.m.—Via London, 11:05 p.m.—The Przemysl garrison, which capitulated to the Russian army today, surrendered without a fight. The hoisting of the white flag over this fortress, which was said to be on the point of surrender on a number of occasions, caused little surprise, as it was generally known that it was in a terribly weakened condition, without food or ammunition, and its endurance was only a question of days.

War Office advices report that nine Austrian generals were taken, more than 300 officers and 50,000 men. The Russian general commanding the investing army has been decorated with St. George's Cross.

A heavy snowstorm failed to check the enthusiastic demonstrations in which the civil and military populations united when the fall of Przemysl was announced. The crowds, floundering in deep drifts which tied up street traffic, cheered the officers and soldiers who remained to participate in the celebrations.

From Kazan Cathedral the strains of the national anthem swelled in volume as the crowd gathered; and from other points throughout the city mysteriously hidden behind the dense curtain of falling snow music burst forth and added to the general spirit of enthusiasm.

Releases Great Army.

The ending of the long siege is considered here of great importance. It gives Russia control of virtually all of Eastern Galicia, and releases the Russian army which has been besieging the city for service elsewhere.

Nothing since the capture of Lemberg and the victorious sweep of the Russian army through Galicia in the beginning of the war, has aroused an equal degree of enthusiasm. Newspaper offices and army headquarters were bombarded with telephone inquiries for information. Crowds stood in a pelting snowstorm before the bulletin boards.

Fate Was Inevitable.

The fate of the fortress had been inevitable since the failure of the last Austrian drive from the southward for its relief. There have been daily evidence of a shortage of provisions, and reports of the ravages of disease reached the besiegers from time to time. Gradually the lines about the city were drawn tighter, until within the last fortnight Russian riflemen were within range of the outer works. Russian artillery pounded the forts ceaselessly.

The Austrian sortie of last Saturday was preceded by such an extravagant use of ammunition by the artillery as to leave the impression that the besieged army was at the end of its resources, and desired to consume the remainder of its ammunition prior to surrendering.

Always Source of Danger.

Although Przemysl had been eliminated as a positive menace to the Russian troops operating in Galicia since it was isolated and surrounded early in October, it always had been a potential source of danger. Many stubborn battles have been fought by the besiegers with portions of the garrison which attempted to break through the investing lines to join relief columns, which on some occasions pushed to within 25 miles of the city.

It is believed here that the next important development in Galicia will be a new Russian advance toward Cracow, the Austrians having been virtually driven out of the territory as far southward as the Carpathians.

FALL OF PRZEMYSL MOST IMPORTANT CAPTURE OF WAR

LONDON, March 22.—10:25 p.m.—The long investment of the mid-Galician fortress of Przemysl has ended. Depleted by disease, subsisting on horse flesh and surrounded by a superior force of Russians, the garrison has surrendered to the besieging army after a defence lasting many months, which up to the present is recorded as Austria's most noteworthy contribution to the war. Petrograd, London and Paris are celebrating the event tonight—Petrograd and Paris in the spontaneous manner characteristic of those cities; London with silent and grim satisfaction, which is the Briton's way.

The newspapers assert that the fall of the fortress marks the most important capture of the war, not excepting Antwerp, in that it not only released considerable Russian forces which can be thrown into the fluctuating struggle in the Carpathians, but opens the door to Cracow and the plains of Hungary.

Tremendous Moral Effect.

It is argued, moreover that the moral effect of the surrender will be tremendous, the theory of the Allies being that it will stimulate feeling in their favor both in Roumania and Bulgaria, just as the operations in the Dardanelles are causing an agitation in Greece and Italy.

The Italian situation is receiving renewed attention by the press of the Allies, though rumors, rather than facts, seem to be the basis of most of the dispatches. The Italian embassy at London had no confirmation tonight of the report that freight traffic between Italy and Germany by way of Switzerland, had been stopped, nor was there any confirmation of the reported massing of Austrian and German troops along the Austrian Littoral, or the assembling of artillery at Trieste.

Withstood Assault Six Months.

Przemysl fell with honor, the British press concedes, for it withstood the onslaughts longer than any place during the war, the investment having begun about September 16, something more than six months ago. The duration of the siege, compared with the length of time it took the Germans to capture such strongholds as Liege, Namur and Antwerp, was due to two causes, one being the desire of the Russians to keep the loss of life among the besieging army at a minimum, the other to the lack of great guns, which the Germans had in Belgium.

The investment was not a close one, the garrison having had up until recently a radius of about twelve miles in which to move about, and some dispatches told of shooting expeditions indulged in by the officers of the garrison.

An aeroplane post was maintained almost up to the last, and it is said that even some scanty food supplies were carried in this way.

Garrison Greatly Diminished.

The Przemysl garrison was estimated at 80,000 men last September, and last week it was reported that it had diminished to 25,000. There have been recurrent reports of cholera and other diseases, but these were as vague as many of the premature reports regarding its surrender.

Nothing of great importance has been recorded over night in the western war zone. In the east, aside from the fall of Przemysl, the situation around the German port of Memel is the most interesting. From this town the Germans maintain they have driven the Russians, while a controversy is being waged by the press of the two countries as to the merits of the Russian contention that civilians fired on them in this latest incursion in East Prussia —a fact which demanded reprisals.

There is no late news from the Dardanelles, and the belief in England seems to be that the operations will perhaps be more protracted than at first expected.

SMUTS AND THE REBELS

He Would Release But Not Repeal Martial Edict.

[Canadian Press.]

London, March 23.—A Reuter dispatch from Cape Town says that during a discussion of the indemnity bill in the Assembly, General Jan Christian Smuts, minister of defence, spoke in opposition to a proposal to repeal the martial law edict. The minister promised that when the indemnity bill was passed that the rebel rank and file now interned would be released, and that the military law would be lessened as far as possible. Notwithstanding the fact that there was a certain amount of risk in doing so, General Smuts said he believed that it would be in the interest of peace. He considered, however, that it would be better to retain martial law and release the rebels than to hold the rebels and repeal the martial law edict.

PRUSSIA'S LAST WAR IN EUROPE

Allies Determined Military Domination Will Come to End.

SIR ED. GREY SPEAKS

Must Live in Future Without "Sword Continually Rattled in Scabbard."

[Canadian Press.]

LONDON, March 22.—"War might have been avoided by a European conference when and where Germany desired." Foreign Secretary Edward Grey told an audience in London this afternoon. At the time he was acting as chairman of a gathering which was listening to a lecture on the strategy of the war. Continuing along this line the Foreign Secretary said:

"Germany, from her experience in the Balkan conference, knew she could count on our good will and that we were ready to do last July what we did before. But Germany refused every suggestion, and on her rests for all time the appalling responsibility for the war. We now know that Germany had prepared for war, and only those who have planned for war can prepare for it."

Must Be the Last.

Amid loud cheers Sir Edward added: "This is the fourth time within living memory that Prussia has made war upon Europe, and we are determined it shall be the last.

"The expenditure of hundreds of millions of money and the loss of millions of lives might have been avoided by a conference of the European powers held in London or at The Hague, or wherever and in whatever form Germany would have consented to hold it. It would have been far easier to have settled the dispute between Austria-Hungary and Servia, which Germany made the occasion for the war, than it was to get successfully through the Balkan crisis of two years ago.

"In recent years," the Foreign Secretary went on to say, "we have given Germany every assurance that any aggressive movement upon her would receive no support from us. We withheld from her only one thing—the unconditional promise to stand aside, however aggressive Germany herself might be to her neighbor.

Responsibility On Germany.

"Last July, before the outbreak of the war, France, Italy and Russia were ready to accept a conference. Germany refused every suggestion made for settling the dispute in this way, and on her must rest now and for all time the appalling responsibility of having plunged Europe into this war."

Asking "what is the issue for which we are fighting?" Sir Edward proceeded as follows:

"In due time terms of peace will be put forward by the Allies. One essential condition must be the restoration to Belgium of her independent national life and free possession of her territory.

The Great Issue.

"The great issue is this: We wish the nations of Europe to be free to live independent lives, working out their own form of government and their own form of national development in full liberty, whether they be great states or small states. That is our ideal.

"The German ideal is that the Germans are a superior people to whom all things are lawful and against whom resistance is unlawful and must be put down, that they must establish domination over the nations of the continent and that all must be subservient to Germany.

"I would rather perish or leave the continent altogether than live under such conditions. After this war we and the other nations of Europe must be free to live without the interference of the superior war lord; without the clang of armor and the sword continually rattled in the scabbard, Heaven continually invoked and without our policy being dictated by the military domination of Prussia.

"We claim for ourselves and together with our allies we will secure that right to live and pursue our national existence, not in the shadow of Prussian suppremacy, but the light of equal liberty."

USE WOMEN FOR WORK

Take Place of Italian Soldiers if Complete Mobilization Ordered.

[Canadian Press.]

Rome, via Paris, March 23.—A movement is under way in Italy to substitute women for men in the work of industry and commerce in case of complete mobilization. It is proposed that the women be paid the same wage as now received by male workers, with the provision that part of it be turned over to the families of men called to the colors. The plan provides that the female workers shall surrender their posts to the soldiers when they are disbanded. An office has been opened where women may register and express an opinion as to what work they are best able to do in case of need.

STORM TURNS BACK RAIDING ZEPPELINS

Two Aerial Fleets Were Heading to Bombard the French Capital.

[Canadian Press.]

Paris, March 23.—Georges Clemenceau and other prominent writers in the Paris press criticise the aerial defences of Paris. They declare Zeppelins should not have been able to reach Paris Sunday night, which was clear and starlit. The danger of an air fight over the capital with the possibility of the fall of a Zeppelin with its cargo of unused explosives is pointed out.

These views are shared by the deputies representing the Paris district, who decided at a meeting yesterday to make representations on the subject to Premier Viviani.

Details have not been obtained as to the circumstances of the second raid upon Paris, which was attempted last night. It is understood that two fleets had planned to bombard the capital, but it is supposed they turned back because of the heavy rainstorm when 25 miles from the city.

When announcement was made that a raid was impending French aeroplane flotillas took the air from the entrenched camps and searchlights were trained upon the sky from every quarter.

After the city firemen once had signalled that the danger was past, a second alarm was sounded because of a report that Zeppelins had been seen flying over the department of the Oize. When they had not appeared at 3 a.m., bugles sounded the "retreat" and the lights of the city were turned on again.

That Racking Persistent Cough

Can Be Quickly Cured By

DR. WOOD'S NORWAY PINE SYRUP

All obstinate coughs and colds yield quickly to the general action of "Dr. Wood's" for the simple reason that this valuable preparation combines all the lung healing virtues of the Norway pine tree, with which is combined Wild Cherry Bark, and the soothing, healing and expectorant properties of other excellent herbs and barks. This makes it, without any chance of denial, the best cough medicine on the market today.

When you ask for "Dr. Wood's" see that it is put up in a yellow wrapper; three pine trees the trade mark, and that the name, The T. Milburn Co., Limited, Toronto, Ont., appears on the wrapper. Price, 25c and 50c.

Mrs. H. C. Kingston, Moose Jaw, Sask., writes: "I wish to recommend Dr. Wood's Norway Pine Syrup as being the best cough medicine on the market. A few months ago I took a severe cold which left me with a racking cough. After trying several cough remedies, with no result, I decided to get a bottle of Dr. Wood's Norway Pine Syrup, and after taking the first two doses it began to effect a cure, and after continuing its use for a short time, I was entirely cured. I cannot say too much in its praise."

CATARRHAL FOREHEAD PAINS GO QUICK! SNIFFLING, CLOGGED NOSTRILS CURED

Not a Sign of Cold, Catarrh or Throat Trouble Will Remain!

Quick relief for that headache—just one breath through Catarrhozone Inhaler and you feel better.

The soothing, piney vapor of Catarrhozone clears the head instantly; its healing balsamic fumes take the sting out of the nose, stop sniffles, ease the throat, cure the cough and destroy all the vileness of catarrh.

No other remedy treats Catarrh so directly, so quickly; every breath you draw through the inhaler carries a marvelous lot of healing virtue—carries death to the germs that cause the trouble.

You can't keep Catarrh—nor can you hang to a cold, or have any chest or throat trouble if you use Catarrhozone. It is guaranteed to make you well.

"My head used to fairly split with an awful pain over the eyes.

"It was always worst when my catarrh was bad. I had the meanest sores and crusts inside the nose, and continually coughed, both day and night. The first day's use of Catarrhozone made a grand improvement. Every hour I felt better. Catarrhozone cured me perfectly.

"O. P. DINGMAN,
"Cordova, Ont."

No one ever uses Catarrhozone without being satisfied. If your case is curable, Catarrhozone will do the work. It is guaranteed—get the complete dollar outfit. Small size 50c. Sample trial size 25c.

PEEVISH, CONSTIPATED CHILDREN LOVE "CALIFORNIA SYRUP OF FIGS"

Harmless "fruit laxative" cleanses stomach, liver and bowels.

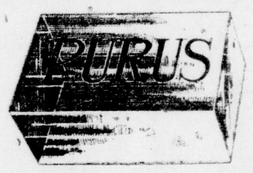
Look at the tongue, mother! If coated, it is a sure sign that your little one's stomach, liver and bowels need a gentle, thorough cleansing at once.

When peevish, cross, listless, pale, doesn't sleep, eat or act naturally, or is feverish, stomach sour, breath bad, has stomach ache, sore throat, diarrhoea, full of cold, give a teaspoonful of "California Syrup of Figs," and in just a few hours all the foul, constipated waste, undigested food and sour bile gently moves out of its little bowels and you have a well, playful child again.

You needn't coax sick children to take this harmless fruit laxative; they love its delicious taste, and it always makes them feel splendid.

Ask your druggist for a 50-cent bottle of "California Syrup of Figs," which has directions for babies, children of all ages, and for grown-ups plainly on each bottle. Beware of counterfeits sold here. Get the genuine, made by "California Fig Syrup Company." Refuse any other kind with contempt.

Ice! Ice!



The plant erected by the London Cold Storage Company on Bathurst street, next to the Cold Storage Building, where they manufacture the ice we deliver, is modern and right up-to-date.

They can make 60 tons per day, which assures an abundant supply for the whole city.

We deliver the ice and give an efficient service. It is the only ice to use in your home.

Artificial Ice Supply Co.

DISTRIBUTORS.

PHONE 141. OFFICE: 19 YORK STREET.