

ACUTE NERVOUS EXHAUSTION

Treatments Proved Useless Until I Tried "FRUIT-A-TIVES".



MR. JAS. S. DELGATY.
R. No. 4, Gilbert Plains, Man.
In the year 1910, I had *Nervous Exhaustion* in its worst form; I was 11 in weight from 170 pounds pounds.
My doctors had no hope of my recovery, and every medicine I tried was useless until a friend induced me to try "Fruit-a-tives".
I began to mend almost at once; after using this fruit medicine for 4 months, I was back to my state of health.
I had such good health for years as I have enjoyed the years. We are never without "Fruit-a-tives" in the house".
JAS. S. DELGATY.

Box, 6 for \$2.50, trial size 25c. Dealers or sent postpaid on of price by Fruit-a-tives Ottawa.

bug Echo:—"It was some new Richmond street Sunday night when women and men from out taking beer from bottles and garretes at a swift rate, while street cars. The restaurant full and visitors decided to 'time' in the Burg, which slow to give it to them either."

The Kidneys!

Colds or Influenza
to Kidneys and Bladder

Owing to bad colds, over-eating or intemperance, or to the after effects of influenza—uric acid and toxins (poisons) are stored up in the body and cause backache, lumbago, rheumatic pains and stiff joints. x x x
It is most essential that treatment be directed towards getting out of the poisons from which cause these pains and means that the excretory bowels, skin and kidneys—excited to their best efforts—could clean house—internally protect one's self from many ailments, by taking castor oil or a cathartic such as Dr. Pierce's Tablets, which are made of May and jalap. Take these every day and will excite efficient bowel action and suffer from backache, bladder and the kidneys. Frequent calls to get out of a considerable deposit, perhaps the morning, you should drug store "Anurie" (anti-uric) put up by Dr. Pierce. It restores the strength and improves the blood. Take an iron tonic such as Dr. Pierce's Tablets at drug stores, or Dr. Pierce's Medical Discovery, which contains roots and barks without any opium in tablets or liquid.

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Fires Break Out

and thieves break in. Don't risk the first, or invite the second, by keeping money in the house.

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It is not enough to keep the poor in mind; give them something to keep you in mind.

Advice is like castor oil, easy enough to give, but hard enough to take.

Asthma is Torture. No one who hasn't gasped for breath in the power of asthma knows what such suffering is. Thousands do know however, from experience how immeasurable is the relief provided by that marvellous preparation, Dr. J. D. Kellogg's Asthma Remedy. For years it has been relieving and curing the most severe cases. If you are a sufferer do not delay a day in securing his remedy from your druggist.

It is better to be able to say "No" than to be able to read Latin.

Worms sap the strength and undermine the vitality of children. Strengthen them by using Mother Graves' Worm Exterminator to drive out the parasites.

Cold air is not necessarily pure, nor warm air necessarily impure.

A cheerful face is nearly as good for an invalid as healthy weather.

The tongue is not steel, yet it cuts. Cheerfulness is the weather of the heart.

Sleep is the best stimulant, a nerve tonic for all to take.

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are pleased to inform the public that owing to the Government removing the restrictions on many lines of drugs and medicines that their stock is now very full and complete and customers may look for a gradual lowering of prices on many articles—especially European products—in the near future, and as we have SEVEN BUSY STORES to buy for our stock is naturally kept fresh and strong from the quick turnover.

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Taylor's Stomach and Liver Cure
Taylor's Cream of Roses
Dr. Morrin's Rheumatism Capsules
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WATFORD ONTARIO

GUARDED HUN ELECTIONS.

Incidents in the Occupation of Town in Germany.

It was in a German beer garden in a rather important town in the Rhine districts occupied by the Canadian Corps, writes a Canadian in Germany. And since the German town centres round its beer gardens it was there I found the best answer to my anxiety about the fraternizing of old-time enemies. I had watched all year, from close by, the organized and unremitting hatred of the Canadian soldier for the fighting Hun. And from the same grand stand seat of war correspondent I had ample proof that the affection of the grey-coated German for the persistent, indefatigable, fearless Canadian was of the same calibre—longer drawn out.

But of the Canadian memory I was not so certain. The beer garden was the typical German one—a roomy theatre, with large stage in front, cheap chairs that could be turned towards the performance or the glass of beer that one extended across the entire rear. The stage was incidental, the chairs a medium only. The bar was the main idea in the old days of German guzzling and community life.

Now it was difficult. The long bar was half closed off, concealing a kitchen where tea and coffee urns stood ready for the evening's business. The seats were neatly arranged, with their faces towards the stage. The stage was a riot of red, white and blue. Indeed, the whole setting was so patriotic as to remind me of early war days when conscription was delayed on behalf of voluntary enlistment and the senses and sentiment were the mediums of appeal.

The manner of metamorphosis required no explanation. A Canadian Y.M.C.A. officer was my guide. When Canadian soldiers began to filter in to the town the Y.M.C.A. arrived with the first consignment. And the very first act of the officer was to ferret out the buildings suitable to his purposes of entertainment. And the beer garden—as in many another German village—supplied one of his most pressing wants. And the second phase of operations was to decorate in the flags and colors of the Allies.

The building seemed empty when I entered. But as we moved down the aisle two solid, silent figures loomed from the gloom—soldiers seated several chairs apart in the very front row.

Grim they sat, with frowning brows and firm chins, their arms folded in that instinctive expression of immovable determination. They scarcely shifted to look at us. There might have been a lieutenant-general up there on the stage, with these his guards. The officer explained.

The beer garden was the largest hall in town. It was also the local symbol of authority. The German elections were crowding. And the mayor had humbly craved of the Y the use of the hall for a pre-election meeting that afternoon. With the promise of dismissal at five in order not to interfere with the regular Y program, consent was given. Later the request—almost a demand—was for a two hours' extension. But the beer garden was the property of the soldiers for the time, and five was insisted upon as the time limit.

Some soldier conceived the idea that the super-decorations of the theatre in the Allied colors might not be completely in accord with the feelings of a German political meeting. He passed it on. It developed into a decision—unofficial—to establish two Canadianians of good physique where every movement of the main actors on the stage would be under their supervision.

And there they sat, an hour before opening time, not a whit impatient. I thought I detected something the opposite of impatience in their demeanor. I looked from their set jaws and anticipatory eyes to the stage, where a table was already surrounded with chairs for the political discussion. Across the front, below the footlights, stretched a three-foot strip of red, white and blue. The angry scenery was camouflaged in flags and colors. A grand Union Jack depended from one chandelier on the right stage, and a Stars and Stripes from another chandelier to the left. It was a ridiculously incongruous setting for a political meeting in a country that had preached hate of those colors for four years.

But I knew not a ribbon or strip would be touched. Those grim faces assured me of that. But the flickering glint in their eyes was not explained.

"You'll have a long wait—and a tiresome one," I volunteered. "And you won't know what they're talking about anyway."

A young Ole Bill of the army winked and screwed up the corner of his mouth. "No, it'll be Dutch to us. But"—he paused to give a tug at each coat sleeve, the initial movement of rolling it up—"we'll know if they aren't out of the building by five. And"—he hesitated diplomatically—"here's hoping!"

It is usually safe to say that when a child is pale, sickly, peevish and restless, the cause is worms. These parasites range the stomach and intestines, causing serious disorders of the digestion and preventing the infant from deriving sustenance from food. Miller's Worm Powders, by destroying the worms, corrects these faults of the digestion and serve to restore the organs to healthy action.

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