

## THAT AWFUL PAIN IN THE BACK

### IS A SURE SIGN OF CONGESTION OF THE KIDNEYS—TAKE "FRUIT-A-TIVES."

Lots of men, and women too, are limping about the house—groaning in easy chairs—or tossing about the bed—because of that nagging pain in the back. The kidneys—those little, porous, plaster-like, thin, etc.—don't do any good any more. You see, you are a bit older now. The kidneys are not as strong as they used to be. And even those "blistering" liniments and plasters won't stimulate the kidneys.

Your trouble is kidney trouble. The kidneys are not diseased, they are overworked and strained. The bowels and skin—which help the kidneys to rid the system of waste matter—have not been doing their share of the work. The kidneys have had to do too much.

What you need is a medicine that cures the bowels, liver and skin. This medicine must cure the constipation by acting on the liver, and thus make the bowels move regularly and naturally. This medicine must heal and strengthen the kidneys, and thus relieve the congestion. "Fruit-a-tives" is this medicine. It is the most effective kidney remedy known, and keeps these vital organs in a vigorous, healthy condition. For aged people, for those who work hard, for tired-out women, "Fruit-a-tives" never fail to stop that severe pain in the back and build up the whole system. 50 cents a box, 9 for \$2.50, or trial box, 25 cents. At dealers or from Fruit-a-tives, Limited, Ottawa.

#### AVIATORS DECORATED.

Paris, July 26.—Orville and Wilbur Wright, the two American aeronauts of Dayton, Ohio, and Henry Farman, the English aeronaut, were today decorated with the Legion of Honor for their achievements in aviation. Hart O. Berg, the European business manager of the Wright brothers, and Albert O. Santos-Dumont, the Brazilian aeronaut, were promoted to be officers of the Legion of Honor.

#### FATAL AUTO ACCIDENT.

New Haven, Conn., July 26.—Going down a steep hill at rapid speed yesterday, a trolley car struck the automobile owned and driven by Charles C. Buckingham, who met instant death. Mr. Buckingham's wife and two nieces were injured.

Mr. Buckingham was a prominent piano manufacturer of New Haven. He was driving his car and was going down the hill, when he attempted to avoid a puddle in the road. The machine skidded toward the trolley car tracks, and before Mr. Buckingham could bring his car into the middle of the road again it was struck a blow by the trolley car, going in the same direction. The automobile was turned completely over, and Mr. Buckingham was dashed head-first on a stone wall bordering the street. His skull was crushed.

#### BUBONIC AND CHOLERA.

Amoy, July 26.—One hundred and thirty-five bubonic and thirty-five cholera deaths were reported to the Amoy officials during the two weeks ending last Saturday. In the northern interior districts bubonic plague is decreasing, but in the south the disease is on the increase. Kaohsiung, a village with a population of 800 persons, reports 58 deaths from the bubonic plague within one month.

#### BACK TO WORK.

Pittsburg, July 26.—A strike at the Standard Steel Car Company's plant at Butler was ended today, when more than 2,000 former employees returned to work at the company's terms. Seven of the leaders of the strike movement were discharged.

Officials of the company state that hereafter American workmen will be given the preference in all departments and particularly in the construction of cars.

#### KING ENDS VISIT.

Silsoe, England, July 26.—King Edward, having concluded his week-end visit to the United States ambassador and Mrs. Reid at West Park, this morning motored down the finely timbered avenue, lined with cheering school children on his return to London. The King was delighted with his visit, and expressed the keenest pleasure on bidding "good-bye" to Mr. and Mrs. Reid. It is hoped his majesty will revisit West Park during the shooting season.

#### SURPRISED HIM

Doctor's Test of Food.

A doctor in Kansas experimented with his boy in a test of food and gives the particulars. He says: "I naturally watch the effect of different foods on patients. My own little son, a lad of 4, had been ill with pneumonia and during his convalescence did not seem to care for any kind of food."

"I knew something of Grape-Nuts and its rather fascinating flavor and particularly of its nourishing and nerve-building powers, so I started the boy on Grape-Nuts and found from the first dish that he liked it."

"His mother gave it to him steadily and he began to improve at once. In less than a month he had gained about eight pounds and soon became so well and strong we had no further anxiety about him."

"An old patient of mine, 73 years old, came down with serious stomach trouble and before I was called had got so weak he could eat almost nothing, and was in a serious condition. He had tried almost every kind of food for the sick without avail."

"I immediately put him on Grape-Nuts with good, rich milk and just a little pinch of sugar. He exclaimed when I came next day, 'Why, doctor, I never ate anything so good or that made me feel so much stronger.'"

"I am pleased to say that he got well on Grape-Nuts, but he had to stick to it for two or three weeks, then he began to brood out a little with rice or an egg or two. He got entirely well in spite of his almost hopeless condition. He gained 22 pounds in two months, which at his age is remarkable."

"I could quote a list of cases where Grape-Nuts has worked wonders."

"There's a Reason." Read "The Road to Wellville," in packages.

Ever read the above letter. A new one appears from time to time. They are genuine, true, and full of human interest.

## THE MUNICIPALITIES IN CONVENTION

The Canadian Union in Annual Gathering at Calgary.

### REPORT OF SECRETARY

Shows Much Good Has Been Accomplished and Talk of the Future.

Calgary, July 26.—The Union of Municipalities convention opened here today with a large attendance, prominent among them being Mayor Stevely and Ald. Dan Ferguson, of London, Ont. Following was the annual report of Secretary Lightball:

The past year has seen events of great importance in the Canadian municipal sphere. The completion of government ownership of telephones in the western provinces marks a step of untold benefit to rural as well as urban communities. The outcome of the original movement of the union for the removal of the evils of telephone monopoly. Another movement which our efforts have largely brought about, that for necessary government control of public utilities, has made marked advance in the passage of acts creating public utility boards in the provinces of Quebec and Nova Scotia, which we hope will soon be imitated by all the other provinces. Ontario of course already has its railway and municipal boards. We trust we are also about to lay the foundations of uniform municipal accounting in the Dominion, through the labors of our special committee, whose report constitutes one of the chief items on the programme of this convention. I trust also that my proposal for international municipal congresses and bureaus, when explained, will be adopted as a further work of the union. In legislation, honors have been somewhat easy this year, but a good deal of injurious charter grabbing has been prevented. The Ontario and Michigan Power Company bill, a charter aiming at granting to an American power trust the principal water-powers in one of the richest and largest portions of Ontario—an empire in itself—was steadily opposed by the friends of the people, and the political jobbers who had it in charge were compelled to see it reduced to comparatively small proportions. Had municipalities been directly affected, we could without a doubt have fully annihilated this scheme of all its bad features. A number of minor bills were kept within proper limits. That of the Montreal Terminal Railway, seeking to establish two elevated lines across Montreal and adjoining municipalities, was a subject of considerable fighting, but with the aid of the Montreal M. P.'s and others it was rendered innocuous in the end. The Montreal Bridge and Terminal Company bill for making tunnels across Montreal, was also kept in proper limits. The Quebec Provincial Legislature was the scene of very active battling, resulting in a number of electric lighting and power companies being granted entry into Greater Montreal, ostensibly to break the monopoly of the Light, Heat and Power Company. All are, however, to be made subject to a public utilities commission, the act for which was passed. This concentration upon Montreal, our largest city, is a forecast of what the others must inevitably all expect. Several British Columbia charters also had to receive attention.

#### As to the Future.

We are met today in the Great West, upon the making of which the union of municipal men have had little influence and hope to have more. In the original convention of this union, in 1891, the western, small villages sent by the then mayor of Winnipeg. The west was the first part of Canada to form a provincial union. The west was the first to establish a government telephone system. All the questions of municipal organization which have been discussed in our conventions or through The Journal, have been readily taken up in the west, and the results put into operation where practical. "West" and "best" are therefore, both rhyme and reason. Here with the future before us so rapidly forming, it is a rapidly led to consider the municipal future of all Canada. The municipal movement has come to stay and to grow. It is a fat and crowing infant. Our cities and towns will never be less nor smaller, but will go on for many years increasing rapidly in number and size. Small places will spring up in great numbers, small villages will become towns, and all the problems of crowding and of urban life, will go on increasing. As a consequence, the present municipal movements for union and improvement have not only come to stay, but are required to fill a larger and yet far larger want. This union, and its branches will be ever increasingly powerful and beneficent. If it should die in its present form it will resurrect in some other. A magnificent share in the making of Canada is ours in wise guidance of these vast currents of growth and extension. The problems of the English and American cities will hereafter be more and more to meet and solve, with the aid of the knowledge derived from the motherland and the United States. Stagnant and bad ones—have already appeared in Montreal and Toronto, perhaps in Winnipeg. Nor are the cities alone in this respect. The predatory forces of society will also increase with the richness of the plunder hoped for, and therefore perhaps the most serious struggle for freedom of the citizen are those of the near future. Experience shows that those predatory forces are very much alive, notwithstanding our successes of the past few years. The Ontario and Michigan Power Company scheme is part of an immense water trust campaign which was recently described in McClure's, the Century and other magazines, and has come to the attention of the United States Government. It is seizing with the utmost rapidity all the important water powers of this continent with the money of three or four groups of capitalists, one of which is that of the

## Laid Behind the Counter Until Relief Came.

TERRIBLE SUFFERING OF AN OWEN SOUND CONTRACTOR AND BUILDER.

Mr. Wm. KRASTH, Owen Sound, Ont., writes: "Having read some of the testimonials of cures effected by Dr. Fowler's Extract of Wild Strawberry, I thought it advisable to say a word of praise for its merits."

"Some years ago I was much troubled with stomach trouble and cramps. I used to roll on the floor in agony, and on one occasion I went into a faint after suffering intensely for four hours. A short time after this, in driving to town, I was attacked again and had to lie down in my rig, seeking relief."

"When I reached the drug store I asked the druggist for a quick remedy and laid behind the counter until relief came. The remedy I received from the druggist was Dr. Fowler's Extract of Wild Strawberry. Whenever, after that time, I felt cramps coming on, I found speedy relief in the above mentioned remedy, and I am now cured of this dreadful malady. The bottle is small, but its contents effect a marvelous cure. I can recommend it highly for the cure of cramps."

Dr. Fowler's Extract of Wild Strawberry has been on the market for 55 years. It is not a new and untried remedy. Ask for it and insist on getting what you ask for. Refuse substitutes. Beware of dangerous. Price 35 cts. Manufactured only by The T. Milburn Co., Limited, Toronto, Ont.

General Electric Company. We would utter this vital warning to the west. Never sell or cede a water power. Always lease them. Do not sell nor cede your resources, apart from farm lands. Retain the people's ownership in the heritage of the people. On the other hand, in the future we may expect a larger and larger number of persons among the public who will have become educated upon municipal subjects. They will help us to go on and maintain the advantage we have won in preserving our liberties. I hope they will so strengthen our union that our Canadian municipalities will never fall back into the serious position of many American cities, where monopoly and graft are so entrenched and systematized that their workers are astonished to learn of our freedom from at least certain fundamental evils, such as the party system with all its entails.

While we are glad to see municipal and government ownership of certain things in suitable places, it seems to be necessary to constantly keep before interested people, that we are bigots about public ownership and want it at all places and times and for all sorts of matters; that we are enemies of private enterprise, of lighting and power companies and street railway companies and of all capital. This is not the case. On the contrary, we are the friends of capital and solid enterprise. Municipal men in general are responsible and conservative. They wish private capital to have a liberal chance. They only desire a fair deal for the public, and all sound and sensible capitalists should recognize this and help them to oppose the enemy—the reckless charter pirate and the occasional dishonest company which abuses the public, defies the people, grasps their property, corruptly or illegally, and is consequently a most dangerous enemy. In most cases there are fair bargains, good relations and mutual respect between municipalities and corporations. This union has always carefully drawn the distinction.

The establishment of the provincial unions has been a most satisfactory series of events in our history. The founders of these bodies—all men of signal public spirit—Fleming of Manitoba, Stevens of British Columbia, Sears of New Brunswick, MacNeil of Nova Scotia, McArthur of Saskatchewan, and Emery of Ontario, these energetic and far-seeing men their provinces will surely honor as leaders and builders. Other like men of the older provinces have rendered the noblest service, among whom may be named that most upright and devoted of all, Joshua Dyke of Fort William, who has sacrificed his health and strength for the people; Cook of Ottawa, Lavallee and Gellinas of Montreal, and our own George Wilson here—men tried like gold in the fire, and the peers of many of the purest souls in the world. And I cannot forget one to whom, as my personal friend, I looked first for aid in founding the union, and who gave it like a prince, the genial Oliver Howland, whose heart was deeply in our work until a disease incurred in public service destroyed him. Let us honor his memory and be proud of them. And let us all remember that our greatest honor is to serve, and our greatest delight is to see the people happier. One of the best outcomes of all our work has been the Canadian Municipal Journal, which has not only been a valuable support and spokesman but is now universally recognized as the only comprehensive record and history of Canadian municipal matters. Its originator was George Wilson. We ought all to stand by it loyally and give it our hearty aid.

Our finances during the past year have been a little better than usual. I trust our future will be not only as bright as the present, but go on improving without limit.

W. D. LIGHTHALL,  
Hon. Sec. U. C. M.  
President's Address.

Controller J. J. Ward, of Toronto, as president of the union, made an appeal for the promotion of the principle of public ownership at the commencement of the growth of big municipalities in the west.

The president dealt at some length with the work of the grade of the Grand Trunk Pacific from the McLeod River to Tete Jaune Cache, 180 miles. This will place the finished grade 50 miles west of Yellowhead Pass. About the middle of August a contract will be let for 140 miles from Kitsilas Canon to Aldermere in the Buckley Valley. This will leave only 350 miles of a gap in British Columbia to be closed.

Another contract has been awarded to Messrs. Foley, Welch & Stewart for the building of the grade of the Grand Trunk Pacific from the McLeod River to Tete Jaune Cache, 180 miles. This will place the finished grade 50 miles west of Yellowhead Pass. About the middle of August a contract will be let for 140 miles from Kitsilas Canon to Aldermere in the Buckley Valley. This will leave only 350 miles of a gap in British Columbia to be closed.

Mrs. Winslow's Soothing Syrup has been used for over THIRTY YEARS by MILLIONS OF MOTHERS for their CHILDREN WHILE TEething, with PERFECT SUCCESS. IT SOOTHES THE GUMS, ALLAYS ALL PAIN, CURES WIND COLIC and is the best remedy for diarrhoea. Sold by druggists in every part of the world.

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# ..YOUNG'S..

## Semi-Annual Rummage

### Starts Wednesday Morning at 9 o'Clock

The last days of July will witness a memorable clearance of summer drygoods, the more appreciated by our customers because of the fact that there's still a couple of months of warm weather ahead. Many lines of goods advertised below could be sold through August at regular prices, but we prefer offering them now at decided reductions, right at a time when your summer wardrobe will doubtless need replenishing. Everything quoted below will be on sale here tomorrow (Wednesday) morning, promptly at 9.

Corset Embroidery, regular 25c quality. Rummage sale price 12 1/2c Yd.

## Short Summer Corsets



All steel filled and covered with fine white batiste. Fresh new lines from best Canadian manufacturers. Regular prices 50c and some 75c. Rummage Sale price, per pair ..... 19c

Sizes 18, 21, 22, 23, 24, 25.  
AT THE SAME PRICE—19c PAIR.  
Twenty-five pairs Black Coutil Corsets; sizes 21 and 22 only, regular 50c and 75c qualities.

## Long Lisle and Silk Gloves, Plain and Lace, 29c a Pair

Perrin's fine Lisle and Silk Gloves (elbow lengths). Colors—Black, white and tan; lises worth 50c to 75c; silk, 75c pair. All sizes. Rummage Sale price, per pair ..... 29c

### White Wash Belts

Slightly soiled, regular 25c. Rummage Sale price, each ..... 5c

### Wash Collars

Five dozen, regular 25c values (soiled). Rummage Sale price, each 5c

### Stock Collars, New

Stylish Neckwear, all white and light shades. Regular 25c to 50c each. Rummage Sale price, each ..... 19c

### All-Silk Neck Ribbons

Four inches wide, all shades. Regular 15c quality. Rummage Sale price, yard ..... 7c

### Double-Band Linen Collars

New Pique Cord (white). Regular 25c quality. Rummage Sale price, each ..... 10c

### Huck Towels

Ten dozen, hemmed with red borders, size 17x35, special 12 1/2c value. Rummage Sale price, each ..... 10c

### All-Linen Tabling

Full bleached, pure linen, 64-inch. Rummage Sale price, yard ..... 50c

### Hemmed Table Napkins

Twenty dozen assorted patterns, special value. Rummage Sale price, dozen ..... 75c

### Special White Waists, 98c

Fine imported Mull Waists, all-over embroidered and tucked fronts, tucked sleeves, collar and sleeves trimmed with fine Val. lace.

### White Cambric Petticoats

Lace and Embroidery trimmed. Rummage Sale price ..... 89c

### White Cambric Petticoats

White Lawn, flounces trimmed with lace and fine tucks. Regular 50c and 75c quality. Rummage Sale price ..... 29c

### Misses' Gowns

Will fit small women or misses, trimmed with self frills. Regular 50c. Rummage Sale price ..... 19c

### Silkosheen

Fast color Embroidery Cottons, black, white and all shades, regular 5c ball. Rummage Sale price, 2 for ..... 5c

# R.J. YOUNG & CO

### MADE INSPECTOR.

Kingston, July 26.—C. S. McGillivray, for many years in the canning business at Picton, has been appointed Inspector of fruit and vegetable canning factories, under the meat and canned goods act. He succeeds the late F. E. N. Boulter.

### A New Game Preserve.

Buffalo Park, at Walnwright, Alta., with its 100 square miles of woods and lake and open grazing ground, is expected to become a great breeding ground for all animal life common to that country. Already twelve deer have been counted in the park inclosure and ducks and prairie chickens are plentiful. No person will be allowed within the park inclosure carrying firearms. The 550 buffalo from Montana which have been placed in the park seem quite contented in their new home, are feeding and waxing fat.

### Mrs. Winslow's Soothing Syrup

has been used for over THIRTY YEARS by MILLIONS OF MOTHERS for their CHILDREN WHILE TEething, with PERFECT SUCCESS. IT SOOTHES THE GUMS, ALLAYS ALL PAIN, CURES WIND COLIC and is the best remedy for diarrhoea. Sold by druggists in every part of the world.

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### M'KELVIE IS ALMOST A MILLIONAIRE

He is Superintendent of the Presbyterian Sunday School.

### ONE DAY FREE.

Toronto, July 26.—William Curtis left the jail July 10, after serving a term for theft, and was arrested the same day for assaulting the police, for which offense he today was sent to the Central Prison for one year.

### MUCK-RAKER SUEED.

Montreal, July 26.—T. W. Villeneuve, the treasurer of the citizens' committee, which was instrumental in raising funds for the payment of legal representation before Judge Cannon's adjourned investigation into Montreal's civic affairs, and who has taken a prominent part in the direction of the public side of the case, has been sued for \$13,500 damages by the Montreal Construction and Paving Company, of which E. Belanger and R. Brunet are the principal members, for statements made respecting the company's dealings with the city, which are alleged to be damaging.

### WANTS HIS MONEY BACK.

Montreal, July 26.—Nasaire Belzile, a member of the city fire department, is suing another fireman, Joseph Godbout, for \$225, which he alleges to have paid for his position on the brigade.

### CHARGED WITH FORGERY.

Toronto, July 26.—J. H. P. Reid, of Acton, was arrested here today by Detectives Wallace and Newton, on charges of forgery, alleged to have been committed at Acton. Reid was arrested at Georgetown one day last week, but escaped from the officer in charge of him. He goes back to Acton tonight.

### A Billions Man Can't

enjoy himself or his business. What then? Take

### Abbey's Effervescent Salt

SOLD EVERYWHERE.

### Kellogg's—The Result of Years of Research

After years of scientific research for the purpose of discovering a delicious Cereal which in itself must be a remedy, Kellogg's chemists discovered a process of retaining "The Sweetheart of the Corn"—all the nutritive elements.

### That's why Kellogg's

Toasted Corn Flakes is a body-builder—a brain refresher—a delightful, appetizing dish, with milk or cream. Be sure it's

### 10c. Kellogg's

Phr. All Grocers

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