

SUFFERED YEARS WITH ECZEMA

"Fruit-a-lives" Cleared Her Skin

POINDEXE ST. PIKARE, P.O. "I suffered for three years with terrible Eczema. I consulted several doctors and they did not do me any good. Then, I used one box of "Sootha-Salva" and two boxes of "Fruit-a-lives" and my hands are now clear. The pain is gone and there has been no return. I think it is marvellous because no other medicine did me any good until I used "Sootha-Salva" and "Fruit-a-lives", the wonderful medicine made from fruit.

APPLE JELLY WITH VARIATIONS

Apple jelly is the easiest to make and one of the best to eat. Various apples have their individual flavors; that of red and white crab apples is perhaps the most delicately acid and suitable to serve with meats. From the point of view of food values, all fruit jellies are fairly rich in fuel value, being made so largely as sugar and containing pectin, which counts as a carbohydrate because it is changed by ripening or cooking from an insoluble acid compound in the green fruit to a soluble, digestible substance like the carbohydrates, and serving the same purpose in nutrition. Jellies made from fruits are therefore useful to supply heat and energy, but do not furnish protein to build tissue. The fruit juice contains acids helpful in digestion.

To make apple jelly, wash apples, cut off stems and blossom ends, and cut in halves or quarters. Just cover with water and cook slowly in a covered granite dish until soft; mash, and drain over night through a jelly bag without squeezing. Measure the juice, heat an equal quantity of sugar, boil the juice twenty minutes, add the hot sugar, boil five minutes, skim, and pour into clean glasses. Let stand twenty-four hours in a sunny window, cover with melted paraffin wax and store in a cool dry place. Any fruit juice such as would not jelly by itself, strawberry, raspberry or cherry, may be used to flavor apple jelly. Mint jelly is made by boiling half a dozen sprays of fresh mint in the juice and straining them out when the jelly is poured off. It may be colored green with a small quantity of fruit green, bought from a druggist. A spray of rose geranium may be used instead of mint, to give an unusual flavor. Spiced apple jelly may be made by boiling spices in the juice as desired.

WHEN WILL MORE OF OUR PEOPLE WAKE UP TO CANADA'S BEAUTIES?

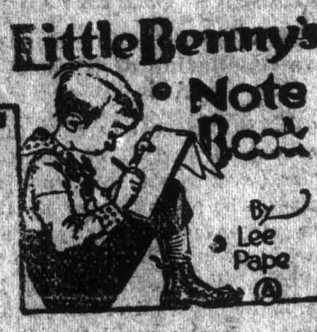
"No, I've never been to the coast. You know, we always go to the Old Country when we have a long holiday."

How many Canadians do we hear say this. Perhaps some of our society folk who imitate New York's latest whim are due for an awakening, for word comes from Gotham that the Canadian Northwest is becoming very popular with New Yorkers. Mr. and Mrs. Cornelius Vanderbilt, Jr., spent a delightful summer on Arbutus Island, at Alberni, British Columbia. They occupied a dear little house far from the madding crowd, the jingling telephone and the whizzing wires and yet were just as comfortable as they would have been at Newport.

Westerners will tell you that this is the very house that the young pair almost built with their own hands during their honeymoon summer out there two years ago. Although so far removed, Mr. and Mrs. Vanderbilt had their own pump house on the island, and a safe, sea-worthy little motorboat that carried them all over the many miles of waterway, with a motor car at one point, always waiting to take them to the mainland. They used kerosene lamps, and the little cottage was bright with chintz and cottage furniture. There was plenty of fishing near by, and bears were as frequent as squirrels in Central Park.

Really Reliable Asthma Remedy. All sufferers from chronic Asthma should try Dr. J. D. Kellogg's Asthma Remedy, no matter how many others have failed to give relief. It is a common thing for Dr. J. D. Kellogg's to succeed where others fail, as is testified by many thousands who have found this out for themselves. Why continue to endure days and nights of unspeakable agony when a remedy of such high standing has not yet been tested?

Virginia Page Says



I was mad at my sister Gladis on account of her having told pop to look how dirty my hands were while we were eating supper, and pop sent me up to wash them and when I came down again the mashed potatoes were all gone, spoiling my hole supper on account of me only had 2 helpings before I was sent up, and after supper Gladis went to the movies with Mr. Perkins and I went up in her room to look for revenge, thinking, G, I know, I'll take the stopper out of this bottle of perfume and hide it and the smell will all leak out of the bottle and Gladis won't be able to find the stopper.

And I started to pull the stopper out, only the more I pulled the more it stayed in. Being a glass stopper with a sharp top and sharp edges making it hard to pull, and my fingers started to hurt like anything, me thinking, Heck, this is a heck of a stopper, heck. And I tried to get it out for about an hour, and just when I was going to give it up in disgust, what did it do but come out just as easy as it could of did that in the first place. And I left the bottle there and hid the stopper in my room, and I was in bed when Gladis started to come up to see me, and I heard her and quick snuck over in my pajamers and listened behind her door to hear what she would say when she smelt the small leak-out of her perfume and didn't see the stopper.

Which pritty soon I heard her say, Did anybody spill any perfume around here? Well for Peets sake, that awful stopper is out at last. Where in the world is it? O well I dont care, I hope and pray I'll never see it again, I've bin trying to get it out every day for 3 months.

Me thinking, Aw gosh, wat the dooce, good nite, after me getting my fingers all sore. And this morning I smeared glue all over the bottom of the stopper and put it back in the bottle again.

He used them for His Rheumatism

WHY E. C. MAN RECOMMENDS DODD'S KIDNEY PILLS

Kitchener, B.C., Oct. 24th (Special) "I feel a lot better since I started using Dodd's Kidney Pills for my rheumatism. They have done me a lot of good and I am satisfied I can recommend Dodd's Kidney Pills to anybody as very beneficial."

N. P. Molander, who makes the above statement, is a well-known and respected resident of this place. That statement and hundreds of others along the same lines are the foundation of the reputation Dodd's Kidney Pills have made.

WOMEN'S VOICES DRIVING MEN MAD?

Much has been written about the nasal twang of the Yankee voice, and there are those who say they can find many duplicates here. But it is interesting to note that a certain feminine voice expert declared to a Philadelphia audience the other day that there are actually men in asylums today because of their wives' high-pitched voices!

A Philadelphia editor supports her theory on general principles because, as this authority pointed out, such victims of matrimony are "by nature nervous. They married nervous women, and being forced to listen continually to the high and piercing voices, so often characteristic of nervous women, their own nervousness soon took a serious turn."

He declares that the babel produced by a lot of women gathered for friendly converse, with each one constantly raising her voice to fresh heights of shrillness and stridency in order to make herself heard above her fellows, gives a very vivid impression of hades broken loose. If this becomes an every-day experience it is easy to see how the reason of an unfortunate husband might soon begin to totter on its throne. If the wife's piercing tones are reinforced by those of a growing family of daughters, the hospital for the insane soon becomes a welcome refuge for the nerve-shattered victim.

Every Woman's Realm

HOT CAKES TO SERVE ON COLD MORNINGS

On nippy mornings a heavier breakfast than the one of fruit and toast and coffee has a decided appeal. Corn meal can be used for pancakes, muffins, breads and the always popular meal. Breakfast dishes of corn meal are nourishing and appetizing and easy to prepare.

There are white and yellow meals and meals of coarse and fine milling. In certain sections of the country the corn is parched before grinding. This meal makes the most delicious fried mush, but is not so good in muffins. A very coarse meal should be mixed with white flour when making pancakes, breads, or muffins. The baked dish made of all corn meal would be too crumbly to eat comfortably.

CORN MUFFINS One-fourth cup butter, 2 tablespoons sugar, 1 egg, 1 cup milk, 1 1/2 cups flour, 3/4 cup corn meal, 4 teaspoons baking powder, 1/2 teaspoon salt. Cream butter and sugar. Add egg well beaten and mix thoroughly. Mix and sift dry ingredients and add to corn meal. Add dry mixture to first mixture alternately with milk. Bake in buttered gem pans for twenty-five minutes in a hot oven.

CORN MEAL PANCAKES One and one-half cups flour, 1 cup corn meal, 5 teaspoons baking powder, 1 teaspoon salt, 3 tablespoons sugar, 2 cups boiling water, 3/4 cup milk, 1 egg, 3 tablespoons melted butter. Add meal to boiling water and boil, stirring constantly, for five minutes. Remove from fire and add milk. Stir till smooth and add dry ingredients

CORN MEAL MUSH Two cups corn meal, cold water, 6 cups boiling water, 2 teaspoons salt. Put corn meal in a large kettle and add just enough cold water to make a smooth paste. Add boiling water, stirring constantly. Cook, stirring to prevent burning, for half an hour. Then cook for an hour and a half in slices. Pack in a well buttered brick pan or pound baking. Remove from pan and cut in thin slices. Fry in frying pan in hot fat or dripping. If crisp and dry mush is preferred, fry slowly. Serve with maple syrup.

Ontario's I. O. D. E. in Session Pay Tribute to Lady Beck

CHATHAM, Ont., Oct. 24.—At the opening sessions of the Provincial Chapter meetings, attended by several hundred women, I.O.D.E. officers from all over Ontario, Mrs. Harry Burkholder paid a tribute to the wonderful work of Lady Beck, and by standing vote a message of deepest sympathy was sent to Sir Adam and Miss Marion Beck.

Splendid reports of increasing interest and growth of I.O.D.E. chapters and their varied service throughout the province were given. Twelve new chapters have been formed since last spring, and it was pointed out that whereas at the outbreak of war the whole order throughout Canada numbered 225 chapters, Ontario alone now has 287. Recent bereavement prevented Chatham's Municipal Regent, Mrs. R. V. Bray, from being present, and Mrs. H. A. Andrews read the address of welcome. Miss E. L. Mowat, of Kingston, in responding, dwelt on Chatham's historical interest. At the luncheon tendered the delegates at noon by the Chatham City Council the Mayor voiced Chatham's appreciation of the varied work of the I.O.D.E. in the Maple Leaf City. One instance of the unique service of Chatham's I.O.D.E. were the Kent County War Records on view in Christ Church School House, where the meetings were held. Five great volumes of crimson and gold contained a photograph and biography of every man in Kent County, who served at the front. One special book contained the records of the fallen. These precious books are now kept in Chatham's Armouries, and few finer memorials could have been planned in Canada if all countries had done likewise.

DON'T LIE TO CHILDREN

London, Oct. 22.—By a unanimous vote Mrs. Will Pugsley, of Toronto, was elected as president of the Ontario Women's Christian Temperance Union at the annual meeting here, succeeding Mrs. Hattie A. Stevens, of Toronto, who has held the office for nine years. Mrs. W. T. G. Brown, of Ottawa, was chosen as vice-president.

The next annual meeting will probably be held in Toronto. A resolution endorsing the stand of the physicians in asking that liquor prescriptions be limited to six-ounce ounces instead of the forty now allowed, was carried. An important change in the constitution was made whereby local and county officers are to be limited wherever it is deemed practicable to three years, and provincial officers to five-year terms. "Don't tell your little children lies. No one understands so quickly that mother is telling something untrue as a little child and no one does it so much effect. Mothers must obtain their hold on their children when they are little, if they are to teach them obedience." Soften the hearts of your children by telling them the truth.

Miller's Worm Powders are the medicine for children who are found suffering from the ravages of worms. They immediately alter the stomach conditions under which the worms subsist and drive them from the system, and, at the same time, they are tonical in their effect upon the digestive organs, restoring them to healthful operation and ensuring immunity from further disorders from such a cause. Catching of sea trout in Lake Huron, near Wabaton, is becoming quite common.

Suburban and County News

What Shall I Do?

Ques.—Dear Miss Page: Can you advise me how I can become acquainted with some worthy woman who desires a good home on the farm? My object is matrimony if suited.—A. B. C.

Ans.—When I receive such letters as yours (and I have had several such) I'm always sorry I can't help more. I realize that farm work is confusing and your time for getting out and becoming acquainted is limited. How about attending church socials or joining some lodge which has social features? Many of the granges and the fraternal insurance orders meet once in two weeks for a social time. Inquire of some member in a town near you and find out about them. Get out among people as much as possible, and you'll succeed in time in meeting just the person you'll care for. Success in your search!

NO PLACE LIKE HOME

Ques.—Dear Miss Page: I am only a young girl of 15. I am not crazy about boys, but there is a boy that I do like and that I have gone with for nearly two years. He is 17. He acts older than he is and is very nice in his ways. He is a jazz player. He says he likes me best of any girl. But I do not know whether to believe him. He comes over to my house nearly every night. He plays the piano, and talks with my mother, sisters and brothers. We sometimes play cards. But he never takes me out, and I am getting tired of it. Now when he calls up I tell him I'm going out with my sister. I'm always telling him some lies, and I hate to see powder can and let stand over night. I remove from pan and cut in thin slices. Fry in frying pan in hot fat or dripping. If crisp and dry mush is preferred, fry slowly. Serve with maple syrup.

ANSWERED LETTERS

"Undecided"—You are both mature and have known each other long enough to decide whether you are congenial and care enough for each other to risk marriage. If you are sensible in your home adjustments you will be happy, and respect and kindness will certainly bring real love. "Married"—In embroidering initials on pieces for a hope chest. It is proper to use your own initials as they are now. Sometimes the initials of the bride's maiden name and the groom's last name are used; a dash may be used between them. "Bobbed Hair"—Bobbed hair is sanitary, convenient and often becoming. I think it is entirely sensible. But prejudices, if you have, and you know, dear, we often have to adapt ourselves to them even when they seem unreasonable.

Another of the big markets which have been so frequent here for the past few months greeted buyers today on the market square. Prices were inclined to be easier. The offerings were plentiful. Eggs sold at 55 cents; butter moved downward, the highest today being fifty cents. Chickens were so numerous that decline was registered, a good sized pair being bought for \$1.40 to \$1.50. Chickens by the pound were worth 32 to 25 cents. Potatoes were held at \$2.25 to \$2.50 per bag, although the wholesale prices are far beneath these figures. Small produce was moderate in price: cauliflower, 10 to 15 cents; onions, 60c to \$1 per peck; parsnips, carrots, beets, 40 cents a peck; turnips, 30 cents; squash, 10 to 25 cents each; celery, 10, 15, 20 cents a head; cabbage, 5 to 15 cents per head; strawberry tomatoes, 5 cents a quart; melons, 10 to 25 cents. Meats are no firmer, a particularly lame spot being in hogs. Beef hides sell for 12 cents; lamb, 20 cents; pork, \$13.50. Grains show the same weakness as of last week. Hides are still selling at 3 to 4 cents per pound. No loose hay was offered. Baled hay is held at \$50 in carlots. First mate and wheelman of the wooden steamer Wm. H. Wolf perished when the boat burned at Sombra, Ont.

Imlah & Armstrong Managers BELLEVILLE BURIAL CO. Undertakers 14 Campbell St. Next to Y.M.C.A. M. F. Armstrong. PHONE DAY OR NIGHT 774 New Motor Equipment - Private Funeral Parlors in Connection. Our Motto: "BETTER WORK AND BETTER SERVICE"

October Clearance Sale October is the month of opportunities in the store. Big, startling, momentous opportunities. Prices were fair and reasonable even at the beginning of the season, but now new little prices have taken their place. Every department is a storehouse of treasures presented at unbelievably low cost. The October Sale comes but once a year. The unparalleled opportunity to benefit by it is here now. — THE BEEHIVE — CHAS. N. SULMAN.

IF YOU WANT TO SAVE MONEY here's your chance. We are offering at a very special price, one only RUSSIAN PONY COAT trimmed with strictly No. 1 Australian Opossum deep shawl collar and 7 inch cuff; made up in the box black style, lined with silk poplin, for \$125.00 You will have to travel a long way to find the equal of this coat at the price. DELANEY Belleville's Only Exclusive Furrier Phone 797 17 Campbell St. Opp Y. M. C. A.

Cream Of The West THE FLOUR with the GUARANTEE printed on every bag. FINDLAY & PHILBIN Phone 812 329 Front St.

TODAY'S MARKET EASIER IN TONE OFFERINGS HUGE

Another Huge Attendance is Result this (Saturday) Morning in the Square CHICKENS IN PLENTY How Prices Averaged Over the Whole Line of Produce—Butter is Cheaper

Women Golfers Best Men All Eliminated

Belleville women golfers have showed decided superiority in the main handicap event, the Graham Cup, as the finals are neared and only women are left in the event. Mrs. F. B. Smith and Mrs. Frith will play some day next week for the trophy.

ALLOWED TO KILL GAME. Government Allows Indians who are Starving to Shoot Game.

As a direct outcome of the activities of the League of Indians in Canada, it is reported by Chief F. O. Lort, president of the organization, that the Manitoba Government has been induced to allow the Indians in that province to shoot game for food during the coming winter. Indians in the West, it is stated, are in a very bad way in many cases, owing to crop failures, but the matter did not come to a head until some of them were arrested and had their guns confiscated, when they went out for protected game. Now their guns are to be returned to them. The same concession has been secured in British Columbia. Chief Lort reports that the situation in Ontario is fairly satisfactory, from the standpoint of the Indians, as they, like the northern settlers, are permitted to kill game for food.

Requisite on the Farm.—Every farmer and stock-raiser should keep a supply of Dr. Thomas' Electric Oil on hand, not only as a ready refuge for ills in the family, but because it is a horse and cattle medicine of great potency. As a substitute for sweet oil for horses and cattle affected by colic it far surpasses anything that can be administered.

"STAB REO CARL GO TO EXILE British Riv ube Flot A LAST Not Havin Legal Ki BUDAPEST Zita are on mnia, on the "Worm", and it will likely be With them probably the burger may mounting the In making gic dash for trying all again settin Holy St. Stop has also had dethroned all aspirants. In archduch of Carl is sp ness and ch folly." The former Empr asco there circles that might have the member of 4 mount the t were extreme archdukes re "Zita will abdicate and Hungary. And so it is passing down ish warship, Hungary. The Horths has decided teation, not the Haseburg do this throu dropping the In this m the pressure as from a fe more democ monarchy. The Hunga to comply wi to depose the has convoked day to pass Licenses But H The huntin tion among arrived here who has con for the depa was out of cording the until his ret Thursday. Dear-huntin various pa the north an German PARIS, No certain that Council will the coming vtion of repar default by G of the second Joffre C Canada PARIS, No the foreign of Joffre expote in Canada of world. He s November 11 Washington. STRATFOR this morning ment that he for services- sion, W. A. had been pde dent.