

OWES HER LIFE TO "FRUIT-A-TIVES"

After Years of Suffering with Dyspepsia, this Fruit Medicine Gave Relief



Mlle ANTOINETTE BOUCHER

917 Dorion St., Montreal.

"I am writing to tell you that I owe my life to 'Fruit-a-tives' for this remedy relieved me when I had abandoned all hope of ever recovering my health. I suffered terribly with Dyspepsia. I had it for years and all the medicines I took did not do me any good. I read something about 'Fruit-a-tives' being good for all Stomach Troubles and Disorders of Digestion so I tried them. After finishing a few boxes, I was entirely relieved of the Dyspepsia and my general health was restored. I thank the great fruit medicine, 'Fruit-a-tives', for this wonderful relief."

Mlle ANTOINETTE BOUCHER.

50c. a box, 6 for \$2.50, trial size 25c. At all dealers or sent postpaid by Fruit-a-tives Limited, Ottawa, Ont.

THE GOD HELPS THOSE

I often think of the old story about Thor the God of Thunder. The tale is told that a farmer was driving his horse and cart over the mud roads of two thousand years ago and his vehicle became mired. On his knees in the slime he called on Thor to aid him in his dilemma, and out of the skies came the voice of the thunderer, "Put your shoulder to the wheel. Thor helps those who help themselves."

I do not know that I have seen a better illustration of this than the experience of Cincinnati, Ohio, during the strike of the fire brigade there. Eight days they were without the services of the firemen. In order to prevent, if possible, a conflagration the city authorities circularized every merchant, manufacturer and property owner, and advised them to take the utmost care to avoid the outbreak of fire as there was no facility for extinguishing it. In 1918, in the corresponding week, there was a loss of \$200,000 and there was an average loss of \$2,000 per day in that city, and during the eight days strike the total loss in Cincinnati was less than \$500.

If the people of this continent would only wake to the possibilities of fire prevention, fire insurance would cost only a tithe of what it does to-day, and this continent would become immensely wealthy compared with present conditions.

"Did you try the simple plan of counting sheep for your insomnia?" "Yes, doctor; but I made a mess of it. I counted ten thousand sheep, but I'm on the train, and shipped 'em to market. And when I'd got through counting the money I got for them at present prices it was time to get home."



Two Splendid Things

One is plenty of open-air exercise.

If you can't get all of that you should, it's all the more important that you should have the other tried-and-true remedy for a torpid liver and bowels that don't act freely and naturally.

Take one pill every night; more only when you're sure it's necessary.



Carter's Little Liver Pills. Genuine bears Signature. Colorless faces often show the absence of iron in the blood. Carter's Iron Pills will help this condition.

THE LORD'S PRAYER VS. LICENSE

To the Editor of the Globe: The following is a copy of a leaflet printed during the Scott Act campaign. It is still timely:

Think of praying—Hallowed be Thy name—then voting to legalize the liquor traffic by tax or license, which causes God's name to be continually blasphemed.

Thy Kingdom come—then voting that Satan's kingdom (the saloon) may continue if they only pay the price which politicians have fixed upon.

Thy will be done—then voting that it shall not be done.

Give us this day our daily bread—then voting to tax or license that which takes away the bread from starving mothers and helpless children.

Lead us not into temptation—then voting that the allurements and temptations of the saloon may continue under some form of tax or license.

Deliver us from evil—and then voting that the State or nation may become a partner in drawing young men into the temptation if the saloon will agree to pay a high tax or license.

Someone has truthfully said: He who prays and means nothing. He who swears and means nothing. Are about the same.

If you pray for prohibition, vote prohibition.

Mrs. H. Hart, Woodstock, Ont.

RULES FOR CHILDREN

Begin the day by drinking a glass of water and drink at least six glasses during the day.

Do not go to school without eating breakfast.

Eat regularly three times a day.

Eat slowly and chew all food well.

Drink milk every day—four glasses are not too much.

Eat some breakfast cereal every day.

Eat some vegetable besides potato every day.

Eat bread and butter every day—dark, coarse breads are best.

Eat some fruit every day. Spend pennies for apples instead of candy.

Do not eat candy between meals.

Eat candy and other sweets only after a regular meal.

Do not drink tea or coffee; it does the body no good, but harms it.

Do not eat or touch any food without first washing the hands.

Do not eat fruit without first washing it.

Do not eat with spoon or fork that has been used by another person without first washing it.

Do not eat from the same dish with another person.

ENOUGH TO SHARE

A selfish man, still healthy and strong, announced his intention of giving up his work and living at his ease. "I have put up sufficient to care for me, the rest of my life," he said, "and I think that is enough." The clergyman to whom he made this statement, shook his head. "You are mistaken there," he said. "My friend, you should put by enough to care for somebody else."

Our resources are inadequate we have enough to share with other people. A great many of us lead such sheltered, care-free lives that it would be easy to look out for our own needs. But if we stop there, we fail. We should have good cheer to spare for the despondent. We should have strength for the weak and the tempted. To love beauty and order, to live at peace is sufficient unless we are teaching the secret of peace and beauty to someone else. Estimate your resources not by your own need, but by the needs of the brother whose hands and heart are empty.

LIFE'S SCARS

They often say the world is round, and yet

I often think its square;

So many little hurts we get

From corners here and there.

But one great truth in life I've found,

While journeying to the west;

The only folks who really wound

Are those we love the best.

The man you thoroughly despise

Can rouse your wrath, 'tis true;

Annoyance in your heart will rise

At things mere strangers do;

But those are only passing ills,

This rule all lives will prove:

The ranking wound which aches and thrills

Is dealt by hands we love.

The choicest garb, the sweetest grace,

Are oft to strangers shown;

The careless men, the frowning face

Are given to our own.

We flatter those we scarcely know;

We please the fleeting guest;

And deal full many a thoughtless blow

To those who love us best.

Life does not grow on every tree,

Nor true hearts yearly bloom,

Alas for those who only see

This cut across a tomb!

But, soon or late, the fact grows plain

To all through sorrow's test:

The only folks who give us pain

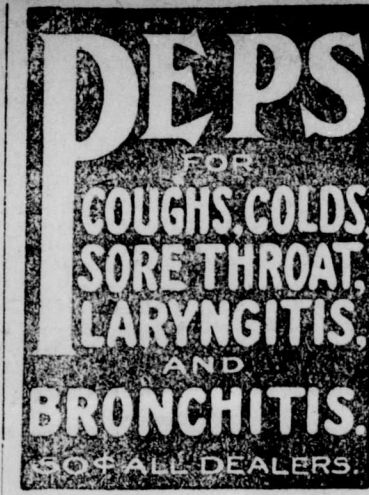
Are those we love the best.

Ella Wheeler Wilcox

"THEY SAY"

As much harm is caused by the two apparently simple words "they say" as by any two words in the English dictionary. Unfortunately there are still a few odd tabbies who like to repeat unwholesome tales about their neighbors, and in lieu of their authority to quote these tables as coming from any particular person, they always begin "they say such a thing is true. The next time you hear anyone begin a sentence with 'they say,' just stop him and ask him 'who says?' Ten to one he can't tell you. Of course. Of course this particular person may be innocent of any wrong doing, for probably the person who told him introduced his remarks with 'they say.' It is best not to repeat unpleasant tales at all, but never repeat such stories unless you have absolute foundation for their truth, and 'they say' is anything but such.

While we carefully guard whatever is womanly in our daughters, let them be trained to more of fibre and firmness. Educate them to self-denial if pecuniary circumstances demand it, and not to self-indulgence. Accustom them to be of service in the



household to regard economy as praiseworthy and even heroic, and to add to their other accomplishments a practical knowledge of work and the possession of some lucrative position or industry by which they can support themselves. Such girls, when portionless, will carry to their husbands dowries in themselves.

DIGNIFY YOUR JOB

A great many of us are very much afraid of having our dignity lowered; yet most of us make the mistake of believing that dignity comes from outward circumstances, whereas, it is, in reality, an attitude of mind. Many of us seek high sounding titles believing that they increase our dignity. They do have a long distance effect, but as soon as people come in personal contact with us, our dignity gets a fearful bump unless we have true dignity within us. Any work that is honorable is dignified, and it depends on the worker whether or not it is so. A delivery boy can put as much dignity into his job as a bank president. Don't think that any kind of labor is beneath you if it is honorable work, because just as sure as you feel this way, you will work down to your job instead of up and the job will certainly "pan out" accordingly.

To whatever occupation a young man or a young woman expects to devote life, whatever business or trade or profession be chosen, let him first be a man—let her first be a woman, broadminded and great hearted. But this requires educa-

GIRLS WANTED

Clean, airy, sunlit workrooms. Short hours—a 47-hour week, with Saturday half-holiday.

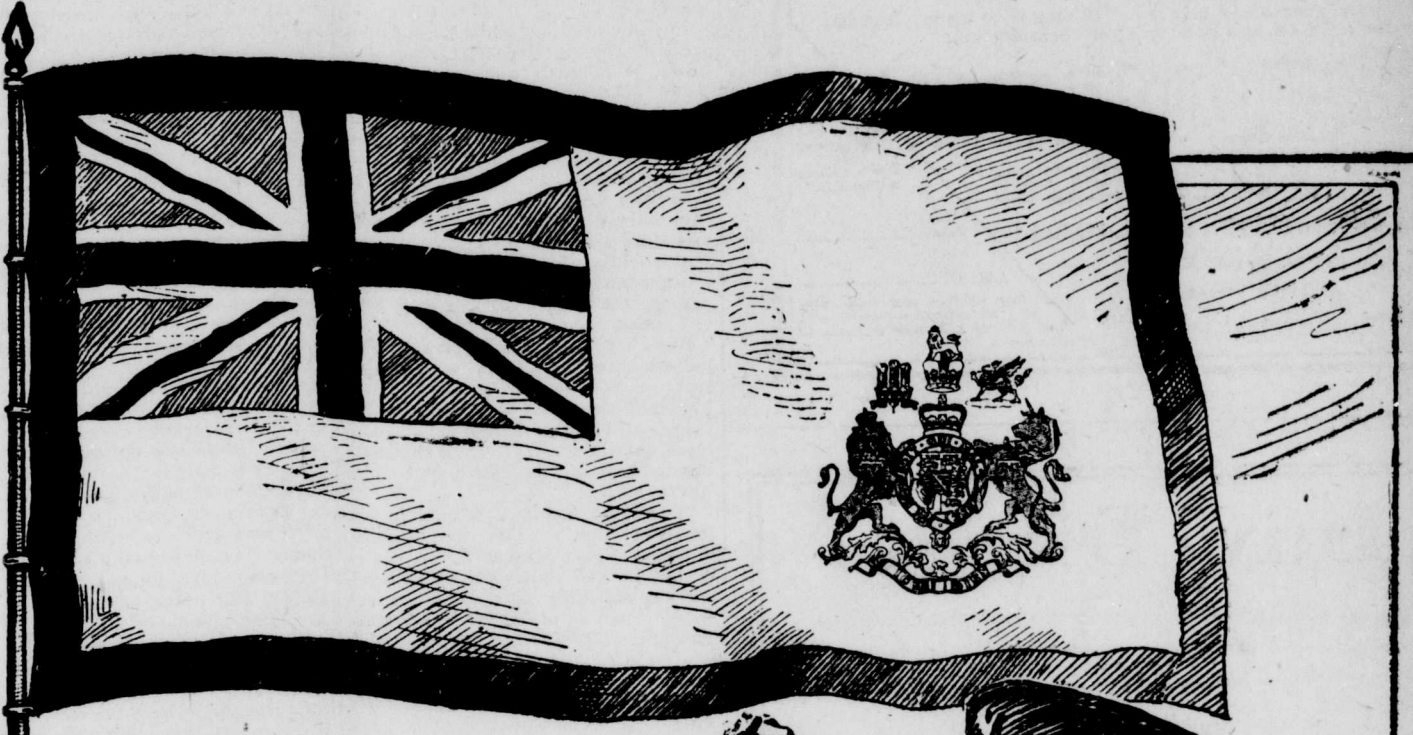
Valuable training in agreeable work for the inexperienced.

A good living wage to beginners which materially increases with experience and proficiency.

Write or call—

MERCURY MILLS LIMITED
Hamilton - Ontario

tion, and education requires effort—great and prolonged effort—for there is no "royal road to intellectual eminence," and effort requires decision. To all the opportunity comes, but each must decide for himself whether he will seize the opportunity or let it slip by.



"I Hope Every City and District Will Win My Flag"

When Edward, Prince of Wales—eager, bright eyed, smiling and sincere—arrived in Canada in August, and when he voiced his great admiration of the wonderful achievements of Canadians, on the fields of battle and at home, once again we were thrilled with joyous pride.

He asked concerning Canada's reconstruction programme, and when he was told of the Victory Loan 1919, he graciously consented to the use of his Coat of Arms on a flag, which is to be the prize of honour for districts achieving their quota in the loan.

In dedicating "The Prince's Flag" at Ottawa on Labor Day, His Royal Highness said in part:—

"It is a great joy to me to be associated with the loan, which is the bridge between war and peace, and which is finishing off the job."

"I hope every city and district will win my flag."

Striking, and beautiful in design, this flag will form not only an unique memento of Victory Year, but a lasting and outstanding souvenir of the visit of His Royal Highness—a visit which will remain as one of the most memorable events in Canada's history.

The reproduction above shows the design of the flag. The body is white, the edge red; in the upper left hand corner is the Union Jack, and in the lower right hand corner the Prince of Wales' Coat of Arms.

The flag is made in two sizes, 4 feet 6 inches by 9 feet for small cities, towns and villages, and 7 feet by 13 feet 6 inches for cities of over 10,000 population.

Canada has been divided into canvassing districts by the Victory Loan Organization. Each city forms one district. Other districts have been determined according to population.

Each of these canvassing districts has been allotted a certain amount in Victory Bonds to sell. To win the Prince's Flag, therefore, a district has to sell its allotment. That is the one and simple condition.

Anticipating that many districts will buy far beyond their allotment, the organization decided that for each twenty-five per cent. excess of the quota one Prince of Wales' Crest be awarded. Thus the workers in a district doubling its quota will be the proud winners of four small crests for their Honour Flag. These crests will be sewn to the flag. The Prince's Crest—

the three ostrich plumes—is shown at the top of the coat of arms.

To every organization with fifty or more employees, where seventy-five per cent. of the enrollment invests a total of ten per cent. of the annual payroll in Victory Bonds, a supplementary Prince of Wales Flag in smaller form—48 inches by 34 inches—will be awarded.

The allotment for each district has been carefully considered, and is based on a conservative estimate of the purchasing power of the district.

Your district can sell its allotment and thus win the Prince's Flag, provided each person does his or her share.

You will gladly do your part and encourage your neighbour to do his.

Remember YOUR purchase may be the one that decides whether or not your district is to be the proud possessor of the Prince's Flag.

The Prince's Motto is "I Serve"
Will You also Serve?

Victory Loan 1919

Issued by Canada's Victory Loan Committee in co-operation with the Minister of Finance of the Dominion of Canada.

CIATICA

TO MAN BLESSING
E DAY HE TRIED
T. R. C.'s.

owing testimonial is vouchsafed Justice of the Peace for the County of Ontario: "14 Temple onto, 13/3/19. Dear Mr. T. R. C.'s. My husband's experience one, but he blesses the it tried T.R.C.'s. Mr. Kiser tly troubled with Sciatica red such awful pain that i, to obtain relief, he had a re operation to have the rve stretched. This gave him t was, of course, very ex- Two years later his old turned and grow steadily nally he took to his bed utness and a doctor was called still an invalid a friend told Capsules. We gave up the l tried them. Before the c was half through he was has not been troubled since, ay too much or do enough to l the news of your wonder- le."

succeeded in 85% of all cases % efficient as an almost is relief for pain. Try them! ruggist for a box. Temple- ted, 143 King Street West, We, mail T.R.C.'s anywhere of \$1.04. # s for Aylmer, E. A. Caugh- street, Aylmer.

day School re-organized inday.

Procurer visited her s, Weston, of Guysboro,

frs. J. G. Pauling, Mr. Wm. daughter, Miss Verna, all dville, also Miss Frances mithville, were guests of s. John Stewart and fam- ay.

WEATHER ON LITTLE ONES

fall weather is extreme- little ones. One day is ight and the next cold These sudden changes ds, cramps and colic and 's little stomach is kept ult may be serious. There o equal Baby's Own Tab- ling the little ones well, n the stomach and regu- vels, break up colds and thrive. The Tablets are icine dealers or by mail a box from the Dr. Wil- ine Co., Brockville, Ont.

(politely)—"Won't you r piece of cake, Miss ell, since you are so vill."

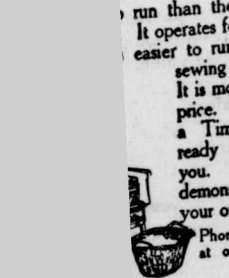
—Now, mother, remem- omise that if you had cond cake, I could have



WASHER TIME SAVER

s Washer s for Itself One Year

Saver Electric Washer gh money to pay for rst year. It saves the man's wages; it saves s; it saves the clothes, t four times as long d in this machine. It's it k- g er c- o- n- run than the washer It operates for 2c. an easier to run than a sewing machine. It is moderate in price. We have a Time Saver ready to show you. Let us demonstrate it in your own home. Phone or call at our Store.



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