POOR COPY COPIE DE QUALITEE INFE

## THE CARLETON PLACE HERALD.

The Late Mr. A. R. Creelman, K.C.

# FEB. 15, 1916

HER DREAMS

Life Unbearable from Indigestion

MELLE. C. GAUDREAU

Rochon P.Q., Jan. 14th, 1915. "I suffered for many years with terrible Indigestion and Constipation. I

frequent dizzy spells and became so run down that I never thought I would

get well again. A neighbor advised me to try 'Fruit-

a-tives'. I did so and to the surprise

of my doctor, I began to improve and he advised me to go on with 'Fruit-a-tives'. I continued this medicine and all my

Indigestion and Constipation was

relieved. I consider that I owe my life to 'Fruit-a-tives' and I want to say to

those who suffer from Indigestion, Constipation or Headaches, try 'Fruit-a-tives'. Give this lovely fruit medicine

a fair chance and you will get well the

a fair change as I did". CORINE GAUDREAU.

Dr. Howard Kelly's View.

SPECIAL

Notices of future events for

which an admission fee is charged

will only be inserted in THE

HERALD at regular advertising

rates. Announcements for clubs

churches, societies lodges or other

organizations of future events,

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

came thin and miserable. I had

CAME TRUE

HOME CIRCLE COLUMN Pleasant Evening Reveries dedicated to tired Mothers

as they Join the Home Circle at Evening Tide.

WORRY AND WORK.

2

WORRY AND WORK. Toil is healthful. Even excessive labor can be long endured. But worry! is a corrosive that speedily eats out the merves and tissues of life. He who frets about his work burns life's candle at both ends. It is the friction rather than the revolution of the wheels that wears the machinery. He who knows how to do his level best and leave the result with God has learned one of result with God, has learned one the chief secrets of life. But he result with cool, mis learned bac of the chief secrets of life. But he who is always worrying about how things are coming out is most foolish. Some people constantly complain and pro-test. They imagine that their lot is so much harder than that of their neighbor. They are always regretting that they did not do things some other way. Such persons will have nerves set on edge, will have chronic indiges-tion, a gloomy disposition and a diseased brain. Sunshine and health are close friends. Do the best you can and stew not. Work hard. Work very hard. There is much to do. There is much that no one can do as well as you. But do not bear two burdens, both work and worry. All the fretting in that no one can do as well as you. But do not bear two burdens, both work and worry. All the fretting in the world will not change matters. It will only render you unhappy and unfit you for the largest service. Mix all your burden-bearing with smiles and somes

My dear readers, it is not true, we too seldom speak of our heart's gladness, but dwell on its misery ! Keep account of the people you meet and see how little they say that is pleasant and happy and much that is dreary and sad. They will tell of bodily aches, pains and ieffirmities. They will complain bitterly of the heat if it is warm, or of the chill if it is cold. They will speak of the discouragement in their ousiness, the hardships in their occupation, the troubles in their various duties, and all the manifold miseries, real or imagined, that have fallen to their lot. But they will have little to say of their prosperity, will have failen to their for but respectively, will have little to say of their prosperity, their health, their three good meals a day, their encouragements, favors, friendships and manifold blessings.

#### \* \* \* SENSIBLE ADVICE

SENSIBLE ADVICE. You would laugh at the child who should try to pick up a heavy sledge hammer to kill a mosquito. But many grown-up children quite as foolishly use their strength. They waste strength. They fret, worry, which about, get into a passion, have not time to eat or to the screeners. a passion, have not time to eat or to sleep properly.-indeed, often sit up so late and get so tired that they can't sleep. These persons, whether old or young, need to learn the following simple rules: 1. Never fret yourself ner anybody else. 2. Never indulge in fits of passion, nor the blues. 3. Never do things in a confused hurry. 4. Eat

#### "How Differently."

London Daily Chronicle : How differ ently affairs might be shaping in the ently affairs might be shaping in the Balkans had Admiral Prince Louis of Battenburg accepted the throue of Pullaria, of which he was given the refusal before it was offered to King Ferdinand. It was on the deck of a British battleship in the Mediterranean that Prince Louis received the deputa-British battleship in the mediterranear that Prince Louis received the deputa-tion which offered him a crown tion which offered him a crown. "Gentlemen," he said, "you see that bit of bunting flying there ?" pointing to the British flag. "I would rather serve the British flag. "I would rather serve under that than wear any crown you or anyone else can offer me."

### KEEP LITTLE ONES WELL IN WINTER.

Winter is a dangerous season for the little ones. The days are so changeable one bright ; the next cold and stormy, that the mother is afraid to take the children out for the fresh air and exercise they need so much. In con-sequence they are often cooped up in overheated, badly ventilated rooms and are soon seized with colds or grippe. What is needed to keep the little ones well is Baby's Own Tablets. They will regulate the stomach and bowels and drive ont colds and by their use the baby will be able to get over the winter season in perfect safety. The Tablets are sold by medicine dealers or by mail ai 25 cents a box from The Dr. Wil-liams' Medicine Co., Brockville, Onf. Winter is a dangerous season for the

regularly, cheerfully, moderately, but don't eat what is indigestible. 5. Don't cut short your sleep. Get eight hours of it in clean, well-ventilated rooms. 6. Gim your scheach and herio out short your sleep. Get eight hours of it in clean, well-ventilated rooms. 6. Give your stomach and brain, as well as your hands, all the rest they need. 7. Be self-controlled, calm, hope-ful. Keep a good conscience and cheer-fully trust God.

COMPANIONSHIP HEALTHFUL.

COMPANIONSHIP HEALTHPUL. There is a wise old saying that "Only a god or a brute can dwell in solitude." Men and women need congenial companionship, both for the sake of health and happiness. Just as your lungs, after using up all the oxygen in a close room, need to be filled with fresh, out of door air, so your mind needs contact with other minds to get pew ideas. There is such a thing as needs contact with other minds to get new ideas. There is such a thing as mental as well as physical hunger. Herders on the sheep ranches of the West frequently become mad from the isolation they äre forced to endure. Women on lonely farms and in small villages grow morbid and mildly insane, and people do not guess that the cause is want of companionship. It is for this reason that a woman's work at home is always more trying

It is for this reason that a woman's work at home is always more trying than that of her husband, who goes to his office, sees new faces and has the friction that is produced by meeting other people. Even the farmer has more intercourse with his neighbor at market, or at the village grocery, than his wife, who may not see anyone-out. market, or at the village grocery, than his wife, who may not see anyone-out-side of her own family for weeks. It is a great mistake of young people to isolate themselves. Even if their tastes lead them to a quiet life they should make it a point to cultivate a few agreeable friends.

\* \* : \*

Education commences at the mother's knee, and every word that is spoken within the hearing of the little children tends towards formation of character A child is better unborn than untaugh The true purpose of education is to cherish and unfold the seed of immorcherish and unfold the seed of immor-tality already sown within us; to de velop to their fullest extent the capaci-ties of every kind, with which God who made us has endowed us.

\* \* \* Real happiness offener looks out of the window of a humble home than through the opera glass in the gilded box of a theatre.

The life of the world is strenuous and the door of the home should shut and the door of the home should shut out the storm and stress, but it should not shut out new and wholesome and inspiring influences. It should stand wide in hospital welcome to friends. The home life that is narrow and selfish is dull and enervating.

#### SUMMARY OF NEWS.

Ex-Mayor F. W. Harrison, of Ower ound is dead.

Germany tried vainly to effect eparate peace with Russia and Japan, The British miners announced their opposition to the spirit of conscription

The great French Rhone Canal has been completed, at a cost of \$18,000, 000

Montreal police were alarmed by new of an alleged plot to blow up the City Hall.

The Syrian colony of Montreal has given \$2,270 to the Canadian Patriotic Fund.

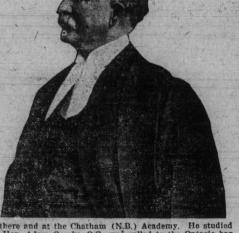
Nothing is known in Bermuda of th reported capture of the Roon by H.M.S. Drake.

German seà-planes made fruitless raid on Kent, injuring only two women and ne child.

The machinery for the enforcement of conscription in Britain has been set in motion.

O NE of the outstand-ing fig-ures of the Canadian bar passed away in Montreal in

Montreal in the early part of the week in the death of Mir. A. R. Creel-man, K.C., for eight years general counsel to the Canadian Pacific Riy. Mr. Creelman was ci Irish and Scotch or-igin, he being the son of the late James Ru-therford Creel-man and Isa-bella Christina P atters on Patterson Creelman. Born 66 years ago at Richibucto, N.



Richiburto, N. B., he was edu-cated at the Grammar School there and at the Chatham (N.B.) Academy. He studied law with the late Hon. Adam Crooks, Q.C., was called to the Ontario bar in 1876 and to the bar of Quebec in 1902, and was created a Q.C. in 1889, by Lord Stanley of Preston, then Governor-General of Canada and later Earl of Derby. Mr. Creelman's talents carried him steadily forward in his profession, and he became one of the leaders of the bar in Ontario being for years associated in partnership with such famous lawyers as the late D'Alton McCarthy, Q.C., M.P., the late B. B. Osler, Q.C., and Dr. John Hoskin, K.C. He creelman until 1901, when he was appointed chief solicitor to the Canadian Pacific Railway, taking up permanent re-sidence in Montreal at that time. He was well known as one of the leading commercial lawyers in Canada, particularly expert in insurance law. In 1905 he assumed the title of general counsel, a post he held until 1913, when he resigned, but remained a director until the following year, a position he occupied for 4 years, having been elected in 1910 to take the place of Sir George A. Drummond. He was also a director of the Kingston & Pembroke Railway. Mr. Creelman was a member of the committee which raised an endowment fund for Upper Canada College in Toronto in 1900, and was appointed an honcary corresponding secre-tary of the Royal Colonial Institute, London, in 1906. He was a Liberal in political belief, but took no active part in politics. In faith he was devoted to clean and manly sport, doing much to further the interests of cricket, hocker, ourling, bowling and golf, and in '1900 he was elected president of the Canadian Cricket Association.

## BRITISH ARMY SWORDS.

Branch of the Service Has It Own Type of Weapon.

Swords in the British army vary to very great extent, and practically very branch of the service has its own type of weapon. The difference is not so much in the shape of the blade as in that of the hilt.

The sword used by the infantry ha a large ornamental guard, bearing the royal cipher and crown. There is a slot at the top of the guard for the sword knot, really a leather loop end-ing in a knot to prevent the loss of the sword. The infantry sword is perfect-ly straight and is sharp on one edge

nly. Rifle regiments have a special sword of their own with the rifle badge let into the openwork guard. Very much the same sort of sword, but with a still more open guard, consisting of three curved bars, is used by the royal artillery and army service corps. The Royal engineers have a gilt hilt on their swords, a distinction they prize. The claymore of the highland regi-ments has a big basket hilt lined with red cloth and blue ribbons. The officers of some Scottish regiments carry a plain cross hilted sword without a guard.

Until a few years ago the cavalry were armed with sabers. Nowadays, however, they carry swords of a straight rapier pattern. The guard is a large affair, completely shielding the hord hand.

Easy to Guess.

A woman writer says girls ought to know what their beaux make. Don't they? Unless times have changed the girls get three-fourths of it during the courtship and make clean sweep after the wedding.

Action does not always bring happiness, but there is no happiness with-out action.-Disraeli.

A Monstrous Tide. The bay of Fundy forms a cul-de-sad at which the Atlantic ocean seems to have taken a special spite and at reg-ular intervals pours into it an enormous amount of water. Take the har-bor of St. John as an illustration of what this mighty tide must be. In most parts of the world a tide of ten feet is considered something abnor mal, but at St. John it rises twenty twenty-four feet in good weather.

stormy weather the monotony is va-ried by the high water mark being ed up even ten or fifteen feel

## Where Shelley Was Drowned.

Where Shelley Was Drowned. Spezia, the principal naval station of Italy, and about fifty miles southeast of Genoa, described as "the Portsmouth of Italy," has interesting literary associations. It calls up memories of Byron, Shelley, Leigh Hunt, Charles Lever and Mary Somerville. Lever was in residence at Spezia intermittently for some years, and there wrote three of his books. But a more tragic interest is attached to the magnificent bay, for it will be recollected that it was while sailing in a new boat across the guif to his home at Lerici that Shelley was drowned.

Musical Note. "What opera did you hear last night?"

"Cecil had the program, and he said it was Libretto. "How amusing!"

"Yes, wasn't it? Because it really wasn't Libretto at all."

Bullets and Snow. To test the penetration of rifle shots snow walls six feet six inches thick were erected in Aufillac, France. Ri-fles were fired at a distance of fifty-five yards. In each case the ball was stopped at a penetration of five and a politician. half feet.

MAXIM'S MACHINE GUN. Terrible Engine of Death Which Works Automatically. Early in life Hiram Maxim showed

himself a marvelous genius as an in-ventor. An incident of his boyhood, in which the recoil of a rifle attracted his attention to an apparent loss of pow-er, led him in 1881-2 to utilize the force of the recoil to good account in a gun which loads Itself automatically and fires at the rate of 770 shots a minute by the power of the previously wasted

force. The Maxim machine gun is an en-gine of terrible destruction. This gun has only a single barrel, which, when the shot is fired, recoils the distance of three-quarters of an inch on the other parts of the gun. This recoil sets mov ing the machinery which automatical-ly keeps up a continuous fire at the ex-traordinary rate of twelve rounds a

Each recoil of the barrel has there fore to perform the necessary functions of extracting and ejecting the empty cartridge, of bringing up the next full one and placing it in its proper posi-tion in the barrel, of cocking the ham-

mer and pulling the trigger. As long as the firing continues these functions are repeated round after round in rapid succession. The barrel is provided with a water jacket to prevent excessive heating

## GOING ROUND THE WORLD.

The Gain or Loss of One Whole Day In Making the Trip. In sailing around the world eastward the days are each a little less than twenty-four hours, according to th eed of the ship, as the sun is met a speed of the ship, as the sun is met a little earlier every morning. These lit tle differences added together will mount to twenty-four hours. This gives the sailors an extra day-not in imagination, but as an actual fact. They will have done an extra day's work, eaten an extra day's ration of food and enjoyed an extra night's

On the other hand, in sailing west ward the sun is overtaken a little eac Dr. Howard Kelly's View. Dr. Howard A. Kelly, of the Johns Hopkins University, at Baltimore, one of the greatest authorities in the medical world, recently said : "Liquor in all its forms, and used for any purpose what-ever, I believe to be an numitigated evil. I believe to be an numitigated evil. I believe in fighting it in every way possible. For about fifteen years I have never prescribed or recommended it for any cause whatever. Tell your surgeon who prescribes alcohol and says it does good that he is living just ten years behind this age." day, and so each day is rather longer than twenty-four hours, and clocks and watches are found to be too fast. This also will amount in sailing around the world to the point of departure to one whole day by which the reckoning has fallen in arrears. The eastern bound ship, then, has gained a day, and the

western bound ship has last one. This strange fact, clearly worked out, leads to the apparent paradox that the first named ship has a gain of two whole days over the latter, if we sup pose them to have departed from port and returned together. - Westminster

Some years ago at a sale of racing yearlings the Duke of Portland and another peer bid together for a fine animal, and the contest between them other peer, "we shall be paying far more than the creature is worth. Sup-

later on they had a discussion as to what the horse should be called.

"Well," said his grace, "as we are go-ing to share it, why not call it 'The Loaf?" "-London Mail.

#### A Chance at Last.

He-Did your mother appear pleased when you broke the news of our en-gagement? She-Yes, indeed. She said she had always wanted to tell you what she thought of your habits of dress and speech and total lack of good manners and literary taste, and felt now she had the right to express her

George Eliot.

the result of today.

Letter For Letter. "Why does a poet begin so many of his sentences with 'O?' inquired the

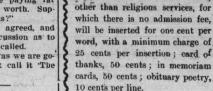
W. H. ALLEN "There's no answer," replied Mr. Will be pleased to quote er begin so many of his sentences with at any time. THE SUN LIFF Puzzled. Every man who is not a monster, mathematician or mad philosopher is Is Canada's Leading Assurance Company the slave of some woman or other. We are puzzling our brain to know which one of these fellows we are. And if not already a Policy Holder it will pay you to interview the Loca Agent. Aluminum From Greenland. W. M. ALLEN Cryolite, a source of aluminum and Carleton Place. used in making soda and glass, is not produced in the United States, the en-Total assurance in force 1912-\$182,732,420.00 ..... \$40,605,616.49 tire supply used in this country being Assets. imported from Ivigtut, an Eskimo ham let on the southern coast of Greenland. JOHN R. & W. L. REID Managers Eastern Ontario, Sun Life Building Today. If you made mistakes yesterday, for get them. No strength was ever built OTTAWA. upon continued regret. Today is the result of yesterday, but it is more im-INSURANCE portant to remember that tomorrow is Fire, Accident, Sickness, It takes Plate Glass Guarantee and Liability Insurance. All Old Established Companies. and waiting .- Timothy W. H. ALLEN.

Cazotto

Naming a Race Horse

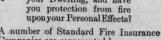
was very keen. At length over £500 was bid for the house. "If we go on at this rate," said the

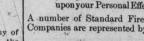
pose we buy it between us?" The Duke of Portland agreed and

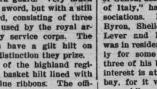


# PROTECT YOUR PROPERTY









An Uneasy Seat.

"My," said little Alfred, as he looked

"My," said little Alfred, as he looked up from his book, "this sailor must have been some aerobat !" "Why, dear 3" queried his mother. "Because," replied Alfred, "it says in the book, 'Having lit his pite he sat down on his chest."

The moneys collected by the city of Ottawa as taxes for Separate Schools must be paid into court.

R. McKenzie, secretary of the ⊠an-toba Grain Growers, announces that \$20,000 has been realized through the "patriotic acre" scheme in Manitoba.

An enthusiastic gathering decided to form a branch of the Anti-German League and called upon the Government to dismiss all Teutons in the civil service

Mary Ann Ford, who rode in an automobile and spoke on the telephone for the first time on her hundredth birthday, is dead at Montreal, aged one hundred and two.

Children Cry

FOR FLETCHER'S

CASTORIA

The Upper Canada Bible Society gives a Testament to every soldier leav ing Canada.

ever 12.000 men have enlisted in the three months in the Toronto tary district.

Prince Oscar, of Prussia, fifth son of the Kaiser, has been slightly wounded by shell splinters.

The new French war loan of 100,000,-000 francs has been over-subscribed by 25.000.000 francs.

Lieut. George E. Reid, McGill foot-ball star, has been awarded the military cross for heroism in France.

General Sir Horace Smith-Dorrien resigns command in East Africa. General Smuts succeeds him.

German Consul-General Franz Bopp has been indicted in San Francisco in nection with dynamite plots.

Legislation will be introduced in the Ontario House involving the develop-ment of another 100,000 horsepower at

Lieut.-Col. T. Herb. Lennox, M.P.P., has been authorized to form a battalion, to be known as the Canadian Irish Fusiliera

The Afton Bladet says that Denmark is planning an extensive exportation of rabbits to Germany. Rabbit breeding has commenced throughout Sweden.

Major Williams, chief recruiting officer of the Toronto military district, plans to mobolize boys, women and men over age to take the places of young men going on active service

Children Cry

FOR FLETCHER'S

CASTORIA

**PATRIOTISM**of CANADIAN INDIANS

<section-header><text><text><text><text><text><text><text><text><text><text><text><text><text><text>

