

**COULD NOT STOP  
THE HEADACHES**

**Until She Tried "Fruit-a-tives"**  
**—Made From Fruit Juices.**

112 Coburg St., St. John, N. B.  
 "I feel I must tell you of the great  
 benefit I have received from your won-  
 derful medicine, 'Fruit-a-tives'."

"I have been a sufferer for many years from Violent Headaches, and could get no permanent relief.  
"A friend advised me to take 'Fruit-a-tives,' and I did so with great success."

Headaches, thanks to your splendid medicine."

MRS. ALEXANDER SHAW

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

**FLOUR**  
Toronto, Feb. 4.—Listed quotations at  
Toronto are:  
Flour—Manitoba: First patents, \$11.10,  
star quality; Ontario winter, 90 per cent  
patents, \$10.60, war quality.  
Middie—Manitoba bran, \$35 per ton.

Montreal, Feb. 4.—Flour quotations are:  
Flour—Manitoba spring wheat patents, firsts, \$11.60; seconds, \$11.10; strong bakers, \$10.90; straight rollers, bags, \$5.26 to \$5.40.  
Rolled Oats—Bags, 90 lbs., \$5.20.  
Rye, \$2.

**GAS IN THE STOMACH  
IS DANGEROUS**

Recommends Daily Use of Magnesia to  
Overcome Trouble Caused by Fer-  
menting Food and Acid  
Indigestion.

Gas and wind in the stomach accompanied by that full bloated feeling after eating are almost certain evidence of the presence of excessive hydrochloric acid in the stomach, creating so-called "acid indigestion."

Acid stomachs are dangerous because too much acid irritates the delicate lining of the stomach.

lining of the stomach, often leading to gastritis, accompanied by serious stomach ulcers. Food ferments and sour, creating the distressing gas which distends the stomach and hampers the normal functions of the vital internal organs, often affecting the heart.

Instead get from any druggist a few ounces of Bisurated Magnesia and take a teaspoonful in a quarter-glass of water right after eating. This will drive the gas, wind and bloot right out of the body, sweeten the stomach, neutralize the excess acid and prevent its formation, and there is no sourness or pain. Bisurated Magnesia (in powder or tablet form—never liquid or milk) is harmless to the stomach, inexpensive

to take, and the best form of magnesium for stomach purposes. It is used by thousands of people who enjoy their meals with no more fear of indigestion.

## Paving The Way

Systematic saving—if only a few dollars each week—paves

May we assist you in achieving success? Start at once by opening a savings account with the Ontario Loan & Debenture Co. You will be given a pass-

book and each deposit will be credited to you. Be systematic in making your deposits—say weekly—and you will be surprised how quickly your account grows.

We add 3½% compound interest to your savings. Make a

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& Debenture Co.**

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