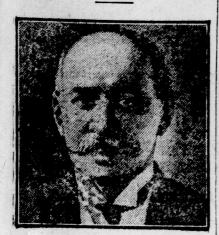
## TORTURED BY

"Fruit-a-tives" Brought Quick and Permanent Relief.



MR. P. H. McHUGH.

103 Church Street, Montreal,

### BEST LIVER AND **BOWEL LAXATIVE** FOR FAMILY USE

"Cascarets" regulate women, men and children without injury.

for colds, bad breath,



## And the more reason and the second part and

Use Cuticura Soap for toilet pur-Ointment to soothe and heal any tento irritation of the skin and scalp. By using these fragrant, supercreamy emollients for all toilet purposes you may prevent many skin and scalp troubles becoming serious. For Free Sample Each by Mail address post-card: "Cuticura, Dept. A, Boston, U.S. A." Sold everywhere.

## OAKEY'S

EMERY CLOTH. GLASS, FLINT and GARNET PAPERS IN SHEETS AND ROLLS

Genuine Emery "Wellington" Knife Polish SILVERSMITHS' SOAP. PLATE POWDER, ETC.

WELLINGTON MILLS London, S. E. (1), England.

WALLACE'S DRUG STORE Durham Duplex Blades, dozen ...50c All other double-edge blades, dozen 35c Single-edge blades, dozen ...25c Star hollow-ground blades, each ...25c bld style razors, each ...25c 419 RICHMOND STREET.

## DAILY PAGE FOR EVERYBODY

Today's Fashion

Combining the Street and Sport Suit.

A unique feature of this smart street costume is its adaptability for both sport and ordinary street wear. It is

"I hate to pump this old pump!" she said out loud slamming the handle of the bucket over the spout.

faced men were not pirates.

"Down by the sea in a spring," replied Gocomeback. "It's about the only water around here fit to drink."

They walked through the dirty streets lined with low shacks. All the windows and curtains were dirty, even the people who peeked through them at Betty and Gocomeback were grimy-faced and frowsie-headed.

"Guess water's so hard to get they don't like to waste it for cleaning purposes," whispered Betty.

Toward them, laughing and chatting merrily, came several young girls, all balancing a pail of water on their heads, their bright-colored shawls and gay gowns flashing in the sunshine.

"All the women of the island do all the water carrying when they can't afford to pay the water men to bring their water," whispered Gocomeback.

"On their heads that way? I'd be sure to stumble and spill it all!" kughed Betty.

"Just the way you see them now, you

sparkling, cool water, and, singing merrily, she carried it into the house.

Are

You

Master

or does your business master

you? Does it insist on following

you home and to bed and worry-

ing you day and night until you

are on the verge of nervous col-

A few weeks' use of Dr.

Secrets of Health and Happiness

#### The Oblique Shower the Best To Cleanse and To Invigorate

By DR. LEONARD KEENE HIRSHBERG. A. B., M. A., M. D. (Johns Hopkins University.)



and men.

The virtues of the correct shower bath are many. It is cheap, accessible, easily put together and available wher-

Fruit-a-tives' overcame my Rheumatism; and now, for five years, I have had no return of the trouble. Also, I had severe Eczema and Constipation, and 'Fruit-a-tives' relieved me of these complaints; and gave me a good appetite; and in every way restored me to health.

P. H. McHUGH."

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

Especially as regards cleanliness.

Direct on Body.

When, however, you turn on your shower and expect more refreshment and stimulation, you will be disappointed be staright fall of the water and in every way restored me to health.

P. H. McHUGH."

Soc a box, 6 for \$2.50; trial size, 25c.

At dealers or sent post pald on receipt of price by Fruit-a-tives, Limited, Ottawa, Ont.

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and drops.

Quite to the contrary is the effect of the oblique shower. It hits one sharp blow after another upon the back, chest, sides and arms and legs. Also it avoids the eyes, ears, face and head unless the bather deliberately dips his head into the shower.

The "Something More."

It is a simple matter to change all the shower.

C. T., Amherstburg, Ont. Q.—How can I grow taller?

A.—You can grow taller by swimming, playing tennis, stretching exercises, etc.

2. Apply a little of the following to your pimples:

Sulphur loti 2½ drams

Balsam peru 1½ drams The "Something More."
It is a simple matter to change all showers to the oblique type. Only the force of habit and unfamiliarity of mechanics and directors who are not hy-

A shower of cold Adam's ale up and down the spine is equal to a cold cup from the puring stream. The American army and navy camps, posts and cantonments a renoted for the cleanliness of the soldiers, due to the universal equipment of shower baths. At one camp one battalion of 754 men in

one camp one battalion of 754 men in ten days took over 10,000 shower baths, an average of nearord was hower baths daily for officers and week and we were and w A SUBSCRIBER: Q.—Please give me something for head noises.
A.—There are a great many origins of head noises, and a careful examilation by an ear specialist can find the precise cause. Unless the exact cause is found nothing can be done.

December 10, 1917.

"I was a great sufferer from Rheumatism for over 16 years, I consulted specialists, took medicines, used lotions; but nothing did me good.

"Then, I began to use 'Fruit-a-tives'; and in 15 days, the pain was easier and the Rheumatism was better. Gradually, Fruit-a-tives' overcame my Rheumatism; and now, for five years, I have

easily put together and available wherever there is a spigot of running water. Shower bath attachments and nozzles can be had for a dollar of so. There is no more an exuse for anyone not taking a daily shower bath than there is for neaders of this paper on medical. Many showers that are now installed are arranged wrongly, in a perpendicular manner. To be sure, it is not such a vital matter, because the vertically-built shower does its work fairly well, especially as regards cleanliness.

There is a spigot of running water. Shower bath attachments and nozzles can be had for a dollar of so. There is no moving can be done.

Dr. Hirshberg will answer questions for readers of this paper on medical, hygienic and sanitation subjects that are of general interest. He cannot always undertake to prescribe or offer advice for individual cases. Where the subject is not of general interest letters will be answered personally, if a stamped and addressed envelope is, inclosed. Address all inquiries to Dr. L. K. Hirshberg, in care of this office.

C. T., Amherstburg, Ont. Q.-How can

Balsam peru ½ dram Camphor ½ dram Green soap 1 dram

#### ADELE GARRISON'S NEW REVELATIONS OF A WIFE

Take when bilious, headachy, How Madge Comforted Katie and Brought Back Her Will to Live. How Madge Comforted Katie and Brought Back Her Will to Live.

Hours afterward Lillian came into the room, her face lined with anxiety. Mine must have reflected the peace I had attained, for her eyes lightened as they met mine.

"Now you're my own brave girl again," she said, as she came up to the bed bearing a tray with a cup of steaming coffee and some toast upon it. "And there is a task before you that will tax your strength—so drink this first."

I obeyed her and then sat up determinedly.

"You're not to bother one bit more about me." I said with decision. "I'm perfectly all right, ready to bear a "How did this hance Note asked after a moment, and her tone was awed, remorseful. "You know I forgot dot poor Jim, and he feel so bad, too, ven he hears. He set his heart on dot lettle baby."

"All the more reason why you should be brave and be ready to comfort him when he comes home from the war," I said, pressing my argument while her cars were ready for it. "I suppose dot's right," she said listlessly. I saw that she was not yet ready for an appeal to her love or duty, tried to rouse her in another way.

"How did this happen Katiga" I beside them, filed up the mountain sde.

## Now Overcome Quickly

disfiguring skin blemishes until the blood is purged of every trace of unclean matter.

Quickly indeed the blood is brought to normal strength, is filled with nu-trition, is given power to drive out of the system the humors that cause rashes, pimples, pasty complexion and

looked up to see her little friend. Go-comeback, sitting on the top of the pump laughing at her. "Well, I do just the same," she



her heart out if she wished, beckoned to Cousin Agatha, and they both left the room.

Of course, I saw instantly that until this moment Katle had not been given the blessed healing relief of tears, and that the physician wished me to be alone with her, thinking that the poor, undisciplined child might yield to my comfort and authority. I made no effort to stop Katle's tears, simply held her close until the paroxysm had passed and she rested quietly in my arms, weak and spent, but with the wild glitter gone from her eyes. The physician came noiselessly back into the room, stood looking down at us for a moment.

"This is better!" he said, a note of satisfaction in his voice. He busied himself with his medicine case for a minute, and brought a potion to Katle, which she swallowed obediently.

"Let her talk for a little while," he said to me, "but first bathe her face in some cool water. And when she gets drowsy cover her up and let her when she wakes."

Katle watched him scornfully as he went out of the room. After I had bathed her she expressed the thoughtshe hearts?" She demanded. "He tink I be better. I tink I die. I never, never live, not sot my baby!"

"But you must live, Katle," I said authoritatively, "for Jim."

Chronic Skin Disorders

By Genevieve Kemble

SUNDAY AND MONDAY, SEPT. 22-23. Sunday is to be a most auspicious day for the development of the higher and finer forces and faculties. Saturn the Moon, and the beautiful lady Venus the tutelary divinity of all that is high and lovely in human nature, is sextiled. The business and happy year and one of change. A child born on this od ay should be lovable, kind and steady and successful.

Monday's planetary positions promise in the social, romantic and domestic affairs of life. It is a time to take sin the social, romantic and domestic affairs of life. It is a time to take sin the social, romantic and domestic affairs of life. It is a time to take sin the social, romantic and domestic affairs of life. It is and the professions, as well as in the social, r

sure to stumble and spill it al!" laughed Betty.

"Just the way you see them now, you see them always, and those pails are heavy, too, let me tell you," replied Gocomeback. "Do you think you'd rather change places with them?"

"I should say not!" exclaimed Betty.
"I'd rather carry it the way we do in our land than on my head."

"So would I." laughed Gocomeback, and before Betty could blink her eyes she was standing in her own yard beside the pump, and Gocomeback had disappeared.

Betty pumped the bucket full of

#### The Origin of Famous Sayings

Tacitus, 54-119 A. D. Wenderful results follow the use of Dr. Hamilton's Pills which provide the ducing effect in whatever he said or did.—Historiae.

They make solitude, which they call It belongs to human nature to hate those you have injured.—Agricola.

the system the humors that cause rashes, pimples, pasty complexion and kindred ills. Don't delay. Get Hamilton's Pills today; they go to work at once and give prompt results. Mild, efficient, safe for men and women or children. Get a 25c box today from any dealer.

For a few brief days in May the blossoms. They soon turn to fruit, or else float away, useless and wasted upon the idle breeze. So it will be with our present feelings. They must be deepened into decision or be entirely dissipated by delay.—Theodore Cuyler.

Chase's Nerve Food will do won-dry ders for any businessman or businessman or businessman or businessman or businessman or children. They soon turn to fruit, or else float away, useless and wasted upon the idle system has failed to stand the feelings. They must be deepened into delay.—Theodore Cuyler.

"DOING MY BIT"

= B- ALBERT BARRETT SAYRES =

Taking Stock of Yourself.

How long is it since you sat down all alone and spent even five minutes in conscious hand thought about yourself and your part actively engaged in helping this country in the war in which is engaged, if you aren't directly in line with the best of the day and the nation isn't it time that you met yourself again in the silences? Several of the wise ancients recommended self-estimates made at the close of each day as the surcess of yesterday to build today and tomorrow real and fine and big with purpose and achievement.

Doing Things Left Undone.

In every community—perhaps particularly in your own—there are many things to help win the war that are left undone because no one has made that sometimes-forgotten-for-a-time activity his or her special care. Why not look around you and see what has been for the moment forgotten-for-a-time activity his or her special care. Why not look around you and see what has been for the moment forgotten-for-a-time activity his or her special care. Why not look around you and see what has been for the moment forgotten-for-a-time activity his or her special care. Why not look around you and see what has been for the moment forgotten-for-a-time activity his or her special care. Why not look around you and see what has been for the moment forgotten-for-a-time activity his or her special care. Why not look around you and see what has been for the moment forgotten-for-a-time activity his or her special care. Why not look around you and see what has been for the moment forgotten-for-a-time activity his or her special care. Why not look around you and see what has been for the moment forgotten-for-a-time activity his or her special care. Why not look around you and see what has been for the moment forgotten-for-a-time activity his or her shall have the part of the forgotten for even one day. But how about these who h

Practical Suggestions on Individual Ways

to Help Win the War



# Fellow Canadians!

"HOW much thought do you give to the War-I mean honest, to the War-I mean honest, sincere thought on how we should live in order to win the war?

"I mean you who live from day to day in all the comfort that you enjoyed before the war, some of you in even greater comfort

"You who spend as much or more on your enjoyment—who indulge in as many of the good things of life as you ever did-

"You who buy what you want to, eat what you fancy, go where you please-who deny yourselves nothing.

"You have no idea what it means to stand knee-deep in mud-in a dirty trench-with a cold drizzle chilling you to the bone.

"You have never heard the shells shrieking overhead-or seen bombs drop from the sky.

"But you know these things are.

"And yet you go on spending—as if this war were in a story-book-as if the menace of the Hun could never touch you.

"But it could—and it would—but for your armies.

"And we—the soldiers who make those armies.

"Do you think we could "carry-on" if we thought for a moment you were not backing us to the limit?

"Do you think we could stand it all—the terrible fighting and the tiresome toiling-if we dreamed,



"over there," that you were trifling with this war?

"If we knew that you were spending money on frivolous things?

"Don't you see that when you spend a dollar on a thing you don't absolutely need, you are using the labor of a man who should be either fighting or making something that will help us-your soldiersto fight?

"Oh, you chaps with money in your pockets-and comfort in your homes-and love of ease cankering your souls!

"If you could know—as I know all that war means-you'd stint yourselves down to the barest necessities so that Canada's money and Canada's material and Canada's labor could all go into guns and shells and boots and uniforms and food-for our boys over in France to fight with."

ed under the authority of the