THE TONIC THAT BRINGS HEALTH

"Fruit-a-tives" Builds Up The Whole System

Those who take "Fruit-a-tives" for the first time, are often astonished at the way it builds them up and makes them feel better all over. They may be taking "Fruit-a-tives" for some specific disease, as Constination, Indigestion, Chronic Headaches or Neuralgia, Kidney or Bladder Trouble, Rheumatism or Pain in the Back. And they find when "Fruit-a-tives" has cured the disease, that they feel better and stronger in every way. This is due to the wonderful tonic properties of these famous tablets, made from fruit juices. 50c. a box. 6 for \$2.50, trial size, 25c. At all dealers or sent postpaid by Fruita-tives Limited, Ottawa.

How an Author Achieved Success

By DONALD CHAMBERLIN

Elliott Kenton was writing a Sicilian story in his room in a tenement building in which various nationalities had their abodes. His first dwelling-place since he had begun writing was a handsome bachelor apartment house. He had not found literature profitable and had moved from time to time, each move carrying him downward

His literary aspirations had come down with his ill success. He had begun by "firing over the heads of the people" and had ended by firing low enough to cut off some people's toes. This was what he was writing at the

This detective who has come among us, who seeks for evidence to convict our to keep me advised of his movements and inform me of the opportune moment to strike him. Send me word at what hour he usually goes out—whether he is alone or attended. Does he ever cross the park? If I can catch him there, where the dan-ger of witnesses would be at the mini-mum, I would finish him at a single blow:

Kenton wrote this twice, and, selecting the copy that he liked best, he threw the other on the floor. Then he went on with his story, which ended with a certain person known only as "the detective" being murdered in cold blood while crossing the park.

It was late in the afternoon when Kenton finished the last chapter and, wrapping up his manuscript and addressing it to a publisher, went out with it, dropped it in a receptacle for bulky mail and proceeded to a restaufant for dinner. In the evening, hav- and regulate the stomach, remove the ing a deadhead ticket to a movie theater, he attended a play and about 11 b'clock started for his room. As he approached he saw a number of men standing before the entrance, among bowels. A 10-cent box from your drug-whom were several policemen. On gist will keep your liver and bowels. drawing nearer he noticed that the front of the building in which he lived was scat ered on the pavement and the

"What's the matter there?" he asked a man coming toward him from the wrecked building. "Bomb," said the man as he hur-

Kenton paused. He knew that the building had been filled with a miscellaneous people, including German, French, Norwegian, Italian and other nationalities. He did not relish the fact that he as a roomer there might be mixed up with this bomb throwing. He turned to walk away, was seen by a policeman and followed, the fact of his turning having excited suspicion. The policeman took him to the building, where the owner, standing among the others, recognized him.

"That's the man," said the landlord. "What man?" asked the policeman. "The man that rooms where you

found the note." A pair of handcuffs were clapped on Kenton's wrists, and he was taken to a police station. The landlord went along as a witness. There was a preliminary examination, at which the

landlord swore that Kenton occupied a room in which an incriminating paper was found. Then the prisoner was

put into a cell. The next morning, when Kenton was wondering what it all meant, a lawyer was ushered to his cell who said that he had been retained by certain parties to defend him, but that the defense would not amount to anything. The prisoner's friends relied rather upon terrorizing any witnesses that might testify against him. "But why," asked the attorney, "were you so careless as to leave that letter where it would be readily found?"

"What letter?" asked Kenton. "That letter to the gang announcing that you were ready to kill the detec-

"I never wrote such a letter." The lawyer shrugged his shoulders, "For heaven's sake, man," cried Kenton, suddenly remembering his story,

"you don't mean that they have found a scrap of my Sicilian story?" "They found a letter offering if those to whom it was written would put the writer on to how to get a certain detective you would 'do' him."

"Why, that is fiction." "Fiction be hanged! You can't play that game with the public prosecutor, but you needn't be afraid. That letter doesn't prove that you threw the bomb. It's only circumstantial. You keep quiet. Your friends have got it all fixed, and you can't be convicted." "You needn't consider yourself my counsel. I'll take care of my own

"Very well; if you want to be sent up for a term of years or to the 'chair' go ahead. All I have to say is the only thing that can save you is terrorizing any witnesses who may be brought against you."

With that the man of law departed. and Kenton sent for a friend who was also an attorney. When the latter arrived Kenton told him that he had got into a fix from writing a blood and thunder story and must be helped out. The lawyer called on the publisher to whom his client's manuscript had been submitted with a copy of the scrap of paper that had been picked up and found its place in the novel. He succeeded in procuring Kenton's release without his being brought to trial.

The incident attracted the publisher's attention to the story and procured a reading for it. The reports concurred most valuable members, must be obliter- that the story was thrilling and especially adapted to the class of readers the firm desired to reach. It was published, was a great success and established the reputation of the author.

10 CENT "CASCARETS" FOR LIVER AND BOWELS

Cure Sick Headache, Constipation, Billiousness, Sour Stomach, Bad Breath-Candy Cathartic.

No odds how bad your liver, stomach or bowels; how much your head aches, how miserable you are from constipation, indigestion, biliousness and sluggish bowels—you always get relief with Cascarets. They immediately cleanse sour, fermenting food and foul gases; take the excess bile from the liver and carry off the constipated waste matter and poison from the intestines and clean; stomach sweet and head clear for months. They work while you sleep.

The Small Boy's View. "You know you can't get something

for nothing." "Can't?" "I bet yer."

"Did you ever?" "Spre." "What?" "Lickin'."

The Procession "Do you keep a maid?" "Most of the time." "I find it difficult." "Yes, it is."

"What nationality do you most af-"My maid looks like a slow parade of all the nations of the earth."

Classified. "Honesty is the old fashioned poll-

"Truly."

"I prefer the new." "And what is that?" "Fire, marine, accident and life."

A Soldier's Strength

Every enlisted man would stand up stronger and resist much sickness if he could have the benefits of

because it fortifies the lungs and throat, creates strength to avoid grippe and pneumonia and makes rich blood to avert rheumatic tendencies.

Send a bottle of SCOTT'S to a relative or friend in the service. Scott & Bowne, Toronto, Ont. 17-14

MARTYRS TO GIRDLES.

Native Protest Against Feminine Fashions In Japan. A caustic Japanese critic, Saito Man,

has this to say in the Tokyo Advertiser about women's fashions in Japan: "Archaic costumes, especially those universally worn by ladies, demand reform. The indigent world can be cloth.

ed out of the materials wasted in gorgeous kimono sleeves. Nothing is so absurd as the long, heavy, pendulant sleeves attached to a girl's holiday kimono. They serve no purpose, impede locomotion and are a pitiful spectacle. The girdle is more cumbrous and expensive, especially those woven in one piece of heaviest silk.

"Formerly the latter were only worn at weddings and state affairs; now every geisha has one. Every wife must have one to sport at the theater. In price this maruobi varies from 30 to 1,000 yen (\$15 to \$500) and upward. To girdle it requires all the strength of a well built husband or father. I do not know any Japanese woman who ever succeeded in putting on one herself.

"It is over three feet wide, folded into half that width when worn, and its length is three times the full height of its wearer. In weight it is terrific, thickly embroidered as it is with golden threads. It is chiefest attraction in the whole dress scheme of Japanese womanhood. One might as well ask a woman to discard her hair as it. Every well dressed Japanese lady is a martyr to her girdles. Her entire waist is covered with layers of belting. From the viewpoint of health the girdle (obi) is. a most vile contrivance, as every doc-

TAKES OFF DANDRUFF. HAIR STOPS FALLING

Save your Hair! Get a small bettle of Dandering right now Also stope itching ecalp.

Thin brittle, colorless and scraggy hair is mute evidence of a neglected scalp; of dandruff that awful scurf. There is nothing so destructive to the hair as dandruff. It robs the hair of its lustre, its strength and its very life; eventually producing a feverish-ness and itching of the scalp, which if not remedied causes the hair roots to shrink loosen and die then the hair falls out fast: A Httle Danderine tonight-new-any time-will surely save

your hair. Get a small bottle of Knowlton's Danderine from any drug store. You surely can have beautiful hair and lets of it if you will just try a little Danderine. Save your hair! Try it!

Preparedness on the Farm. Every farmer ought to believe in preparedness, says Farm and Fireside, the kind of preparedness that provides tested rather than guessed seed corn; that sees that all farm machinery is carefully looked over and the badly worn or broken parts replaced before the beginning of the rush season; that makes ready a supply of bolts and taps, extra tap rings and clevises, singletrees and at least one extra pair of, doubletrees. Man labor and horse labor are too expensive and time too precious to take chances of risks which might easily be avoided.

A Regiment. In military terms a "squad" is part of

A captain commands a company, and he has under him a tirst lieutenant and a second lieutenant.

A major commands a battalion, which is made up of four companies. A regiment is commanded by a colonel, and it comprises three battalions, so that a regiment is made up of twelve com-

Fresh Air as Medicine. It has taken centuries for us to find out and know that fresh air is the cure of consumption, pneumonia and colds, and probably it will take another century to make us know and use fresh air as a preventive of these and some other diseases.

Filling a Need. 'I'm doing my best to get ahead."

asserted Cholly. Well, heaven knows you need one, asserted Dolly

The Crop That Is Always Short. Knicker-What is the most needed grain crop? Bocker-Grains of sense.

I call that man idle who might be better employed.

REALISTIC STAGECRAFT.

The Electric Light Is Responsible For Many Innovations.

The introduction of electric light was, of course, responsible for greater innovations in the art of stage decoration. than any other one thing. It was now possible to light up equally well any portion of the stage, and so the "apron" was dispensed with and the picture frame proscenium introduced.

The cry for realism which Ibsen's dramas had aroused was now taken up by the scene builders with enthusiastic vigor, and "nature" was reproduced in every material detail. "We must show life exactly as it is," became their motto.

These changes naturally also had an effect upon the actors themselves and upon what they said. Formerly the actors were continually conscious of the presence of the audience, and to a considerable degree addressed it directly. Now they could interpret the story on the stage, entirely ignering, apparently, the presence of the audi-

This change in the conception of the play as a whole, as being made up not alone of dialogue and recitation, but also of action and pictorial representation, has had a very farreaching effect on our present day conception of the

Luminous Eyes. Cate among animals and owlin among birds, says W. H. Hudson in his book. "Idle Days in Patagonia," are the most highly favored of any creatures in the matter of luminous eyes. "The feline eyes, as of a puma or a wildcat. blazing with wrath, sometimes affect one like an electric shock, but for intense brilliance the yellow globes of the owl are unparalleled." Mr. Hudson asserts that nature has done comparatively littie for the human eye either in these terrifying splendors or in beauty. He says that in Brazil he was greatly impressed with the magnificent appearance of many of the negro women, but that if they had only possessed the "golden irides" of certain intensely black tropical birds their "unique loveliness," would have been complete,

IF YOUR CHILD IS CROSS, FEVERISH. CONSTIBATED

ook. Mother! If tongue is cleanse little bowels with "California Syrup of Figs."

Mothers can rest easy after giving "California Syrup of Figs," because in a few hours all the clogged-up waste sour bile and fermenting food gently moves out of the bowels, and you have a well, playful child again.

Sick children needn't be coaxed to take this harmless "fruit laxative." Millions of mothers keep it handy because they know its action on the stomach, liver and bowels is prompt and sure. Ask your druggist for a bottle of "California Syrup of Figs," which contains directions for babies, children, of all ages and for grown-ups.

"She is posted on husbands." "Is she?"

"Indeed she is!" "l wonder"-"Well, what?" "I wonder whose husbands?"

4P9 ?"

Danger Zone.

"We are to run right through the ail of the comet." "It is taking an awful chance." "Why?"

"Our trust magnates will be out sprinkling salt on its tail." Explained.

"What's a ventriloquist?" "A fellow who talks back at him-

Gin Pills have attained astounding

success in the rational treatment o Rheumatism, Pains in the Back, Swollen Joints, Urinary Troubles, etc. Here is one instance-



"One Single Pill Gave Relief"

Plessisville, Ont. "I suffered from Kidney Trouble for "I suffered from Kidney Trouble for several years, and tried numerous remedies and prescriptions without permanent relief, my case being chronic. I decided to try Gin Pills.

"One single pill gave me great relief. I have now taken four boxes of Gin Pills and find myself completely cured. No more bad humour—increase in weight—clear eyes—fresh colour—more strength and vigour. This is what Gin Pills have done for me."

H. POWIS HERBERT. H. POWIS HERBERT.

Gin Pills sell for 50c a box or 6 boxes for \$2.50 at all good dealers. Drug & Chemical Co. of Canada, Limited, Toronto; or to U.S. address, Na - Dru - Co., Inc., 202 Main St., Buffalo, N.Y. 119

Ever Taste Crushed Coffee?

If you have, you've wondered at the entire absence of even a hint of bitterness. It is because the small, even, clean, crushed grains of Red Rose Coffee are entirely free from bitter chaff or dust. You taste the true rich coffee flavor and that alone. Red Rose Coffee is of such a quality that no egg is necessary to clear it. It is as easily made as Red Rose Tea, and pours out of the pot bright and clear, with a fragrance that fills the room, and your heart with joy. It's the class, is

Red Rose Coffee

Good News for the Soldiers

trenches as the formation of the honor to Canada. Union Government at Ottawa. We must wan the war or quit Through many a bleak dawn, the war. waiting to go over the top, or steeling their hearts to make an END STOMACH TROUBLE, attack, the Canadian trenchdwellers must have wondered in their inmost souls whether the "Pape's Diapepsin" makes sick, sour, hardships and dangers they are gassy stomachs surely feel fine enduring at the front were being realized in Canada, and whether their sacrifices were to be lost by the indifference of those at home. The band-playing and cheering and fine speeches accompanying bad taste in mouth and stomach-h their departure overseas must sche, you can get relief in five min have contrasted strangely with by neutralizing acidity. Put an end to the lack of necessary reinforce-ments at the front and the seem-from any drug store. You realize in our bonnie fighters. The news from indigestion, dyspensia or any stomthat old political lines have been obliterated and the heart of Can to excessive acid in stomach.

ada set to the one stask of winning the war, will inspire the Nothing of recent times will so tired but still undismayed Canahearten the Canadians in the dian soldiers to renewed efforts

If what you just ate is souring lead, or you belch gas and sour, undigested food, or have a feeling of dizziness, heartburn, fulls such stomach/distress now by getting a ing forgetfulness of the needs of five minutes how needless it is to suffer



to the boys in the trenches. And of the things they get, a great prize is WRIGLEY'S -- the Gum with Lasting Flavour.

It takes the place of food and drink in case of need-which is often. It keeps spirits up-gives vigour and vim. A packet in the pocket lasts a long time.





It is one thing to make flour that is occasionally good.

It is quite another thing to make flour that is ALWAYS good.

PURITY FLOUR

Never disappoints. Whether you buy one barrel or a hundred the quality is ALWAYS the same and makes



More Bread and Better Bread---and Better Pastry, too.