

## AUTOINTOXICATION OR SELF-POISONING

The Dangerous Condition Which Produces Many Known Diseases.

### HOW TO GUARD AGAINST THIS TROUBLE

"FRUIT-A-LIVES" — The Wonderful Fruit Medicine — will Protect You

Auto-intoxication means self-poisoning, caused by continuous or partial constipation, or insufficient action of the bowels.

Instead of the refuse matter passing daily from the body, it is absorbed by the blood. As a result, the *Kidneys and Skin are overworked*, in their efforts to rid the blood of this poisoning.

Poisoning of the blood in this way often causes Indigestion, Loss of Appetite and Disturbed Stomach. It may produce Headaches and Sleeplessness. It may irritate the *Kidneys* and bring on Pain in the Back, Rheumatism, Gout, and Rheumatic Pains. It is the chief cause of Eczema — and keeps the whole system unhealthy by the constant absorption into the blood of this refuse matter.

"Fruit-a-lives" will always cure Auto-intoxication or self-poisoning — as "Fruit-a-lives" acts gently on bowels, kidneys and skin, strengthens the bowels and tones up the nervous system. 50c. a box, 6 for \$2.50, trial size, 25c. At all dealers or sent postpaid on receipt of price by Fruit-a-lives Limited, Ottawa.

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## FOR YOUNG FOLKS

Sleepy Time Story Concerning a Very Vain Little Bird.

### HOW MISFORTUNE CAME TO IT

Member of a Large Family Became Proud Because It Thought Itself Smart—A Fateful Jump in the Barnyard—Pride is Humbled.

Why, it is nearly dark, said Uncle Ben to little Ned and Polly Ann. I believe I will tell you a story about

#### THE SMART CHICKEN.

Once on a time there was a nice family of chickens living in a nice chicken yard in a charming town, and the chickens belonged to a dear little girl named Milly.

Milly was very fond of the chickens. She had given all of them nice names. I can't remember all the names, but there were Flossie and Fluffie and Tiddle and Toppie and many others.

One of the others was Smokie. He was given that name because he looked so much like the gray smoke that came out of the kitchen chimney.

Smokie was really quite a pretty little chicken, and Milly gave him a great deal of petting. Perhaps that turned his head. He became a very vain little chicken. If Milly came out to the chicken yard and did not notice him he was much displeased.

So to make sure she would notice him Smokie, when his little wings would bear him, hopped up on the roof of one of the colony houses. When that didn't attract Milly's attention Smokie would flutter up on the fence.

"You'd best be careful," Mother Hen said, for Smokie had a reckless way of fluttering down from his perch. Smokie tossed his little head. He thought he was quite able to take care of himself.

One day Milly came out to the chicken yard with a big pan of yellow looking stuff. She set it down on the ground and called the chicks to her.

Smokie must have been taking a nap on the fence, for he hadn't noticed her come in.

When she called: "Chick, chick, chick! Come, chick, chick, chick!" he turned and almost tumbled off the fence. Then he made a dive and landed right in the midst of the pan of yellow stuff.

It was cornmeal mush, which Milly had brought out nice and warm. Smokie landed right in the middle of it, and the more he tried to get out the more trouble he had, for it was very sticky.

Milly picked him out with mush in his wings and in his feathers. "Oh, dear! Now you'll have to have a bath!" cried Milly.

So she took him into the house and washed him in warm water, and Smokie felt so queer and had to sit in the basket by the fire until he was dry. The next time Smokie will watch where he jumps.

#### Riddle.

Nine times my value is not a cent, be sure. Yet he who owns me certainly is not poor. I give to all their daily bread, and though I'm in a race And driven by wind and water, yet I never leave my place.

Answer—A mill.

#### COAT IN MINIATURE.

Wee Babies Need This the First Cool Day.

White cashmere loosely cut gives this adorable garment. Edges are scalloped in white silk and the hem and seams



featherstitched. What gives the baby-fish finish is dainty sprigs of flowers in a double row down the front, which closes with two ribbon bows.

**Children Cry FOR FLETCHER'S CASTORIA**

Preserve all you can



Make the most of the season's fruit crop. Use only



"Pure and Uncolored"

The best preserving sugar on account of its high sweetening power and "FINE" granulation

2 and 5-lb 10, 20 and 100-lb cartons sacks

Ask your Grocer for LANTIC SUGAR

#### Thrift and Economy

There is nothing in the theory held by some people that at this stage of the world's affairs it is possible to live apart and remote from the rest of humanity, or that the nation can separate itself from the other nations and take no thought of them, nor feel any concern about their fate. If Canada should attempt such a course she would pay the price subsequently as well as in the course of current events. Individuals who chose to pursue the policy of seclusiveness will find themselves stranded, and by their unwillingness to participate in human affairs as a result of their withdrawal in times of urgency, will be left behind in the thrag.

Canada is intimately associated with the war, not only taking part military fashion, but in the production and distribution of food, in which the whole world has an interest. The thrift, the economy, the foresight of the whole world is needed at present to rescue friend and foe alike from the great peril and famine. Germany, like a blind Samson, would drag down the world in her ruthless despair. The food supplies are scant, but in Canada it is not of scarcity, but of what can be gained from the scarcity that most are thinking. It is different elsewhere. In Belgium and other parts of Europe the people are dying for want of food. Even in the old country the warning note has been sounded. A letter from a young lady at school says:

"The King's proclamation was read in church last Sunday about bread economy, so we've been having a great time all week making calculations about how much bread we eat. Most of us only eat 7½ slices of bread per day—the ration being nine slices. We don't use sugar except what is put in cooking, and the ration is six teaspoonsful. So you see we are economizing all right. To-day — speaking in golf terms—I'm three slices up and six to go."

The spirit that lies behind this attitude is what may be relied upon to bring the empire through the great tribulation, but we should have more of it in Canada and a fuller realization of what is needed, both in action and in restraint, to make us worthy of the fellowship of the entente alliance.

#### The Submarine Manace

Maxim's announcement that he has perfected a device which will make ships immune from the attack of submarines' torpedoes is one of the most encouraging pieces of news the Allies could receive. If his promise is filled, it means that the last possible chance of Germany averting defeat has been swept away, and merchantmen's crews will in future be able to laugh at the U-boat, especially if the vessels can be fitted with the device immediately.

#### A Farmer's Wife

(The Walkerton Telescope)

A farmer's wife who sued her husband for alimony at the High Court Sessions here last week testified in Court that she did all the housework and sewing, milked the cows and separated the cream before her husband got up in the morning, and sometimes cleaned the stables, fed the cattle, harrowed, disced, drove the binder, held up one end of a crosscut saw, and helped load up the hogs. For a reward she got cuffs and blows. This recalls the Stone Age. When the women start law-making, they will certainly fix that sort of a husband.

#### Socialist is Made to Sing National Anthem

Guelph, May 31.—One of the most exciting meetings held in Guelph since the war started was that held this evening in the trades and labor hall, under the auspices of the Socialist-Democratic party. The meeting was called for the purpose of opposing conscription, and as was anticipated, the hall was filled to the doors. The 64th Battery, about 75 in number, marched to the meeting in a body and occupied the first seats, and the returned soldiers were well represented. It was rumored during the day that the soldiers would make trouble if any of the speakers made any seditious utterances, and their presence at the meeting no doubt had an effect on the speakers, as they spoke in fair moderation, giving their reasons for opposing conscription. M. A. Farley was chairman, and the speakers were: Messrs. Lowe Cunningham, of this city, and Mervin Smith, of Kitchener. The former got a very good hearing, although he was frequently interrupted by soldiers and others with pertinent questions, which he failed to answer satisfactorily. The audience was not so generous with Smith, however. He had a stormy time of it at the close of his address when the soldiers surrounded him and insisted that he sing "God Save the King," and after a great deal of persuasion he complied with their request, one of the soldiers accompanying him on the piano. After the meeting the 64th Battery and the returned soldiers paraded the streets, and Smith was compelled to march at the head of the parade. There was a large crowd in the streets.

A tiny amount of lemon juice added to cream while whipping will help it to "fluff" more rapidly.

The dishcloth is a poor thing with which to wipe pots and pans; it is not free from soap and grease.

When boiling a custard add about half a teaspoonful of cornstarch; this will insure its not burning.

Sprinkle a little flour in the hot fat before frying with it and it will not be nearly so likely to spatter.

A Kansas inventor claims to have perfected a device that permits the use of kerosene instead of gasoline as an automobile fuel without changing carburetors.

Australia's new daylight saving law provides that all clocks be put forward an hour at the end of September and back again at the end of March in each year.

Mounting the magneto in the fly wheel the inventor of a new type of motorcycle has been able to dispense with the usual series of driving gears and sprockets.

A Spanish society has offered substantial cash prizes for new inventions, processes or improvements in electrical or mechanical lines tending to promote the progress of national industries.

A Chicago inventor's hand signal light for automobilists is so arranged that when mounted on a man's finger the extending of his hand to warn following vehicles automatically switches on the current.

The net weight of the contents of a container is given automatically by the aid of a new scale attachment that balances an empty container against the one in use and causes the weight of the latter to be omitted from the scale reading.

Read Her Letter

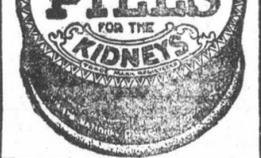


## Gin Pills

FOR THE KIDNEYS  
"My husband has suffered for some time with lame back and kidney troubles. He became so bad that work was almost impossible and he had tried so many remedies and got no relief that he had become discouraged."

"A friend advised him to give Gin Pills a trial, so I sent for a sample box. They did him so much good that he got six boxes and will continue taking them until he is entirely cured."

Mrs. James Harris,  
50c. a box; 6 boxes for \$2.50.  
Write for free sample to  
NATIONAL DRUG & CHEMICAL CO. OF CANADA, LIMITED  
Toronto, Ont. 55



## WHY not give your lad the same training?

"When I was a growing lad, and came upon many words in my reading that I did not understand, my mother, instead of giving me the definition when I applied to her, uniformly sent me to the dictionary to learn it, and in this way I gradually learned many things besides the meaning of the individual word in question—among other things, how to use a dictionary, and the great pleasure and advantage there might be in the use of the dictionary. Afterwards, when I went to the village school, my chief diversion, after lessons were learned and before they were recited, was in turning over the pages of the 'Unabridged' of those days. Now the most modern Unabridged—the NEW INTERNATIONAL—gives me a pleasure of the same sort. So far as my knowledge extends, it is at present the best of the one-volume dictionaries, and quite sufficient for all ordinary uses. Even those who possess the splendid dictionaries in several volumes will yet find it a great convenience to have this, which is so compact, so full, and so trustworthy as to leave, in most cases, little to be desired."—Albert S. Cook, Ph.D., LL.D., Professor of the English Language and Literature, Yale Univ. April 28, 1911.

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#### The Explanation

A clergyman was once solemnizing a wedding at which the remarks and responses of the bridegroom were so incoherent as to render it quite evident that he had been drinking too freely. The minister, addressing the bride, who seemed nervous, said: "My good woman, you must get away and come to-morrow. This man is not fit to be married in such a condition. You must take him away and bring him when he's sober." "Please, sir," said the bride, with tearful face, "he won't come when he's sober."

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