

THE HORRORS OF INDIGESTION

Relieved by "Fruit-a-lives" the Fruit Medicine

Indigestion, Weak Digestion or partial digestion of food, is one of the most serious of present-day complaints—because it is responsible for many serious troubles.

Those who suffer with Indigestion, almost invariably are troubled with Rheumatism, Palpitation of the Heart, Sleeplessness and excessive Nervousness. "Fruit-a-lives" will always relieve Indigestion because these tablets strengthen the stomach muscles, increase the flow of the digestive juices and correct Constipation, which usually accompanies Indigestion.

50c a box, 6 for \$2.00, trial size 25c. At dealers or sent postpaid by Fruit-a-lives Limited, Ottawa.

Guide-Advocate

Member of Canadian Weekly Newspapers' Association
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FRIDAY, DECEMBER 15, 1922

NOTE AND COMMENT

Orillia Packet: "A thoroughly capable editor can do almost anything except make money, and making money is an ignoble pursuit."

The Royal College of Physicians and Surgeons offers a prize of \$100,000 to the discoverer of a medical treatment for the effective cure of cancer. 2715 claims have already been filed.

It isn't a wise thing to boast about what crocks are stored up in the cellar, but we don't mind telling you that we are mighty pleased with the crock of stored eggs in our cellar.—Exeter Times.

Despite the heavy American duty on Canadian wheat to the United States during the last few weeks, shipments have been double the quantity exported during the same period last year. Which goes to show that they must have our wheat, duty or no duty.—St. Catharines Standard.

An impression appears to exist in the minds of some persons that ex-soldiers are exempt from Poll-tax. It is learned that this is not so. Retired soldiers who do not pay property tax are subject to Poll-tax in the town in which they reside. The impression probably grew out of the fact that some towns remitted the tax for a year or so following the war. This was a tax immunity by the town.—Barrie Advance.

A writer in the Christian Century is struck with the changed attitude in many parts of England towards the Sabbath. "Since the war," says this writer, "many thousands of men who were in France have carried back to their native land the Continental conception of the Lord's Day. Nowhere is this more manifest than in England. The London County Council recently voted 74 to 47 to allow games in the public parks on Sunday, something unheard of in England. The Dean of Exeter recently gave permission to the choir boys to play cricket after the Sunday services, an action which aroused much discussion, it being argued by the Christian forces generally that the complete secularization of Sunday would result in large transportation demands, and the enforced labor of many working people."

Barrie Advance:—"There's nothing in the paper," says the man who isn't interested in the fuel situation, crop reports, municipal affairs, building trade and so on. He is the man who is looking for the gushing report of some human frailty, and he is one of that large number of persons who look stupid and utter the asinine answer, "I'm not an information bureau" when someone asks them an intelligent question about their own town affairs. He yawns, throws his home paper aside, cranks his car and goes down the street to get the news. He hears a distorted story of somebody's prejudiced opinions on the most important question in the community and wonders why the newspapers didn't have it that way so it would be worth reading! The newspaper that does not reveal some "terrible" scandal, some glaring human foible, some depravity, has "nothing in it" for the person who feeds on gossip and fattens on garbage and knows everybody's business better than his own.

INTERESTING ITEMS FROM FAR AND NEAR

Potatoes this year in Ontario averaged 150 bushels per acre. Last year's average was 100 bushels an acre.

Why suffer from corns when they can be painlessly rooted out by using Holloway's Corn Remover.

The Board of Governors of Western University have abolished hazing, a type of barbarism which should have been tabooed years ago.

Last year 4,401 divorces were granted in Great Britain. In the United States in the year 1920 there were 133,000 cases of divorce.

Ten tons of salted whale tails were shipped during the past week to Japan from Victoria, B.C. This food is a popular delicacy in that country.

The Peterboro Examiner has little patience with municipal candidates who use the word "economy" as a blanket policy. The Examiner urges something more definite.

Turkeys are being imported from Hungary for the Canadian Christmas trade. They will be sold at 38 cents a pound, and weigh from 10 to 12 pounds.

Vessels sailing from Liverpool to South Ireland ports have been found to be carrying rifles, ammunition and chemicals used in the manufacture of high explosives.

Bunyan tells you to observe the thankful, cheerful hen, lifting up her head to thank God every time she takes a drink of water. He did not know that hens can swallow water only with their heads in the air, but his idea was sound. Thankfulness, in itself, is cause for thankfulness.

It is announced that the installation of radio phones in passenger trains on the Canadian division of the Michigan Central to assist in the efficient operation of trains and also for the convenience and enjoyment of passengers, is under serious consideration.

Most people underestimate the value of a woodlot. A New York man who made a planting of white pine has been offered \$500 an acre for the timber on the stump. Under favorable conditions an acre of white pine will average a growth of one thousand feet a year, which is not bad when it is remembered the trees will grow on otherwise rather unprofitable land.

Three weeks after the sinking of the Lusitania by a German submarine the New York Collector of Customs presented to President Wilson a report that the ship carried no contraband, no masked guns, no explosives. The report was suppressed until a few days ago. "It is not difficult to realize what the temper of the American people would have been in May 1915," says "The Wall Street Journal," "if the facts about the Lusitania had been promptly published. It would have meant war—and it would have shortened the world war by at least two years."

Canada great monument on the summit of Vimy Ridge will commemorate not only her army's great victory of April 1917, but also the valor and sacrifice of her missing soldiers. The names of 19,000 missing Canadian soldiers will be inscribed on the memorial. The erection of the memorial will be commended next Spring, says Brigadier-General H. G. Hughes, C.B., C.M.G., D.S.O., engineer of the battlefields memorial committee. The construction of the memorial and the laying out of the park on the 250 acres of land on Vimy Ridge granted by France to Canada will occupy five years and will cost half a million dollars. The whole, General Hughes states, will be the most striking war memorial of its kind in the world.

HALL'S CATARRH MEDICINE

Those who are in a "run down" condition will notice that catarrh bothers them much more than when they are in good health. This fact proves that while Catarrh is a local disease, it is greatly influenced by constitutional conditions. HALL'S CATARRH MEDICINE is a Tonic and acts through the blood upon the mucous surfaces of the body, thus reducing the inflammation and assisting Nature in restoring normal conditions.

All Druggists. Circulars free. F. J. Cheney & Co., Toledo, Ohio.

QUESTIONS and Bible Answers

If Parents will encourage children to look up the answers to their questions, it will give them a precious heritage to them in after years.

How did David express his confidence in God? —Psalm 25: 1-6
How did David pray for remission of sins? —Psalm 27: 7-11
What is a good remedy for fear? —Psalm 27: 1-3
If we truly seek the Lord, what will he do in time of trouble? —Psalm 27: 4-8
How did David manifest his faith in prayer? —Psalm 27: 9-14
Why should we give glory unto God? —Psalm 29: 1-4

AFTER FORTY YEARS

Within a few weeks Canada will be shipping store cattle as well as finished animals to Great Britain. The quarantine requirements for all but breeding stock are simple and convenient and the regulations for pedigreed breeding stock will not be more severe than those of this country. While the re-opening of the British market to Canadian steers may not revolutionize cattle trade and production in Canada it will offer a great relief to stock farmers whose product is now excluded from the United States market. Under the present system fat cattle are shipped, but must be slaughtered and thrown on the market immediately, whatever their condition may be, without regard to supply and demand. It will now be possible for Canadian breeders to ship their cattle finished or unfinished as may be convenient. British consumers who have a preference for home-fed beef can be supplied with Canadian stockers fattened in England or Scotland.

Removal of the embargo broadens out the Canadian cattle market without interfering with slaughter in Canada for shipment in cold storage, which is the most profitable way of marketing a large part of the Canadian export stock.

It is announced that Australian cattle interests are placing on the British route a line of swift ships for quick and cheap transport of frozen or chilled meats. While Canada must meet the competition of Australia and the Argentine in this class of products, she will have almost a monopoly in the shipment of live cattle. As against Australia it will be only a geographical or natural monopoly. But it will give Canada an alternative of great value that is not open to competitors. We expect to see the live cattle trade assume large proportions almost at once. This will make business for some of the Canadian Government ships.

Automobile SKATES

Always keen, these glass-hard blades with toughened core. So light, they never tire. So strong we guarantee them not to break.

—Toni Stronger

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Canada Cycle & Motor Co., Limited, Toronto

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A horse is most valuable when it is working for you. It is the same with money. Make your surplus money earn a profit for you by investing it in a Sterling Bank Savings Account. Ask our Manager for figures showing how money at interest increases in value.

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Ladies' Purses and Handbags, all prices

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All Cameras both box and folding, at pre-war prices. You need one.

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Page & Shaw Candies. Fancy packages for an acceptable Xmas gift.

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Come in and see our room full of beautiful Dolls and wonderful Toys. You will here find a splendid variety of practical, interesting toys all rightly priced.

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Just the thing for both the boy and girl.

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By the single piece or in box sets, reasonably priced.

FRENCH IVORY

Exceptionally large display of various pieces. Ivory makes one of the most cherished gifts.

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We must have your order early so see our big sample book early.

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The Methodist was a splendid amount to give Mrs. Margaret Barnia, widow McKay, of Petro an automobile drive on Monday night few minutes. The at the corner of ton streets.

This morning the debris caused destroyed the fil Canadian Oil Cos in process about when the east Harry Dayley who foot tank with cutting off the lions of brick. The ing brick was so caved in in several main it held an alone that Dagley of the war and bruises to his head alive today when of the impending other men who building escaped the less openings. At turned and under I from inside the tank Smith was called an en to his home whing after his most epe.

Dalton Hinman South America at the New Year. Mr. working with the I rolemum Co.

The new electrical at the Petrolea, pun Lake Huron were on Friday. Those v ceremony were Mayo dent Dowling of the John Walker and J. commissioners' chair manager Currie of mission.

CASTO

For Infants and In Use For Over Always bears Signature of *Casto*

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