

THE TORTURES OF RHEUMATISM

Happily Stopped When He Began To Take "Fruit-a-tives"

3 Ottawa St., Hull, P. Q.
"For a year, I suffered with rheumatism, being forced to stay in bed for five months. I tried all kinds of medicine without relief and thought I would never be able to walk again. One day while lying in bed, I read about 'Fruit-a-tives' the great fruit medicine; and it seemed just what I needed, so I decided to try it. The first box helped me, and I took the tablets regularly until every trace of the rheumatism left me."
LORENZO LEDUC.
50c. a box, 6 for \$2.50, trial size 25c. At all dealers or sent postpaid by Fruit-a-tives Limited, Ottawa.

IF THIN AND NERVOUS TRY BITRO-PHOSPHATE

While excessive thinness might be attributed to various and subtle causes in different individuals, it is a well-known fact that the lack of phosphorus in the human system is very largely responsible for this condition. It seems to be well established that this deficiency in phosphorus may be met by the use of Bitro-Phosphate, which can be obtained from any good druggist in convenient tablet form. In many instances the assimilation of this phosphate by the nerve tissue soon produces a welcome change—nerve tension disappears, vigor and strength replace weakness and lack of energy and the whole body loses its ugly hollows and abrupt angles, becoming enveloped in a glow of perfect health and beauty and the will and strength to be up and doing. CAUTION:—While Bitro-Phosphate is unsurpassed for the relief of nervousness, general debility, etc., those taking it who do not desire to put on flesh should use extra care in avoiding fat-producing foods.

TO DARKEN HAIR APPLY SAGE TEA

Look Young! Bring Back Its Natural Color, Gloss and Attractiveness. Common garden sage brewed into a heavy tea with sulphur added, will turn gray, streaked and faded hair beautifully dark and luxuriant. Just a few applications will prove a revelation if your hair is fading, streaked or gray. Mixing the Sage Tea and Sulphur recipe at home, though, is troublesome. An easier way is to get a bottle of Wyeth's Sage and Sulphur Compound at any drug store all ready for use. This is the old-time recipe improved by the addition of other ingredients. While wispy, gray faded hair is not sinful, we all desire to retain our youthful appearance and attractiveness. By darkening your hair with Wyeth's Sage and Sulphur Compound, no one can tell, because it does it so naturally, so evenly. You just dampen a sponge or soft brush with it and draw this through your hair, taking one small strand at a time; by morning all gray hairs have disappeared, and, after another application or two, your hair becomes beautifully dark, glossy, soft and luxuriant.

COMBING WON'T RID HAIR OF DANDRUFF

The only sure way to get rid of dandruff is to dissolve it, then you destroy it entirely. To do this, get about four ounces of ordinary liquid arvon; apply it at night when retiring; use enough to moisten the scalp and rub it in gently with the finger tips. Do this to-night, and by morning, most if not all, of your dandruff will be gone and three or four more applications will completely dissolve and entirely destroy every single sign and trace of it, no matter how much dandruff you may have. You will find, too, that all itching and digging of the scalp will stop at once, and your hair will be fluffy, lustrous, glossy, silky and soft, and look and feel a hundred times better. You can get liquid arvon at any drug store. It is inexpensive and never fails to do the work.

TO GROW HAIR ON BALD HEADS Specialist Gives Simple Recipe That Works Fine.

Thousands of people suffer from baldness, and falling hair, who, having tried nearly every advertised hair tonic and hair-grower without results, have resigned themselves to baldness. And the attendant discomfort. Yet their case is not hopeless; the following simple home prescription has made hair grow after years of baldness, and is also unequalled for restoring gray hair to its original color, stopping hair from falling out, and destroying the dandruff germ. It will not make the hair greasy, and can be put up by any druggist: Bay Rum, 6 ounces, Lavender Compound, 2 ounces, Menthol Crystals, one-half drachm. If you wish it perfumed add 1 drachm of your favorite perfume. This preparation is highly recommended by physicians and specialists and is absolutely harmless, as it contains none of the poisonous wood alcohol so frequently found in hair tonics. Ladies using this prescription should be careful not to get it on the face or where hair is not desired.

For Superfluous Hair Use DELATONE
The Leading Seller for 10 Years
QUICK—SURE—SAFE—RELIABLE
Use Fresh as Wanted
Ask Your Dealer — He Knows

THE COURSE TO TRADE WITH POLAND

CANADIAN TRADE COMMISSION GIVES INFORMATION.

Among the new states of Europe affording a field for Canadian trade, one of the most important will be Poland. According to information received by the Canadian Trade Commission, this new republic may become an important buyer of Canadian goods. Some of her requirements are machinery of all descriptions, agricultural implements, dry goods, clothing, boots and shoes, railway material, automobiles, tractors, dyes and chemicals, fertilizers, pharmaceutical products and a variety of manufactured goods. On account of war conditions, up-to-date statistics on Poland's trade are not available. Three political divisions made up the country before the war. Congress Poland in 1912 imported a total of \$228,000,000 worth and exported to the value of \$306,000,000; the importation being chiefly agricultural products from Russia, coal, machinery, hardware, textiles, chemicals and a variety of manufactured goods from Germany. The total importation of Galicia in 1912 amounted to \$200,000,000 and exports \$95,000,000; the imports being chiefly mineral products, manufactured goods, textiles, furniture, automobiles, machinery and pharmaceutical products.

Pomerania, West Prussia and Upper Silesia were parts of Poland incorporated in general trade statistics with the German Empire. Transportation statistics show that exports were chiefly agricultural and mining products, and imports—manufactured goods of all descriptions from Germany. The new status of the republic has not yet been determined in its entirety. The territorial limits as proposed by the Polish Delegation at the Peace Conference, however, would indicate an area of 170,000 square miles with a population of 35,500,000. Nearly 20,000,000 of these are of former Russian Poland, and the balance almost evenly divided between Germany and Austrian Poland. Polish industries increased considerably between 1900 and 1914. The beet sugar industry occupies a prominent place; the output, just before the war being 729,000 tons in a year. Other prominent industries are similar to those of Canada, including flour mills, textile factories, iron and steel factories, lumber mills, paper factories, tanneries and chemical plants. Judging from pre-war conditions, about 65 per cent. of the Polish people are engaged in agriculture; 14 per cent. in industry and mining; 8 per cent. in commerce; the remaining 13 per cent. in a variety of activities.

In addition to the advantages to be derived from her own resources, Poland is in a position to benefit greatly from its situation on the crossroads of trade connecting Central and Eastern Europe at the gateway of Russia. Canadian firms, by establishing connections in Warsaw, would also enjoy the opportunity of entering the Russian market with the opening of normal trade conditions in that country. It is the ambition of Poland to take the place of Germany in the transit business from and to Russia. Through her harbor Danzig she enters the way of international trade. Polish import restrictions are maintained to prevent importation of goods from undesirable or enemy sources, to control distribution and to eliminate dishonest speculation. An import license is required for nearly all imports. This license is issued by the Government Commission of Import Export, Warsaw, (Elektrarna 2). The goods should be consigned to the Polish Government Bureau of Purchasing Articles of First Necessity, in Danzig, with instructions as to the ultimate receiver of the shipment in Poland. The Polish Bureau is the successor to the Inter-Allied Relief Commission in Danzig, and attends to the safe transportation of the goods from Danzig to their destination. The Canadian Trade Commission is in a position to give detailed information as to how shipping documents should be made out to meet the requirements of the Polish Commission.

NEW HAMBURG

With the passing of Jas. Ratz, there is removed one of the few remaining pioneers of Waterloo County. Born on the Atlantic Ocean on Aug. 21st, 1828, while the family emigrated to this county from Hessen, Germany, the deceased reached the advanced age of 91 years, 2 months and 2 days. The family came to Waterloo and later settled in Woolwich Township where the deceased received his first schooling in the old log school house, which now stands in the Waterloo Park as a relic of the olden days. In 1856 he came to Wilmet and started the saw milling business at Pine Hill, in which he was very successful. In 1884 he retired from active work and removed to New Hamburg, taking an active part in the affairs of the village and serving on the Council Board. In religion he was a staunch adherent of the Evangelical church. He was twice married. His first wife predeceased him 14 years ago, and his second wife died in 1913. Senator Ratz, who was at home to attend the funeral of his father, returned to Ottawa a week ago Monday night. A week ago Tuesday morning fire was discovered in the Standard Bank office. A high wind was blowing at the time which threatened a serious conflagration. Fortunately the blaze was put out with buckets of water. Clayton Stumpf and wife of Kitchener, spent Sunday with the latter's parents, Mr. and Mrs. John Buckel. Reeve Debus and town clerk J. F. Katzenmeier attended a meeting of the Hydro Electric Association in Toronto a week ago Wednesday.

The large packing plant at Kensington, P. E. I., with almost all its contents was destroyed by fire. Employment bureaus report there is great difficulty in getting men to go into the lumber camps this season.

FLORADALE.

Mr. and Mrs. Isaac Gingrich and Mr. Alb. Gingrich left for Grand Rapids to attend the funeral of their late brother, John Gingrich, who formerly owned the blacksmith shop in this village. Mrs. Wm. G. Brox and her mother spent last Tuesday with Sylvester Bowman's.

Mr. and Mrs. Levy Bowman visited Mr. Bowman's brother in Tavistock. Mr. and Mrs. Chas. Bergman visited friends and relatives in the neighborhood. Mr. and Mrs. Walter Mickus were the guests of John Stahlbaum. Mr. Wm. Ritter was a business visitor to Conestogo. Mr. Chas. Hartwig and family of Kitchener visited with Fred. Lasch's.

and Christ Hartwig's over Sunday. Mr. and Mrs. Pet. Schmehl and children visited relatives at Frezport. Mr. and Mrs. Cunningham of Hawkesville were guests at A. J. Ruggie's. The Lutheran young people had an enjoyable eve with Mr. and Mrs. Geo. Mattusch on Halloween. Mr. Eddie Stumpf of Galt is at present visiting with his uncle William Stumpf.

Mrs. Lucy Anthony has moved into Phil. Sadtler's house. NEW GERMANY.

Last Thursday Wendel Beachy moved into the house bought from Clemens Bruder, the latter moved to Kitchener on Monday. A couple of young sports went hunting and brought home 40 rabbits.

Frank Scherrer raised some cabbage this year weighing over 15 lbs. Marie Zinger from Kitchener visited Miss Marie Becker.

Canada is to have her share of the United States coal output as before, Sir George Foster announces. Alex. Karolyk was murdered by his sons, aged fourteen and eleven, at their home near Poplar Field Manitoba.

FOUR REASONS WHY SHREWD MEN ARE BUYING VICTORY BONDS 1919

1. Security.

SHREWD men are buying Victory Bonds because Victory Bonds are backed by Canada's guarantee that she will repay the full amount stated on the face of the bond—the five-year bonds on November 1st, 1924; and the fifteen-year bonds on November 1st, 1934. And she not only binds herself to pay the money back, but she pledges all of her vast resources as security for her promise.

2. Income.

SHREWD men are buying Victory Bonds because the interest return is unusually good considering the absolute security. You will be paid 5½% per year on Victory Bonds—2½% more than you can get in the Savings Banks. Unlike many other investments, you have absolutely no worry as to the prompt payment of the interest.

3. Saleability.

SHREWD men are buying all the Victory Bonds they can pay for now and all they will be able to pay for during the next ten months under the instalment plan, because they know that if at any time they should need ready money they can sell them. There will always be a ready market for Victory Bonds.

4. Advancement in Price.

SHREWD men are buying Victory Bonds because they consider them to have an excellent prospect of advancement in price.

ALL of Canada's previous issues of Victory Bonds have advanced. You can sell your Victory Bonds 1917 and 1918 even in this short time—one and two years—and get more than par for them. What will Victory Bonds be worth when the world finally gets back to a normal basis—when interest rates come down—when Canada will be able to borrow again at 4%, or even less?

WAR conditions have created the opportunity for you to buy the very best of Government securities on unusually attractive terms. Do not miss such a good investment opportunity, but buy to your limit.

BUY VICTORY BONDS

Issued by Canada's Victory Loan Committee, in co-operation with the Minister of Finance of the Dominion of Canada.

Inimita

The flavor and crisp Kellogg's TOASTED CORN WAXTITE Moisture-Proof Flakes which brings these great big crispy flakes to your table just as fresh as the moment ovens at TORONTO.

Insist on getting Kellogg's TOASTED CORN FLAKES in the "WAXTITE" Wrapper and you will never be disappointed. Every Grocer, everywhere, sells Kellogg's "WAXTITE" corn flakes every day.

BANK OF MONTREAL

ESTABLISHED OVER 100 YEARS BUY VICTORY BONDS It is the duty of every Canadian to buy Victory Bonds to the extent of his or her ability. Those who intend to invest can obtain full information with regard to the denominations of bonds, terms of payment, etc., at any branch of The Bank of Montreal.

J. J. BENSON, Manager, Kitchener Branch.

War Bond Int. Coupons and Cash Free

The Merchants' Bank Loan coupons or interest on presentation, without whatever for the service. If you have not a not use your interest in this Bank?

THE MERCHANT

Head Office: Montreal, OF CANADA. KITCHENER BRANCH, D. A. PRESTON BRANCH, M. S. SU.

INCORPORATED 1878 THE MOLSONS

VICTORY LOAN CO. Do not forget your cash interest cheques. We shall be glad to cash to your credit Victory Loans or cheques maturing November 1st, 1919. THE MOLSONS Kitchener Bridgeport

everybody reads food-news!

Any news pertaining to food close to touching men and their lives. You'll be glad you ask for "Ocean Food" The Wm. Snider Waterloo.

O. SOLOMON Moving, Trucking and Quick Delivery

Special Service for PARTIES AND PICNICS to all parts of the Country with Motor Truck Leave Orders Phone 299 or with Fred. Solomon, Phone 1053

Clean It's an old suit than to make it Try us. The 29 South