

HIS HEART BADLY AFFECTED

"Fruit-a-tives" Soon Relieved This Dangerous Condition

632 GERRARD ST. EAST, TORONTO.
 "For two years, I was a victim of Acute Indigestion and Gas In The Stomach. It afterwards attacked my Heart and I had pains all over my body, so that I could hardly move around. I tried all kinds of Medicine but none of them did me any good. At last, I decided to try "Fruit-a-tives". I bought the first box last June, and now I am well, after using only three boxes. I recommend "Fruit-a-tives" to anyone suffering from Indigestion."
 FRED J. CAVEEN.
 50c. a box, 6 for \$2.50, trial size, 25c. At all dealers or sent postpaid by Fruit-a-tives Limited, Ottawa.



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 is packed at the factory in dust-tight cartons. Yours is the first hand to touch it.
 2 and 5-lb Cartons
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 "The All-Purpose Sugar"
 Send us a red ball trade-mark for a FREE Cook Book
 Atlantic Sugar Refineries Ltd.
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N.P. SOAP
 Do you mean to say you have never tried N.P. Soap? It has been on the market since the days of Confederation, pretty near - and it has been the best soap for laundry and household purposes all that time!
 Better try it - a great big bar for 15 cents

DEPARTMENT OF THE NAVAL SERVICE
 ROYAL NAVAL COLLEGE OF CANADA
 THE next examination for the entry of Naval Cadets will be held at the examination centres of the Civil Service Commission in May, 1917, successful candidates joining the College on or about 1st August. Applications for entry will be received up to the 15th of April by the Secretary, Civil Service Commission, Ottawa, from whom blank entry forms can now be obtained.
 Candidates for the examination in May next must be between the ages of fourteen and sixteen on the 1st July, 1917. Further details can be obtained on application to the undersigned.
 G. J. DESBAILLATS, C. M. G.
 Deputy Minister of the Naval Service
 Ottawa, November 28, 1916.
 Unauthorised publication of this advertisement will not be paid for.
 Department of the Naval Service.
DR. DeVany's FEMALE PILLS Reliable medicine for all Female Complaints. \$5 a box, or three for \$10, at drug stores. Mailed to any address on receipt of price. "The Scarborough Dispensary," St. Catharines, Ontario.
PHOSPHONOL FOR MEN Restores Vitality, Strength and Energy. "Grey Matter" for Nerve and Brain; "increases grey matter"; a tonic - will build you up. \$3 a box or two for \$5 at drug stores, or by mail on receipt of price. THE SCARBOROUGH DISPENSARY, St. Catharines, Ontario.



THE TICK-TOCK GOWN.

Little Mrs. Ptarmigan told a bird friend in strictest confidence that Peter Stitch, the tailor bird, was making it out of a gray autumn day!
 "What in the world," said her little friend, "does a day look like?"
 "It looks just like a veil, a soft gray veil," said Mrs. Ptarmigan. "The Wind carries each day at twilight to the hut of Old Man Year, and whatever color the day has been, sunny or cloudy, that color's in the veil."
 "And how," asked her friend, "did you get it?"
 "But little Mrs. Ptarmigan wouldn't tell."
 Now Mrs. Ptarmigan, I'm sorry to say, had stolen that autumn day by sticking her beak in it and flying away, and so what happened to her in the end was all her own fault.
 Peter Stitch finished the gray gown and it was soft and lovely to look at. Mrs. Ptarmigan was so proud that she just strutted here and there in the fairy forest showing everybody.
 "It's full of ticks," said the Owl.
 "Tucks, you mean!" said Mrs. Ptarmigan.
 "I mean ticks!" said the Owl. "Wherever you go I hear you ticking away like a clock."
 "Why," said little Mrs. Ptarmigan, "that's queer. That's mighty queer." And she listened herself. Sure enough, from that dress of day came a tick-tock, tick-tock, tick-tock, and Mrs. Ptarmigan hurried back to Peter Stitch.
 "Oh, that's all right," said Peter. "A day, you know, is full of minutes and seconds, and mortals count them with a clock that ticks, and with the world so full of clocks a day just gets full of ticks. It can't help it."
 All might have gone well save that in his hut Old Man Year missed the stolen day.
 "Well, he said, "it's easy enough to find it. I'll tell every bird and flower and fairy and elf to listen for his ticking." And he did.
 Do you know what happened? Everywhere that Mrs. Ptarmigan went she tick-tocked, tick-tocked, and elves and fairies followed her. What's more, they captured her and carried her off to Old Man Year, where she had to give up her dress of day. What's more, he made her work for him for punishment, and she had to roll up with her beak every single day that the Wind brought into his hut and pack them in his bag so that when the end of the year came he could shake the bag and go off wherever the years meet to make a century.
 Serves her right, say I!

SIDE TALKS

BY RUTH CAMERON

WHICH HAD YOU RATHER?
 A letter friend writes me that she and one of her friends have had a discussion, and asks what I think about it.
 The point under discussion is this: Which had you rather have (does not that phrase always remind you of the momentous choice between a pony and cart and a gold watch studded with diamonds?) a husband who was constantly telling you how much he loved you and how sweet you looked but who didn't show his love by his actions.
 Or, a husband who was good to you but never mentioned the fact that he loved you or gave you compliments or little caresses.
 The Poem in The First Reader
 It's like the old first reader story of the two daughters one of whom said "I love you," and then was selfish and careless. The other said nothing but was a good girl.
 The first reader leaves us in no doubt which of the two was to be considered the model child.
 But with husbands I think it is a little bit different.
 It is a little easier for a mother to take a child's love for granted.
 The Don't Bargain for Love.
 Besides mothers demand less love. God made them that way because he wanted to have one creature on earth who wouldn't bargain and barter about love, but give it freely.
 To be sure the husband who says "I love you" and then gives his words the lie by his selfishness is not a satisfactory person. You have to keep yourself blindfolded to keep from realizing that that kind of an "I love you" is a counterfeit.
 But there are many women who seem to be able to buy a kind of happiness with this coin.
 They Seem Happier On The Whole.
 Indeed it seems to me that, strange as it may appear, they are happier on the whole than the woman whose husbands are good providers and even tempered but who omit the little amenities.
 Of course the matter depends somewhat on the form the husband's selfishness takes. It may be even the blindest love could not be satisfied with caresses if drunkenness or infidelity or a habit of "losing his way through a hole in his pocket" went with it.
 On the whole it seems to me that I wouldn't be satisfied with a husband lacking in either quality. I'd have to say with the littlest Ruggles "a little of both if you please and I'm much obliged."



Rippling Rhymes

By Walt Mason

TIMES HAVE CHANGED.
 The Indian's cut out his thirst for sore, his warwhoop's heard on the plains no more. He wears boiled shirts and he smokes cheroots, and doesn't care for a scalp three hoots. The bison's gone from the western plain, with the emigrant and the wagon train. And the tireless bronk with its Texas brand, has gone to the mustangs's happy land. Where the lean wolf howled in the lonely night, the farmer's windows are glowing bright. The autos scorch on the dusty pike, where scout and trapper were wont to hike. These things discourage an old time scout, and Buffalo Bill has just passed out. New heroes come in these modern days; the champions of the mat and ring, the football chief and the handcuff king. New heroes come, and the old ones go, and Buffalo Bill is lying low. A brave old soul, and he seemed sublime to a million boys, in the long gone time. Inspired by him, how we used to swear we'd ride on charges and wear long hair, and blow a blast on a hunting horn, and kill an Indian every morn! The world moves on, and the old dreams go, and Buffalo Bill is lying low.
Catarrh Cannot be Cured with LOCAL APPLICATIONS, as they cannot reach the seat of the disease. Catarrh internally, and acts directly upon the blood and mucous surface. Hall's Catarrh Cure is not a quack medicine. It was prescribed by one of the best physicians in the country for years and is a regular prescription. It is composed of the best tonics known, and combined with the best blood purifiers, acting directly on the mucous surfaces. The perfect combination of the two ingredients is what produces such wonderful results in curing catarrh. Send for testimonials, free.
 Take Hall's Family Pills for constipation. Sold by Druggists, price 50c. J. CHURNEY & CO., P.O. Box, Malaga, N.J.

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MORE BREAD and BETTER BREAD

OUR DAILY PATTERN SERVICE

Valuable Suggestions or the Handy Homemaker—Order Any Pattern Through the Courier. Be Sure to State Size.

BOY'S RUSSIAN SUIT.

By Anabel Worthington.

The Russian style, so long the favorite with mothers and with Fashion, continues triumphant among the models offered for the small boy. It is, of course, decidedly boyish and when made like the suit shown by this drawing is sure to create interest. In this case, cut with smart closing outline, has a neat round collar of the goods or of material in different weave and opposing color; full length sleeves are cuffed to match. At a lowered waistline the fulness is neatly drawn in with a patent leather belt or one of the material in the suit.
 A pocket is a little thing, but when a boy of six years is concerned it looms very large, so it will be to advantage to add a pocket to the left side, using self material or contrasting goods, according to the fabric that contributes the collar and cuffs. Any little fellow will feel proud and grown up if straight trousers complete the suit.
 In most cases this type of suit is developed in St. Nicholas cloth, gingham, linen or galatea, but one may choose wool mixtures, serge or like weave for a kindergarten suit. There is very little work to copy the design and no worry at all, for the pattern is in pictures for your convenience.



The suit pattern, No. 8,133, cuts in sizes, two, four and six years.
 To make in the medium size requires two yards thirty-six inch material; one-quarter yard thirty-two inch contrasting goods.
 To obtain the pattern send 10 cents to the office of this publication.

ANNUAL REPORT

Continued from page seven.
 have these additional hydrants installed at the earliest possible date and I hope that the Commissioners will have this work done without delay.

To Mark Alarm Boxes
 I also think it would be a good plan for the Council to make arrangements with the Hydro Electric Commission to have a red light installed as close as possible to every fire alarm box in the city. This could be done at a small expense and it would be an unmistakable guide in finding the fire alarm box at night to turn in an alarm for fire, as at the present time it is very hard for a person to locate a fire box on a dark night.
St. Paul Subway.
 I am exceedingly pleased to know that the Mayor and Council of this year have under consideration a satisfactory plan for the extension of the Ave. by a subway under the G. T. R. tracks, and if this plan is carried through to a successful issue it will overcome a long standing and serious handicap in reaching the scene of any fire at the hospital or in that vicinity. The way that the subway is present time, especially in the spring of the year when the roads are bad, a great deal of valuable time would be lost in reaching a fire in that vicinity. If there were a subway under St. Paul Avenue we would have the pavement all the way up Brant Avenue to St. Paul and then only a short run up a moderate hill. Thus by the use of our motor truck we would be able to reach the hospital or that locality in very rapid time. You can readily understand how seconds would count in reaching a fire especially at the hospital, where so many sick and helpless peoples' lives would be at stake, while the construction of this subway would be of great benefit to the residents of the County as well as to citizens in general. It is an absolute indispensable necessity for the Fire Department in the protection of life and property in that locality, and it is my sincere hope that the Mayor and members of this year's council will leave no stone unturned to have this subway constructed at the earliest possible date.

Fire Protection
 I again desire to bring the question of fire prevention as forcibly as I can to the attention of citizens in general. I earnestly urge citizens to use every possible precaution to guard against fire in the way of keeping premises clear of rubbish, etc., and in the protection of life and property in that locality, and it is my sincere hope that the Mayor and members of this year's council will leave no stone unturned to have this subway constructed at the earliest possible date.

VENO'S WON THE FRENCH PRIZE
 For the Cure of Coughs and Bronchial Troubles.
 The hall-mark of scientific approval was conferred upon Veno's Lightning Cough Cure when it won the Grand Prix and Gold Medal at the International Health Exhibition, Paris, 1910; the approval of the public is expressed in a reputation wide as the British Empire. Veno's has the largest sale of its class in the world. It is made in Great Britain by British skill, financed by British capital, and sold wherever the British flag flies. Prices 30 cents and 60 cents, from druggists and stores throughout Canada.

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In presenting this report and making the recommendations herein, I realize that it is war time and capital expenditures should be sparingly made. However, I have had but two considerations, economy and efficiency. The new equipment advised to be purchased will have to be secured sooner or later. The sooner the investment is made the sooner will the saving be effected. Moreover, the Department will render more efficient service and be more in line with the progress of the times.
 I desire to thank the Mayor and City Council of last year, and especially Mr. S. P. Pitcher, Chairman of the Fire and Light Committee, and members of that Committee for their kindly interest and hearty co-operation in the welfare of the members of this department. I also wish to thank Chief Slemm and members of the police force for assistance during the year.
 I have the honour to be, Your obedient servant,
 D. J. LEWIS,
 Chief, Brantford Fire Department

We have just received a shipment of

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