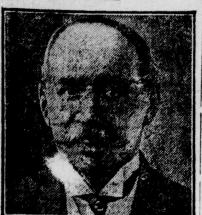
TORTURED BY

"Fruit-a-tives" Brought Quick and Permanent Relief.



108 Church Street, Montreal,

December 10, 1917. "I was a great sufferer from Rheumatism for over 16 years, I consulted specialists, took medicines, used lotions; out nothing did me good.

"Then, I began to use 'Fruit-a-tives'; and in 15 days, the pain was easier and the Rheumatism was better. Gradually, 'Fruit-a-tives' overcame my Rheum atism; and now, for five years, I have had no return of the trouble. Also, I had severe Eczema and Constipation,

of price by Fruit-a-tives, Limited, Ot-



By Generieve Kemble SUNDAY AND MONDAY,

NOVEMBER 24-25. day promises to be a fortunate Sunday promises to be a fortunate day for all kinds of literary and professional labors, or any activities in which letters and writings figure, as Mercury is trined by the Moon, making the mind quick, sagacious and versatile. Jupiter is also in favoring position to Luna, denoting financial gain and successful issues. It is not a day for beneficial changes, journeys or removals.

Those whose birthday it is may expect a successful year, but should avoid travel and radical changes. A child born on this day will be clever, industrious, generous and impulsive.

born on this day will be clever, industrious, generous and impulsive.

Monday promises to be the proverbial "blue Monday," with most of the planetary operations working at cross purposes. There may not be much headway in business. Luna being condunct Saturn, Jupiter does not help any in investment, speculation or profit, and a similar unpromising condition dominates in the realm of domestic, social and affectional matters, Venus being squared by the Moon. Altogther it is a day for "possessing the soul in patience," waiting for tomorrow's astral benefits.

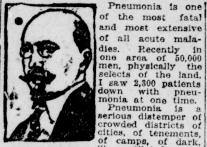
Those whose birthday it is should have a quiet day. A child born on this day will be proud and masterful.

DAILY PAGE FOR EVERYBODY

Secrets of Health and Happiness

What Science Really Knows and Does About Pneumonia

> By DR. LEONARD KEENE HIRSHBERG. A. B., M. A., M. D., (Jo hns Hopkins University.)



Pneumonia is one tresh air—sunlight, warm and dry—the most fatal combats the trouble.

Vaccines made up of dried, killed pneumonia germs of all kinds are now in use. These are inoculated into the arm and thus ward off the likelihood of pneumonia in any of its various misperson physically, the chievous forms. les. Recently in arm and thus we present the area of 50,000 preumonia in a chievous forms, saw 2,300 patients.

Answers to

Answers to Health Questions J. McN.: Q.—Please advise what to do for eczema.

A.—There are several varieties of eczema, some of which are cured by keeping away from water, flowers, chemicals, and from occupations that irritate it. You may also try this:

Salicylic acid 15 grains
Balsam peru 1 dram
Phenol 15 drops
Sulphur 1 dram
Petrolatum 1/2 ounce
Wool fat 1/2 ounce serious distemper of crowded districts of crowded districts of cities, of tenements, of camps, of dark, illy-ventilated, congested quarters.

There are four types of pneumonia. The influenza bacilli, the bacillus of bubonic plague, the streptococcus and other bacteria may inaugurate an infection or "cold," and one of the four types of the pneumococcus then "gets in its dirty work."

The treatment of pneumonic in the common tent of pneumonic in the common tent of pneumonic in the common tent in the comm

fection or "cold," and one of the four types of the pneumococcus then "gets in its dirty work."

The treatment of pneumonia is still in the same unhappy state as it was 2,000 and more years ago. That is to say, two or three victims of it out of every four or five get well, no matter what is done, and the particular onions, medicines, serums or faith then used receives wide publicity and false credit for the "cures."

Until ninety or more of every hundred are cured by a treatment, no one has the right to claim that a particular. MR. V. O. B.; Q.—Kindly advise what to do for a leaky heart.
A.—Inside of the chambers of the heart there are draw curtains called valves. These flap open to allow the blood to come in, and close automatically when blood has filled the chambers. When these curtains shrink from an infectious disease or some other trouble, they do not close fully, and then cause a flow of blood between the chambers. It is not a serious condition at all. has the right to claim that a particular method used on 75 sufferers is "a at all.

had severe Eczema and Constipation, and 'Fruit-a-tives' relieved me of these complaints; and gave me a good appetite; and in every way restored me to health.

P. H. McHUGH."

500 a box, 6 for \$2.50; trial size, 25c. At dealers or sent post paid on receipt of price by Fruit-a-tives, Limited, Other and the service of price by Fruit-a-tives, Limited, Other and the service of the se a "cure" for pneumonia, because every patient he had treated in his experience recovered after some nauscus recovered after some nauseus drug was administered. A man's whole lifetime of practice may not encounter more than a hundred pneumonias. This isn't enough to prove anything, as subsequent events prove ient events prove. Elements of Mystery.

Elements of Mystery.

Unfortunately, then, pneumonia still awaits its Columbus. At present it is three times in four a self-limited, self-healing disease, which can neither be cut short nor aborted in most instances by any means at human command.

Strange characteristics of pneumonia are that sometimes under the most unfavorable circumstances, when death seems almost present—and irrespective of treatments—it may terminate abruptly, favorably and naturally.

On the other hand, under the best conditions of nursing experience and attention sometimes it cannot be stopped, shortened or prevented from ending sadly.

One of the most advisable measure

stopped, shortened or prevented from ending sadly.

One of the most advisable measures ofte nneglected is to grease, oil or otherwise protect the shoulders, chest, back and neck of the pneumonia victim. The perspiration and strain thrown upon the skin and other parts of the torso call for the prevention of evaporation and further internal congestions of the chest. Omission of this has often, perhaps, made a mild, single-lobed pneumonia become a serious double pneumonia become

T. P., London, Ont. Q.—Kindiy advise what to do for dandruff.

2. Please tell me what to do for blackheads? blackheads?

A.—Use a little of the following for dandruff three times a week:

Sulphur 1 dram
Resorcin 10 grains
Salicylic acid 10 grains
Sulphate of quinine 10 grains
Petrolatum 1 ounce
2 Gentle massage with a sterilized piece of absorbent cotton or chamois, followed by the application of a little paste made up with the following will help:

E. C. J., Vittoria, Ont.: Q.—Kindly dvise what to do for itchy skin.

A.—Apply a little of the following the affected parts: affected parts:

Pink calamine 2½ drams

Zinc oxide 2 drams

Glycerine 2 drams

Phenol 30 drops

Lime water 2 ounces

Rose water 2 ounces H. B., Preston, Ont.: Q.—Kindly adise whether apples are injurious to the

vise whether apples are injurious health. A.—Apples are healthy to eat. WORRIED. Canada: Q.—Kindly adise what to do for falling hair?

A.—Apply a little of the following to our hair:

quinine 1 dram
Quinine 2½ grains
Pilocarpine 2½ grains
Salicylic acid 15 grains
Lanolin ½ ounce
Petrolatum ½ ounce O. K., Canada: A.—Go to sleep early, and drink a glass of hot milk before you retire.

MRS. D. R., Canada: Q.—Kindly tell me what to do for a goitre. M. G. S.: Q.—Kindly advise what to do for rheumatism.

A.—Rheumatism is a carelessly used name given to the symptoms of many different diseases. If you will describe your symptoms closely and precisely, and forget the vague term, I will be glad to help you. A .- There are various kinds of goitre Some require no treatment, but most of ourse. They are seldom inherited, and their cause is not known.

your symptoms closely and precisely, and forget the vague term, I will be glad to help you.

D. S., Abbotsford, Canada: A.—If you will send a stamped, self-addressed envelope, with your query repeated, I will be glad to answer your questions.

MRS. A. W.: Q.—Kindly tell me what to do for nits.

A.—Wash the hair in acetic acid and D. S., Abbotsford, Canada; A.—If you of will send a stamped, self-addressed envelope, with your query repeated, I will be glad to answer your questions.

Good Night

THE RESTLESS LITTLE FLY.
Willy Fly was very unhappy and discontented with his home in the kitchen. He wanted to explore the world beyond the shiny window pane.
"It looks nice from here," sighed Mamma Fly, "with the sun shining, and it's lovely out there in summer time. But the days are growing colder all the time and before many hours we may have snow. Then what would you do?"
Willy Fly had never seen snow, and didn't know whether it was good to eat Willy Fly had never seen snow, and didn't know whether it was good to eat or not, but he couldn't see anything to frighten him in the name of "snow," so he waited his chance, and that afternoon, when he found the window open, out he buzzed.

All afternoon he flew this way and that in the sunshine, happy, exploring the wonders that met his eyes at every turn. But when evening came and with it a stiff, cold wind. Willy Fly began to

turn. But when evening came and with it a stiff, cold wind, Willy Fly began to

He was cold and hungry. He wished he had never ventured outside the nice warm kitchen, and Willy Fly began to cry hittely warm kitchen, and Willy Fly began to cry bitterly.

Mrs. Grey Spider saw him and invited him into her parlor, but Willy Fly de-clined the invitation.

"Better come in and get warm," she



He Wished He'd Never Ventured Outside.

MY SOLDIER HUSBAND ADELE GARRISON'S CONTINUATION OF REVELATIONS OF A WIFE

Why Madge Felt Hesitancy in Asking Dr. Pettit a Most Important Question.

"Look here, old man, how long have I got to lie here like a mewling kitten that hasn't got its eyes opened yet?"

Dicky raised himself on one elbow and glared at Dr. Pettit with angry impatience. The glare lost much of its effectiveness in the semi-darkness which the physician, re-enforced by an oculist's decision, had imposed upon my husband's room, ever since he had taken charge of his case, but the tone clearly indicated Dicky's state of mind.

"We cannot tell yet." Dr. Pettit spoke soothingly, drawing on his gloves with the deliberations characteristic of him. "It all depends upon yourself now. You have made tremendous strides in this week, and it ought not to be so cery long now, if you're patient, when we at least can give you more light, and let you sit up a while each day."

"When can I read?" Dicky demanded. I could not help but reflect that it was exactly the tone a spoiled boy of 12 or 13 would use.

"It's This the Way—"

"Not for several weeks." returned Dr. Pettit into the corridor. side.
I followed Dr. Pettit into the corridor.

closing the door behind me. As I turned to him, I saw smouldering anger in his eyes, noticed that his hands were denched into involuntary fists.
"Tell me," he began hotly, his repression falling away from him, "Is this the

I interrupted him ruthlessly, for I couldn't permit the harsh criticism of Dicky which was trembling upon his lips. I knew that he was deeply stirred at my husband's rudeness to me, but the knowledge did not bring the same glow of appreciation for his chivalric championship of me that I have once or twice before experienced when the young physician has witnessed Dicky's outbursts of temper. I am wiser than I used to be, and either wisdom or intuition tells me cynically that if Dr. Pettit were married and Dicky an involuntary wisness to disagreements between the physician and his wife, it might be Dicky's turn to wax indignant over the other man's rudeness. The Biblical beam in the other's chap eye is always very easy to see.

"Never mind that." I said hastly moments. The Subject Changed.

to see.

"Never mind that," I said hastily.
"There's something far more important that I must talk over with you, and I've been seeking the opportunity to do so for a week. Have you a few moments to give me now? Mother Graham is out walking with the baby, and if we go down to the living-room we shall be undisturbed."

go down to the living-room we shall be undisturbed."

He bowed gravely, his well-trained facial muscles giving no hint of the astonishment he must have felt.

"I am absolutely at your service. You know that," he said quietly, and in spite of my cynicism of the moment before, I felt a thrill of comforting dependence at the earnest words.

I did not find it easy to broach the subject of my father's finances to Dr. Pettit. Facing him in the living-room. I felt a little panic of embarrassment coming over me. For a moment my spirit flared rebelliously against Lillian, who had urged—rather, commanded me—to find out from the young physician whether or not my father could afford the generous check he had handed me when I had appealed to him at the time of Dicky's financial flasco. Then sanity, common sense, flogged my rebellion into quiet. My whole future course of action depended upon my knowing the exact state of my father's finances.

It is believed that nearly 30 per cent of Canada is still undiscovered, and if Indian reports are to be believed there is in the basın of the Mackenzie River one of the largest areas of possible oilbearing country on the face of the earth. The Indians report the existence of lakes 100 miles and over long in Yukon that no white man has ever seen, while even the Indians apparently know nothing of the as yet untrodden Mackenzle mountains.

In Turkestan every wedding engage-nent begins with the payment of a ment begins with the payment of a substantial consideration to the girl's parents. If the girl filts her lover the engagement gift has to be returne: unless the parents have another daughter to give as a substitute.

Zero weather in this climate is par-Zero weather in this climate is particularly trying, because our ears are not protected. A hat invented by Henry Vaughan of Montreal would meet this need. Attached to the sweathand at the back is a woolen flap which fits into the crown and is invisible when not need, but can be drawn down as a snug covering for the ears and neck on frosty days.

able lustre, softness and luxuriance.

Get a small bottle of Knowlton's Danderine for a few and prove that your hair is as pretty and soft as any—that it has been neglected or injured by cardeless treatment—that's all—you surely can have beautiful hair and lots of it if you will just try a little Danderine.

ourse.

Never-Failing Remedy for **Appendicitis**

Appendicitis and Kidney Stones are often caused by Gall Stones, and mislead people until those bad attacks of Gall Stone Colic appear. Not one in ten Gail Stone Sufferers knows what is the trouble. Marlatt's Specific will cure without pain or oper-

For sale at all druggists. Recommended by Geo. A. Mc-Lachlan, druggist, London, J.W. MARLATT& CO.

DANDRUFF MAKES



Within ten minutes after an application of Danderine you cannot find a single trace of dandruff or falling hair It has been proved that sudden cold sometimes causes the death of thousands of fish in the shallow waters of the tropics and sub-tropics. Many species are so chilled as to become helpless, and are either killed directly by drowning or are washed ashore in a comatose state. The phenomenon is known locally as "freezing," although the temperature of the water may be several degrees above the freezing point.

and your scalp will not itch, but what will please you most will be after a few weeks' use, when you see new hair, fine and downy at first—but really new hair—growing all over the scalp.

A little Danderine immediately doubles the beauty of your hair. No difference how duil, faded, brittle and scraggy, just moster a cloth with Danderine and carefully draw it through your hair, taking one small strand at a time. The effect is amazing—your hair will be light, fluffy and wavy, and have an appearance of abundance; an incomparand your scalp will not itch, but what pearance of abundance; an incompar-able lustre, softness and luxuriance.

freeze."

Now, Willy Fly's mamma had often warned him alput venturing into Mrs. Spider's parlor, and when Mrs. Spider made a dash at Willy Fly to grab him. cold as he was Willy Fly lifted his stiff wings and soared toward the window-sill.

sill.

It just happened the window was open a wee crack, and Willy Fly crept inside cold and hungry, just as something cold and damp fell on the tip end of his wings.

Mamma Fly was certainly glad to see him, and brushed off his suit with her nice warm hands.

"Just in time, dear," she buzzed mernice warm hands.

"Just in time, dear," she buzzed mernice warm by buz

With his mamma he flew up near the fireplace, where they could keep nice and warm. And no one ever heard Willy Fly complaining about his home again. He never cared to explore beyond the shiny window pane.

The world that had been so sunshiny and bright in the afternoon was covered with a soft white carpet, and the wind blew cold on Willy Fly's back through the window crack.

"So that's what you call snow!" he buzzed. "Well, I've learned my lesson. The warm kitchen's better any day."

A soap-boiler's shop was among the things discovered in the excavation at Pompeii several years ago. The city was buried beneath volcano ashes A.D. 79. It is said that the soap found in the shop had not lost all efficacy, although it had lain under the ashes more than 1.890 years. Soap-making was quite a business in a number of the Roman cities at the time that Pompeii was destroyed. MO OPERATION - NO OIL - NO RISK - NO WORK!

NO OPERATION - NO OIL - NO RISK - NO WORK!

If YOU HAVE Gallstones, Stomach, Liver, Bowel Trombles,
Paine in Sides or Back, Dyspopsia, Indigestion, Colic, Gas,
Paine in Sides of Appendicitis and want a LASTING
Jaundice or Signs of Appendicitis and want a LASTING Paice in Sides or Back, Dyspepsia, Indigentum,
Jaundice or Signs of Appendicitis and want a LASTING
Rollief for LESS THAN 34 a Treatment, write up at ones.
GALL-KLENZ has cured hundreds where Pysicians and
all other methods failed. Proof, Money-back) FOFF Write
Guarantee, Valuable information and advice that today,
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New December Numbers of

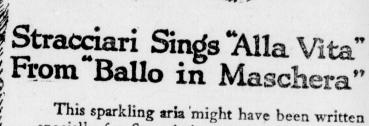
Columbia Records

Barrientos and Lazaro in "Traviata's" Great Love Duet

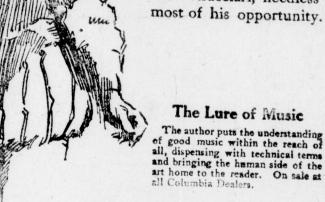
For their first concerted Columbia number these famous Metropolitan stars have chosen "Parigi O Cara," the thrilling climax of Verdi's most dramatic opera. An exquisite record of great and beautiful music nobly sung.







specially for Stracciari-so completely does it lie in the richest range of his glorious baritone. And Stracciari, needless to say, has made the most of his opportunity. A 77085-\$1.00



"Song of the Chimes" and "Slumberboat" by Barbara Maurel

A most appealing personality, a voice of inimitable natural beauty, long study under such masters as Jean de Reszke and Chevalier - all these Maurel has brought to the singing of two much-loved lullabies. And the result is-well, hear them! The list of December Records comprises 5 eperatic selections, 20 popular hits, 12 dance pieces, 4 Christmas specials, 6 vocal favorites and 7 novelties and instrumental gems.

New Columbia Records on sale the 20th of every month. Hear General Pershing's dramatic record "A Message from France" - made by Pershing himself. COLUMBIA GRAPHOPHONE COMPANY, Toron



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Clean Record Service

Every Record is inspected before being sent out. 238 DUNDAS STREET PHONE 1026. COLUMBIA RECORDS AND GRAFONOLAS ON SALE AT

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The Wright Piano Co., Ltd. A. M. DOUTHWRIGHT, Manager. Columbia Machines and Records. "Wright Plance Are Right Plance."

227 DUNDAS STREET, 2 Doors West of Majestic Theatre.



"Oh! This Shopping"

66T T certainly gets on my nerves. I come home all fagged out, and nearly always have a splitting headache.

"Yes, they say we women always like shopping. But if everybody feels as tired out afterwards as I do, it is no joke. "I wonder if it is my nerves. I never

could stand much sightseeing, anyway. The strain on the eyes seems to exhaust the whole system. "I suppose I shall not be able to sleep .

to-night, and that will put me in fine condition for to-morrow. "Why don't somebody invent a good

medicine for the nerves? "But what was that Mrs. Crary was telling me about? I believe it was Nerve Food-Dr. Chase's Nerve Food. I have heard so many talking about the way this

Nerve Food helped them that I must give it a trial." And this is what Mrs. Crary of 515 Cedar street, Peterboro', Ont., writes about her experience with this well-known food

"I was suffering from a rundown condition of the system, nervous debility and sleeplessness. I lost a good many nights' sleep, and sometimes after going to sleep would wake up with a start,

If you could only read the letters which come to this office from day to day telling of what Dr. Chase's Nerve Food is doing for women, and men, too, in all parts of Canada, you would not be long in doubt as to the most satisfactory treatment for tired bodies and exhausted nerves.

All we can do is to pass along the good words by publishing an occasional letter. It remains for you to benefit by using this blood and nerve builder to restore energy and vitality to your exhausted system.

You can obtain Dr. Chase's Nerve Food from all dealers, or Edmanson, Bates & Co., Ltd., Toronto, 6 boxes for \$2.75. On every box of the genuine you will find the portrait and signature of A. W. Chase, M.D., the famous Receipt Book author.

and then lie awake for hours. I also had frequent headaches and pains through my back. I got so that I could hardly do any work. I had taken doctor's medicine, but it did not seem to help me. Through reading in the newspapers of the help others had derived from the use of Dr. Chase's Nerve Food I started taking this medicine. The first box helped me, so I continued, taking about five or six boxes. I found that I was a great deal better, able to sleep well and do my work without any trouble. My headaches and nervousness are gone. My mother lives with me, and she has also found great benefit from the use of the Nerve Food. I cannot speak too highly of Dr. Chase's Nerve Food for nervous trouble of any kind."