

THE TONIC THAT BRINGS HEALTH

"Fruit-a-tives" Builds Up The Whole System

Those who take "Fruit-a-tives" for the first time, are often astonished at the way it builds them up and makes them feel better all over. They may be taking "Fruit-a-tives" for some specific disease, as Constipation, Indigestion, Chronic Headaches or Neuralgia, Kidney or Bladder Trouble, Rheumatism or Pain in the Back. And they find when "Fruit-a-tives" has cured the disease, that they feel better and stronger in every way. This is due to the wonderful tonic properties of these famous tablets, made from fruit juices. 50c. a box, 6 for \$2.50, trial size, 25c. At all dealers or sent postpaid by Fruit-a-tives Limited, Ottawa.

SOLDIERING IS NOW YOUNG MAN'S GAME

London, Oct. 25.—The war threatens to become a struggle between mere boys. The pace is said to be entirely too fast for the older men long to endure. It is asserted here that next year the Entente Allies will be placing boys of 17 in the army.

General Sir Douglas Haig, commanding the British Expeditionary Forces, is said to have objected to the sending out of men of middle age. He wants men from 16 to 25 years old. After the latter age, it is said, the fighting value of the human unit shows a rapid and steady decline.

The good soldier of today, it seems, must be of the age which excels in the more strenuous athletic games, the football players type. The older men have their place, but generally speaking it is said now to be "in the army behind the army"—the men back of the line in the supply and transport divisions, where the strain is not so great.

These older men are too susceptible to trench diseases to be of great use on the firing line.

England is already registering boys born in 1899, preparatory to calling them up when they attain their eighteenth year.

"WORKS BOTH WAYS"

The getting of two distinct values when purchasing one article applies pretty generally in the field of merchandise these times, extending even unto liniments. While most articles of this nature are intended for external use only, a notable exception is the famous Johnson's Anodyne Liniment. Powerful enough for every requirement of outside application when needed for sprains, strains, muscular rheumatism, all aches, pains and soreness, it is, in addition, a wonderfully effective preparation for internal use in the cases of colds, coughs, sore throat, cramps, chills, etc., when necessary but its remarkable soothing and healing qualities go direct to the seat of an inward trouble. Thus, in Johnson's Anodyne Liniment you get two in one—internal and external use—the double value liniment as it is known. Over 100 years of splendid service to humanity has made Dr. Abner Johnson's prescription a household word, and present day users speak of it as "an angel in disguise."

HALLOWEEN PARTIES FOR THE CHILDREN

(Boston Record.)

Children's Halloween parties lack the sentimentality of affairs for grown-ups. Tricks and pranks of a harmless kind make their proper Halloween programme.

Probably the best fun is to provide each child with a small pumpkin or squash, and a knife, and let him carve his own jack-o-lantern.

If this is too "mussy" let the children draw jack-o-lantern faces on paper plates with charcoal. Provide appropriate prizes for winners, and of course the nicest hostesses always see that every child gets some kind of a prize before the evening is over.

Playing Ghost.

Children love to be ghosts without well knowing what ghosts are. A sheet and pillow case uniform for them will start any party off at a winning gait.

If there is a steady-handed child in the group, she can be trusted with a "witching candle" for making shadow pictures in a darkened room. Of course the "show" will be managed by an adult, but the little girl should seem to throw the pictures on the screen with her magic light.

An Apple Race is Fun.

An apple race will surely find favor with both boys and girls. It is like a potato race. Place the apples on the floor in rows of six, provide the players with large spoons and tell them to lift the apples into a pan by help of the spoon only.

Making bean porridge is equally amusing. The children surround a table on which is a pile of beans. Each child has a small dish and two toothpicks. The winner is the one who manages to collect the most beans, by means of the toothpick, in a certain time.

Mystic Writing.

Mystic writing provides good sport for both large and smaller revellers. Write the fortunes of boys on black paper with white ink and the girls' fortunes on yellow paper with black ink. Roll them up very tightly, tie them with narrow ribbons, and float the fortunes in a bowl of indigo water.

Each guest has three turns to stab a fortune with a hat pin, or if the children are small, to dip a fortune with a spoon.

Popping corn or chestnuts, roasting marshmallows, or pulling molasses taffy will round off a children's Halloween party in the happiest possible manner.

Some very old and popular games, like ducking for apples and biting an apple suspended from a string, are now taboo. There is a "keep well" principle in every modern home, and if it is observed the if it is observed the usual cases of tonsillitis and colds following Halloween festivities will be avoided.

Simpson's Case Entered for Trial

Winnipeg, Oct. 25.—The criminal list for the fall session includes the case of Dr. R. M. Simpson, charged with conspiracy. The names of the ex-cabinet ministers do not appear, but they may be added.

It is reported that William Salt, a witness in the previous trials, has left for England.

When Cutting Teeth BABIES ARE SUBJECT TO DIARRHOEA

When the baby starts to cut its teeth, then is the time that the poor mother is under the stress of great anxiety. For some reason or other the bowels become loose, and diarrhoea, dysentery, colic, cramps and many other bowel complaints occur; the gums become swollen, cankers form in the mouth, and in many cases the child wastes to a shadow.

When the child gets into this condition the bowels must be looked after very closely, and for this purpose we know of nothing that can equal Dr. Fowler's Extract of Wild Strawberry.

This sterling remedy has been used for teething children for over seventy years, by thousands of Canadian mothers who will swear by its efficacy.

Mrs. R. J. Waldruff, South River, Ont., writes: "Two years ago my little girl had diarrhoea while cutting her teeth. She got thin and very weak. I had tried different remedies, but all to very little good. A friend recommended Dr. Fowler's Extract of Wild Strawberry, so I procured a bottle at once, and after she had taken a few doses I could see a change, and by the time she had taken half the bottle she was cured. I think every home should keep it on hand."

The genuine "Dr. Fowler's" is manufactured only by The T. Milburn Co., Limited, Toronto, Ont. Price 35c.

THE LANTERNS OF ST. EULALIE

This is a seasonable time to quote Bliss Carman's "Lanterns of St. Eulalie," printed in "Songs of Vagabondia." With apologies to the publishers and congratulations to B. C. and the public about to be uplifted, here goes:

In the October afternoon
Orange and purple and maroon,
Goes quiet Autumn, lamp in hand,
About the apple-colored land.

To light in every apple tree
The Lanterns of St. Eulalie.

They glimmer in the orchard shade
Like fiery opals set in jade—
Crimson and russet and raw gold,
Yellow and green and scarlet old.

And O when I am far away
By foaming reel or azure bay,
In crowded street or hot lagoon
Or under the strange austral moon—

When the homesickness come on me
For the great marshes by the sea,
The running dikes, the brimming tide,
And the dark firs on Fundy side,

In dream once more I shall behold
Like signal lights, those globes of gold
Hung out in every apple tree—
The Lanterns of St. Eulalie.

WEALTH IN AROOSTOOK.

(Bangor News.)

It was stated on Monday night by men who had just returned from Aroostook county that potatoes were selling there on Monday at \$3.70 and \$4 a barrel, high water mark thus far.

Aroostook county is reported in a state of delicious joy over the prospects, sure prospects they call them, of vast returns on the potato crop this season. Any one who has potatoes now feels sure of enormous profits, which will make the country a bed of roses for some time to come.

A New Blood-Food Has Been Discovered That Works Wonders

SAID TO PUT NEW LIFE INTO PEOPLE THAT ARE RUN DOWN.

For years doctors have been searching for a combination that would enable them to inject into thin blood the elements it lacked. This can now be done and any weak-blooded person can quickly be made strong and well.

Already a small army of ailing people has proved the merit of taking after each meal with a sip or two of water, two chocolate-coated Ferrozone Tablets. This is easily done, and even one week's use of this wonderful blood food will prove how nourishing and strengthening and flesh-building the treatment is.

Just think of it—Ferrozone uplifts the entire nervous system, removes the blood, makes it rich and red—gives the sort of aid that's needed in throwing off weakness and languor.

Tens of thousands enjoy the advantages of renewed health through Ferrozone. If you'll only use it, you'll surely grow strong too; its beneficial action is noticed even in a week. You see it goes right to work, removes the causes of the trouble and then quickly makes a cure.

For those who sleep poorly and have nervous apprehensions, Ferrozone is a boon; it is a specialist in such cases.

Where there is paleness, poor appetite, and languor, Ferrozone makes the patient feel like new in a few days.

In tiredness, nerve exhaustion, in spring fever and debility, the power of Ferrozone is known from coast to coast and universally used with grand results.

Let Ferrozone build you up, let it win you back to robust health—it will do so quickly if you give it the chance. Sold by all dealers. 50c. per box or six boxes for \$2.50. Remember the name, Ferrozone.

TANK MAN BACK FROM SOMME FRONT

Lynn "Deserter" Enthuses Over the New War Machines—Says They Will Win the War.

(Boston Record.)

John G. Flynn, 24, son of John F. Flynn, of Lynn, has just returned from the British battle front in the Somme district, where he was wounded while riding a motorcycle, and where he was assigned to one of the big British "tanks."

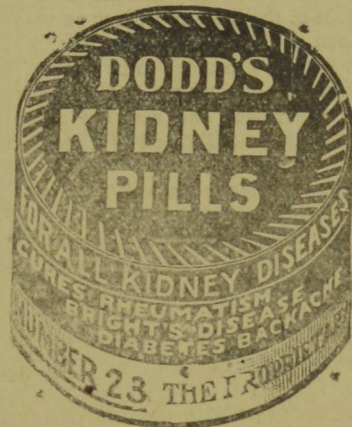
Flynn claims that unless Germany can devise some new fighting machine to counteract the damage done by the "tanks" the Allies will win the war.

Flynn, who was an auto repair man before going to England, enlisted in the mechanical department of the transportation service. Six weeks ago he was wounded in the hip and given a furlough. He came back to England, went to Liverpool and boarded the Leyland liner Etonian, while in uniform, with some cattle tenders.

After the ship was four days out, he made himself known to the captain, and his uniform was taken away from him. Yesterday with a police officer he went on board the liner and his uniform was given back to him. His furlough was up yesterday, but he asserts that he has seen enough of the war and now is officially a deserter.

FIVE MORE NORWEGIAN VICTIMS.

London, Oct. 25.—The sinking by a German submarine of five more Norwegian steamships valued at about \$5,000,000 kroner, is reported in an Exchange Telegraph despatch from Christiania.



Tuberculosis Rapidly Increasing Among Children of Belgium and Northern France.

More Food Urgently Needed to Keep up Their Strength

An interview with Mr. W. L. Honnold, American Director of the Belgian Relief Commission, brings to light a new danger threatening the population of the territory occupied by Germany.

Mr. Honnold reports that about 5,000,000 wholly or partially destitute people, who have been dependent on the Commission, generally show diminished vitality. The effects are most apparent among the older children, particularly those in the adolescent stage. Among these there is an alarming increase of tuberculosis, due to the lower power of resistance consequent on an inadequate diet.

To overcome this serious danger, the Commission appeals for extra contributions so that a special meal can be served every day in the schools. Efforts are also being made to provide as far as possible for children outside the schools.

This can only be done—Belgium's children can only be saved—if every one of us who can possibly do so will give something toward the Fund. Whatever you can afford, send your subscription weekly, monthly or in one lump sum to Local or Provincial Committees, or

Send Cheques Payable to Treasurer **Belgian Relief Fund**

59 ST. PETER STREET, MONTREAL.

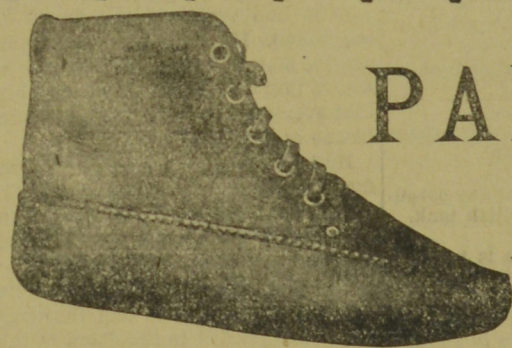
\$2.50 FEEDS A BELGIAN FAMILY ONE MONTH.



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Oil Tanned Shoe Packs, Summer Packs, Moccasins, Sport-
ing and Trench Boots

Acknowledged by all to be the leading goods of their kind.

The manufacture of Oil Tanned Waterproof Shoe Packs, Moccasins, Sporting and Trench Boots is our one and only line of business. This specialization is the surest guarantee of quality. We must stand or fall accordingly as our product maintains its reputation and popularity. Unsolicited testimonials and repeat orders from officers and men at the front substantiate what we claim—unsurpassable excellence for real service. Insist on goods of our manufacture.

John Palmer Co., Ltd.

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"Palmer", "Mohawk" Brands

Oil Tanned
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Leading
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