

FELT LIKE A NEW PERSON

After Taking Only One Box Of "Fruit-a-lives"

EARL SHEP HARBOR, N. S.
 "It is with great pleasure that I write to tell you of the wonderful benefits I have received from taking 'Fruit-a-lives'. For years, I was a dreadful sufferer from Constipation and Headaches, and I was miserable in every way. Nothing in the way of medicines seemed to help me. Then I finally tried 'Fruit-a-lives' and the effect was splendid. After taking one box, I feel like a new person, to have relief from those sickening Headaches."
 MRS. MARTHA DEWOLFE.
 50c. a box, 6 for \$2.50, trial size, 25c. At all dealers or sent postpaid by Fruit-a-lives Limited, Ottawa.

Slants of Humor

NOT LIKE BASEBALL.
 Checkers and ches! Checkers and ches!
 Some fellows play 'em more or less; But I never saw folks block the street Getting returns from a checker meet.

A SUGGESTION.
 When a friend takes you riding in his motor car, the following hints may perhaps prove useful.

Always tell your host that his is the finest machine you ever rode in.
 Ask him if it isn't the best make there is on the market.
 Say you thought so when he says yes.
 Ask him if he isn't going very swiftly.
 Say you would be afraid to go so fast if anyone else were driving.
 Introduce not subject save motor cars.
 Disparage all others and praise the one you're in.

MAKES IT PALATABLE.
 Hope is the ham in the sandwich of life.

YE OLDEN (K) NIGHTS.
 In days of old, when nights were cold And barons held their sway,
 The barons were never bold enough To charge for coal—and it's pretty tough—
 So much as they do today.

THE POOR SINNER.
 "ERRANT BOY WANTED"—Sign in Cleveland.
 Where is my errant boy tonight?

WHAT KIND OF LIFE?
 A bright ad. writer for a mattress manufacturer announces that the mattress is "soft, deep, yet full of life."

WOULD EXEMPT DAIRYMEN

(Canadian Press direct wire.)
 Quebec, Oct. 17. — At the meeting of the executive council of dairy producers of Quebec held here a motion was adopted to exempt from military service all producers of butter and cheese throughout the entire country. The procedure will be that the inspectors of dairies will be given authority to appear before each exemption board to ask for the exemption from military service of dairymen as a reason given by the provincial agricultural department, to better serve the country in producing dairy products than in going to the front.

Many tons of hay from the Swiss mountains have been exported to Germany to be used as tea. The hay consists chiefly of aromatic plants and is gathered with much difficulty in the high altitudes. The price paid for this hay is between \$5 and \$8. for 100 pounds.

THOSE AWFUL MASCULINE GARMENTS

Feminine Overalls are No Good as Garments in Which to be Introduced to Men.

(Chicago News.)
 "It is the first duty of the hostess," declared the etiquette teacher, to her class of debutantes, "to make guests feel comfortable and at ease."
 "Then you don't want to introduce any young men to women in overalls," responded the class cutup.
 "Women in overalls—introduced—to men!" gasped the teacher of etiquette.
 "Women have no business in overalls," declared the teacher's pet.
 "They aren't feminine!" declared a tall skinny student. "They are masculine."
 "Not necessarily," declared the peace-maker. "They have a special kind, you know, made especially for women."
 "Well," retorted the skinny student, "none of the ones I saw were made especially for the women I saw in them, and they were decidedly masculine."
 "It seems to me," snipped the stuck-up student, "that they are rather common."
 "Well, common, feminine, masculine or neuter, they are no good as garments in which to be introduced to men!" declared the class cutup. "I know, because I had mine on last Sunday and was working in the garden when that idiotic big brother of mine saw fit to bring a young man guest to dinner. The first thing he did was to take the young man out to see the garden where I, arrayed in my gardening garb, was engaged in tillage."
 "They didn't see me until I straightened up suddenly and then they took one look. They were like jack-rabbits, too scared even to run."
 "Hello, nut!" I said, addressing my brother in the usual way.
 "But he didn't seem to hear me. He only stared and muttered some meaningless thing like 'Well, I'll be darned!' and he never made a move."
 "Finally I said, 'Can't you introduce your friend?' and at last he managed to say something about my being his sister, and I stepped forward and extended my hand. The young man took his hand out of his pocket and sort of groped for mine with his eyes fastened on the distant prospect, and he got through with it somehow. But as soon as it was over they stumbled over each other getting away."
 "My, it was a painful experience for those two men!"
 At this point the teacher of etiquette—who had been speechless for some minutes—remained speechless.
 "Oh, I don't know," said the skinny one, "I'll bet there are many young fellows who in the same place would have acted so scared you'd have thought their team had just won the series."

PREPARING FOR FURTHER GERMAN RAIDS

(Canadian Press direct wire.)
 London, Oct. 17. — Bomb-proof cellars are being card indexed in preparation for further German raids. Sufficient tunnels, arches, crypts, basements and substantial buildings have been inventoried to accommodate one million persons. In making this announcement today Sir George Cave, home secretary, declared an advisory board of prominent surveyors will be appointed soon to make a canvass of the bombproof cellars in Greater London. He said the government had decided to make it a regulation under the defense of the realm act to require everyone possessing a bomb-proof shelter to place it at the disposal of the public. The decision of the educational authorities to close the London schools during the last week in October is perhaps the most interesting of the many steps being taken in anticipation of the recurrence of German raids as soon as the moon is up again. Air raid shelter placards are being distributed throughout the metropolis. Substantial forms of relief for air raid victims and their relatives are announced as a result of the conference of the mayors of various London boroughs.



CANADA

Will Class One Provide The One Hundred Thousand Men?

It will be greatly to the advantage of Canada if the entire quota of 100,000 men to be raised under the Military Service Act can be secured from the first class; that is, from the men between the ages of 20 and 34 who were unmarried or widowers without children on July 6th, 1917.

This is almost self-evident for the following reasons:

It is admitted that, between the ages of 20 and 34, the average man is at the height of his physical strength and is most adaptable to the change of conditions from civilian life; the military Service of unmarried men and widowers without children would occasion less distress than that of most others, since they are largely without dependents. Also, it would entail less financial burden for Canada, through separation allowances, etc.

Authorities estimate that, after all proper examinations have been allowed, Canada should be able to produce from the first class 100,000 men fit for service, so the drain upon the man power of the country will not be severe.

Members of Class One will be well advised to present themselves for examination immediately to the Medical Board in their district. Upon examination as to their physical fitness, they will be placed in one of the following categories:

- Category A—if fit for service in overseas fighting units.
- Category B—if fit for service overseas in Army Medical Corps, Forestry Battalion, etc.
- Category C—if fit for service in Canada only.
- Category E—if unfit for military service of any nature.

If not placed in category A, the applicant will know that he is not liable for immediate service, but will go to the Post Office and send in a claim for exemption with his Medical Certificate attached, when he will receive in due course a certificate of exemption until those in his medical category are summoned for service.

Where a man, who is placed in category A, feels that exemption should be allowed, an application form can be secured from the postmaster. This form, when filled in, will be forwarded by the postmaster to the registrar of the district, and the applicant will be informed by mail as to the time and place for the consideration of his application by the Exemption Board.

Issued By
 The Military Service Council.
 127

Wood's Phosphorine,
 The Great English Remedy.
 Tones and invigorates the whole nervous system, makes new blood in old veins, cures Nervous Debility, Mental and Brain Worry, Despondency, Loss of Energy, Palpitation of the Heart, Failing Memory. Price \$1 per box, six for \$5. One will please six will cure. Sold by all druggists or mailed in plain pkg. on receipt of price. New pamphlet mailed free. THE WOOD MEDICINE CO., TORONTO, ONT. (Formerly Windsor.)

ELECTION WILL BE HELD BEFORE CHRISTMAS

Thirty Days, However, Must be Allowed for Counting the Ballots of Overseas Soldiers.

Ottawa, Oct. 17.—The election will almost certainly be held before Christmas. Only untoward and unforeseen circumstances will change this decision of the government. Dec. 17 is the tentative date. Nomination Day will fall twenty-eight days before that, or on Nov. 19. The polls will keep open overseas for the whole period thereafter until election day. Candidates will not know their fate definitely until considerably after Christmas, however, and even those who may ultimately be defeated will be able to enjoy their Christmas dinner with hope still in their hearts, for thirty days are allowed for the counting and allocating of the soldiers' ballots.
 The Soldiers' Votes.
 The military voters act has a very special bearing on the selection of candidates for the coming election. The ballot papers contain five spaces in which a man may put his cross either for an individual candidate, for the government, for the opposition, for an independent party or for a labor candidate.
 The act provides that a vote for a recognized party shall be counted as a vote for the candidate or candidates who has or have been "recognized." Such recognition shall be made in the case of the government party by the Prime Minister, in the case of the opposition party by the leader of the opposition, and in the case of any independent or labor party by the recognized leader of such party.
 Within five days after nomination, these men will notify the clerk of the crown in chancery of the names of the candidates recognized by them.
 A Difficulty Arises.
 It will thus be seen that if unionist candidates, one Conservative and the other Liberal, run in one constituency, both expecting to secure the benefit of the soldiers' votes cast "for the government," serious difficulty arises in saying who shall be the recognized candidate. The policy of the union government is to make no distinction between Liberal and Conservative candidates in cases where both are supporting the union government. Neither is to be speedily "recognized," but in that case the soldier's vote marked "for the government" cannot be justly specifically allocated to one candidate or the other.
 The wording of the act as passed did not contemplate a situation such as has arisen. The government is now struggling with the problem of getting around the difficulty. The votes might be equally divided between the two union candidates, but in case there should be also an opposition candidate it will be seen that all votes marked "for the opposition" would be "plumpers," while all votes marked "for the government" would be halved. The solution of this anomaly is yet to be found.

Cook's Cotton Koot Compound.
 A safe, reliable, regular medicine. Sold in three degrees of strength—No. 1, 2, 3. No. 2, 3¢; No. 3, 5¢ per box. Sold by all druggists, or sent prepaid on receipt of price. Free pamphlet. Address: THE COOK MEDICINE CO., TORONTO, ONT. (Formerly Windsor.)

CANADA'S FIRST MODEL TOWN

Large Paper Company Acting Under Conservation Commission's Advice is Fathering the Scheme.

Canada's first model town will be built on the Upper Ottawa. A splendid site overlooking Lake Temiskaming has been laid out according to modern principles of town planning by the commission of conservation, through its town-planning adviser, Mr. Thomas Adams, who has acted as consulting engineer. Building operations will be started shortly by the Lorrain Pulp & Paper Co., who are to erect a large sulphite mill and paper plant nearby and for the accommodation of whose employees the town is intended.

A contour map showing the levels of the site was first prepared and the streets were then laid out so as to secure easy grades, directness of route, and absence of sudden deflections. If the usual method of rectangular survey had been adopted, the most important streets would have had grades of from 10 to 18 per cent, but, under the plan, the maximum grades have been reduced to 3 and 5 per cent. In most cases, with a maximum of 3 for short lengths.

"MADE IN CANADA"
 FALCON
 an ARROW form-fit COLLAR
 20c each, 3 for 50c.

Before any buildings have been erected the line of each street has been blazed through the forest so as to fix the best street locations and to secure the best aspects for the dwellings. Areas are being set aside for open spaces, social centres, churches, schools, etc., in advance. The main approach to the town will be by a street, 80 feet wide, passing through a square on which the stores and public buildings will be erected.

It is proposed to make the town a model of its kind, as it is recognized by the promoters that healthy and agreeable housing and social conditions are of vital importance in securing efficiency of the workers, and that large employers of labor have a direct responsibility in providing proper living conditions for their workers.

ROYAL YEAST
 Has been Canada's favorite yeast for over a quarter of a century. Bread baked with Royal Yeast will keep fresh and moist longer than that made with any other, so that a full week's supply can easily be made at one baking, and the last loaf will be just as good as the first.
 MADE IN CANADA
 E.W. GILLET COMPANY LIMITED
 WINNIPEG TORONTO, ONT. MONTREAL

Pears
 For clear, white delicately flavored preserved pears, use
 Lantic Pure Cane Sugar
 —with its fine granulation— is best for all preserving.
 10, 20 and 100-lb. Sacks
 2 and 5-lb. Cartons
 Three new Cook Books sent free on receipt of Red Ball Trade-mark.
 Atlantic Sugar Refineries Limited, Montreal