

FELT LIKE A NEW PERSON

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

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"It is with great pleasure that I write to tell you of the wonderful benefits I have received from taking 'Fruit-a-tives'. 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-tives' 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-tives Limited, Ottawa.

MUST LOOK AFTER BOYS AT FRONT

The Government is asking you to loan it your money for that purpose. You are not asked to give it, but to loan it and a high rate of interest will be paid you. Buy a Victory Bond and help to bring the boys back safe and sound.

The climax of folly is a wisdom which we do not follow.

Cook's Cotton Root Compound

A safe, reliable regulating medicine. Sold in three sizes of strength—No. 1, 2, 3. No. 2, 33¢; No. 3, 55¢ per box. Sold by all druggists, or sent prepaid on receipt of price. Free pamphlet. Address: THE COOK MEDICINE CO., TORONTO, ONT. (Formerly Wills').

SANDY McNAB AT THE FRONT

A Characteristic Description of a Day's Fighting, Written by a Scotsman.

I ken wha's responsible for the war, but I dinna ken wha stole ma bunnet yesterday when I wis climbin' intae the German trenches; and, until I find out wha stole ma Glengarry, there can be nae talk o' peace atween us an' the foe. It wis a maist reprehensible trick; there wis me jumpin' ower a bit dyke an' jist in the act o' stickin' a German mannie in the thrappie wi' ma bayonet, when somebody knocked aff ma bunnet, an' I've never seen it since. Talk about the horrors o' war!

It's no that I care wan single too-tittle aboot the hat, which after a' belonged tae His Majesty, but I hid a whole packet o' ceegarettes inside it. "Wha steals ma purse steals trash," as the immortal Harry Lauder says, but wha steals ma ceegarettes in the day o' battle maks an enemy o' Sandy McNab for life.

What a maist extraordinary day yesterday was! My regiment, the gallant 79th, was lyin' in the trenches aboot fifty yairds off the German position, but no wan o' them wad show as much as an eyebrow. Suddenly, oor young lieutenant, wha I must admit is a person o' some abeility—although a Sassenach—jumps up an' cries, "Waiter! Waiter!" Instantly thirty heids poppit out o' the German mud-holes, an' jist as instantly, or maybe quicker, there were thirty the less. "Charge!" roars the captain; an' wi' a skirl o' the pipes, we charged.

It was then that I had ma first narrow escape. A spent bullet found its billet in the region o' ma manly bosom; an' if ma flask had been in that pocket I might hae been wi'out whus key at the very beginnin' o' the battle.

WHERE SOLDIERS WILL VOTE

Ottawa, Nov. 21. — The right of a returned soldier to vote is the subject of a number of messages sent to the general returning officer. In reply, Mr. O'Connor has stated that returned soldiers, who have been discharged from service, will vote in the ordinary polls in the divisions in which they are residing on polling day. Returned soldiers who have not been discharged may vote as military electors at any military poll wherever they may go. Military polls will be established within easy reach of practically every district.

The rage for grills typifies life's return to its kitchen.

Suddenly I cam' face to face wi' a muckle German officer. "Potsand-zound!" he roared. "No," says I, "McNab frae Glasgie at your service," an' I gied him a bit dump on the waistbelt wi' the butt o' ma rifle that left him gaspin' for breath like a fish out o' water.

Then the enemy's artillery coae intae action. There was a flash an' a roar, an' bang went a thousand million saxpences wi' every discharge o' the Jack Johnsons. It wis at this creetical moment that I lost ma Glengarry; but naething "made in Germany" could ever stop the gallant 79th. Wi' howls o' rage we chased the vanquished foemen from position tae position. I've never seen men sae angry since I saw the referee mobbed at a Scottish Cup-tie. At last the bugles sounded the cease fire, an' we made oor way back tae the lines, covered wi' mud, blood an' glory.

How the wee Frenchies cheered us! Wan o' them said tae me: "Ah, ma foi! it is ze gallant men of Eccosee wiz ze kilt! Oui, oui."

"Big, big," says I, "but I've lost ma bunnet an' ceegarettes forbye."

TROUBLED WITH CONSTIPATION

From 16 to 20.

Constipation is one of the commonest ills of mankind, and one too often allowed to go unlooked after until some serious complication sets in.

If the bowels are properly looked after there will be no constipation, jaundice, sick or bilious headaches, heartburn, coated tongue, sour stomach, floating specks before the eyes, etc.

Milburn's Laxa-Liver Pills will keep your bowels so regulated that in no time the constipation will disappear. Miss Emma E. Melanson, Halifax, entirely.

N. S., writes: "I am now 20 years of age and since I was 16 I have been greatly troubled with constipation, so much so that at times I would be in bed three or four days a month. I tried all the old fashioned remedies, castor oil, cascara, etc., with only temporary relief until my sister-in-law gave me some of Milburn's Laxa-Liver Pills. From the first they seemed beneficial and I gave them a fair trial. This was two years ago, and with an occasional dose I have kept entirely free from constipation for the period mentioned."

Milburn's Laxa-Liver Pills are 25c. a vial at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

"Magnifique!" he cried, as he tried tae kiss me.

"Ease off!" I roared. "D'ye tak me for a ballet dancer oot o' a revue?"

He looked hurt, but I draw the line at kissin' oor allies, fine men though they are. Let them send up their sisters an' their sweethearts, an' then Sandy McNab will no be backward in comin' forward.

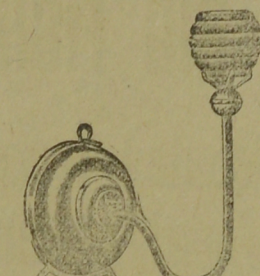
Eh, but this war is a sinfu' business. Naething but rain an' desolation everywhere, an' no' a single distillery hae we discovered in the whole campaign. The ither nicht I was on sentry-go ootside the lines, when a maist awfu' row was heard in the darkness, an' a private o' the Proosian Guard appeared on the sky-line in a maist disgracefu' state o' intoxication, wi' his arms fu' o' champagne bottles, singin' "Der Wacht am Rhine" at the pitch o' his rusty voice. "McNab!" roars the sergeant. "Wha's makin' that infernal row?" "Orpheus wi' his 'loot,'" says I, makin' a strategic movement an' capturin' the undesirable alien, bottles an' a'; but the wine o' the country is only a puir substitute for oor ain Highland dew.

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Hang it up when retiring. It will afford a steady light throughout the night. It is indispensable in case of sickness and very useful in entries, in stairways, doorways, halls, in

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