

## HEALTHIEST ONE IN THE FAMILY

No Sign Of Dropsy And Kidney Trouble  
Since Taking "FRUIT-A-TIVES"



HATTIE WARREN

Port Robinson, Ont., July 8th, 1915.

"We have used 'Fruit-a-tives' in our house for over three years and have always found them a good medicine. Our little girl, Hattie, was troubled with Kidney Disease. The Doctor said she was threatened with Dropsy. Her limbs and body were all swollen and we began to think she could not live. Finally, we decided to try 'Fruit-a-tives'. She began to show improvement after we had given her a few tablets. In a short time, the swelling had all gone down and her flesh began to look more natural. Now she is the healthiest one in the family and has no signs of the old ailment. We can not say too much for 'Fruit-a-tives' and would never be without them".

WILLIAM WARREN.

50c. a box, 6 for \$2.50, trial size, 25c. At all dealers or sent postpaid on receipt of price by Fruit-a-tives Limited, Ottawa.

### QUICK ACTION.

Joe Newton is back from the Aggie school, where he "graduated" in one day, going on Monday and returning Tuesday.—Arkansas paper.

Women in the employ of the Northern Pacific Railroad Company work ten hours a day, but receive time and a half for the last hour.

## RETURNED MEN TO OPERATE GOVT. TRACTORS

Ontario Agricultural Department Seeks 130 Qualified Operators for Next Spring.

Returned soldiers trained as expert operators by the instructors in the vocational training centres of the Military Hospitals Commission, will run the government tractors on the farms of Ontario next year.

There will be 130 tractors in operation next spring, and men who have done their bit overseas will get the first call providing they have secured the proper training. The course offered by the Commission to the men whose disabilities, incurred in military service, make it necessary for them to learn a new occupation, requires from six to eight months and has been particularly attractive to men who formerly were farmers.

Courses are under way at London, Whitby and Kingston, and 60 tractors have been sent to these centres by the Ontario Department of Agriculture to be overhauled. This action on the part of the provincial government is a boon to the training centres, for while crippled motor cars are fairly easy to secure for practice work in the motor mechanics' course tractors are at a premium. (2)

## APPEAL AGAINST FREIGHT RATES

Ottawa, Jan. 10.—Sir Henry Drayton in behalf of the Dominion Railway Board, this morning granted the Manitoba government and the firm of J. H. Ashdown, of Winnipeg, as a shipper representing the public, the right to appeal to the Superior Court on questions of law from the recent judgment of the board granting an increase in freight and passenger rates to Canadian railways. The Canadian North-

## CHILDREN PRESENT TROPHY FOR TIDINESS

Silver Cup for Best Ordered Ward Promotes a Lively Competition in a Hospital.

Keeping the wards "picked up" and order enthroned with a company of patients who have been anywhere from three months to three years in the trenches, is one of the most difficult jobs in the military convalescent hospitals. To successfully impress upon the returned men the necessity of keeping the wards shipshape is a test for the personality of the sergeants and the charms of the V.A.D's.

At the Orthopaedic Hospital in North Toronto where the Military Hospitals Commission has centred the amputation cases from all parts of the Dominion, the problem was acute until competition was enlisted as an ally. A silk flag was offered as a trophy to be re-awarded at the end of each week to the ward in which the men maintained the greatest degree of neatness and order, and the revolution worked in easy going "front line" habits has been nothing short of a miracle.

The contest has created as much enthusiasm as any sport and attract-

ed public notice. The children of the Junior-Fourth Class, 1916-1917, of the Withrow Avenue school heard about it and the outcome has been the presentation of a silver trophy, a handsome cup, scrolled and inscribed and mounted on a mahogany base. This cup will hereafter take the place of the silk flag and be known as the "Withrow Trophy." (1)

Mrs. Carrie M. Eveleth of Lewiston, Me., whose record for nursing covers 33 years, has attended more than 300 babies and in all the time she has been nursing has never lost a case.

## SUFFERED TERRIBLY WITH HER HEART Would Wake Up Smothering.

The terrible smothering and choking up sensations and sinking spells, the feelings of dizziness and faintness that come over those whose heart and nerves are deranged causes the greatest distress of both mind and body.

Milburn's Heart and Nerve Pills give prompt relief and effect a complete cure in cases of such severity.

Mrs. A. M. Powell, Norval Station, Ont., writes: "I cannot speak too highly of Milburn's Heart and Nerve Pills. I suffered five years with my heart and nerves, but the last two years I have suffered terribly. If I went to bed I would wake up as if I were smothering. I did not get one night's sleep out of seven. I got so very weak that the doctor was called in, and he said it was my heart, and that I must take great care of myself. I saw your advertisement in your almanac for Milburn's Heart and Nerve Pills, and said I would try them. I have taken only two boxes of them and I feel a new woman. I will recommend them to anyone afflicted with heart trouble."

Milburn's Heart and Nerve Pills are 50c a box at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

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### DROWNED IN BEER VAT.

(Canadian Press direct wire.)

Montreal, Jan. 10.—An employee of Molson's brewery by the name of Levesque, was accidentally drowned in a beer vat yesterday. He was skimming the top of the vat when he slipped and fell in. He was 45 years old.

### Cook's Cotton Root Compound.

A safe, reliable regulating medicine. Sold in three degrees of strength—No. 1, \$1; 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.)



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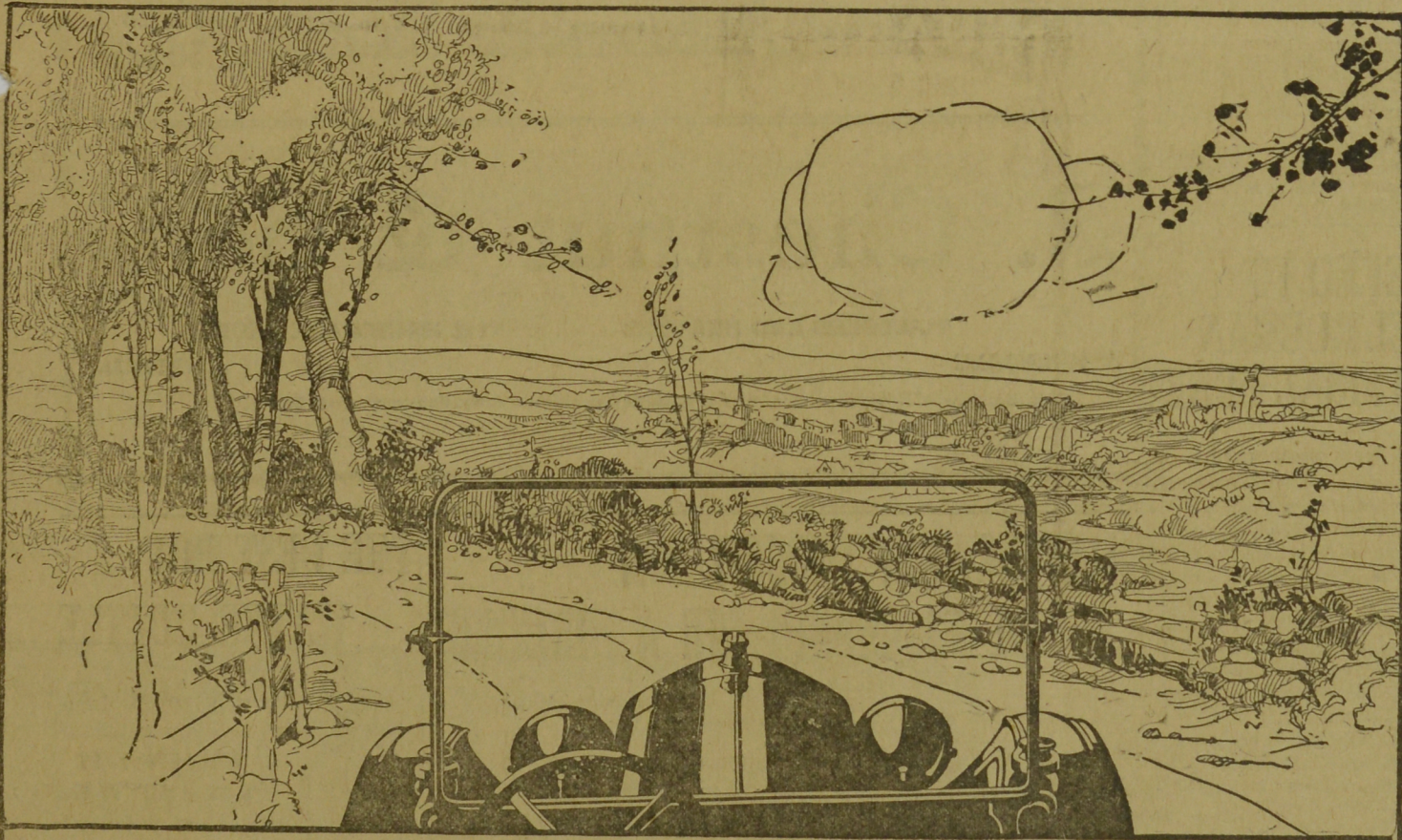
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If you have never felt the thrill of driving your own car, there is something good in store for you. It is vastly different from just riding—being a passenger. And especially so if you drive a Ford.

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