

Stomach Acts Fine, No Indigestion! Eat without Fear of Upset Stomach



Food souring, gas, acidity!

If your meals hit back causing belching, pain, flatulence, indigestion or heartburn here's instant relief. No waiting!

Pape's Diapepsin is noted for its speed in ending all stomach distress. Never fails!

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UPSET? Pape's Diapepsin WILL PUT YOU ON YOUR FEET

BRITISH OFFICER TELLS OF SCENES INSIDE A BRITISH TANK IN ACTION

London, Oct. 30.—(Correspondent of The Associated Press).—Machine-gun bullets sprayed against the sides of a tank produce a queer effect within it, says a British army officer who has spent three months fighting with his tank in France. The bullet, he says, cannot pierce the armor but it does knock off on the inside a thin flake of steel that pulverizes and flies in all directions. It gets into the faces and hands of the crew and stings them like a strong wind on a cold day. The surgeons have found that a simple bath of iodine solution will heal the pain and prevent infection. Describing the scene within a tank which is being hit with machine-gun bullets the officer said:

"As the bullets strike the tank, simultaneously with the sound of impact and the creation of the flake, a blue flame is seen, and when a machine-gun is playing up and down the joints in the hope of finding a weak spot, the interior looks much like a demonstration of cheap fireworks.

"While there is no danger from machine-guns to a tank crew, there is real and pressing danger from armor-piercing or explosive shells.

"Unless it is possible to get within a mile of the guns before being discovered one is liable to come within range of shells that will wipe the tank off the face of the earth. A direct hit means that everybody is going to get hurt with the chances that somebody is going to be killed. The Germans were always trying to make such a hit. Once within a mile of the enemy the tank is comparatively safe for guns cannot be depressed to get the range. Then the only thing the tank has to deal with is the machine-gun. When this is accurately located the tank quickly runs it down. The German machine gunner was Germany's best fighter. Generally he would hang on to a position, peppering the tank until he found it was no use, then fled or was run over. One of the tricks we learned was the tremendous value of tanks against masses of enemy troops. At first we were content to use the ordinary machine guns in tanks, but in the latter months we used the shell timed to explode as it left the gun, scattering its lead bullets like a shot gun. Troops without artillery were entirely unable to stand such fire."

SOMETHING TO EAT WILL ALWAYS DRAW A CROWD

(Chicago News)
"I am not in favor of having refreshments!" insisted the president of the society. "Now while we are doing all we can to conserve food there should be as little eating as possible. We should eat only when it is necessary, and I'm sure it is not necessary for us to eat at our meetings."

"But I'm afraid something to eat is really necessary," contended the secretary of the society. "In the first place, something to eat draws the crowd; in the second place, something to eat keep them there, and, in the third place, something to eat is something for them to go home by."

"Lots of people figure everything by the refreshments. In the first place they figure on getting to the meeting a decent number of minutes ahead of the refreshments and they figure on leaving as soon after eating as they decently can. You need the food not only for the gathering together, but for the dispersing also. I read somewhere the other day that lots of people never know what to do with the outdoors except to eat in it. If they go to the lake for a swim they take along a package of sandwiches and preserves and consume them while still in bathing suits. To them the woods are made for picnics exclusively and the mountain tops for the same thing. They never see scenery because of the lunch baskets."

"Then it seems to me," said the president, "that we could save time by

giving them something to eat on the way home, the way they do at Christmas trees. Most people would rather eat at home anyway."

"Well," observed the secretary, "if some people enjoy eating at home more than they enjoy eating in public they must take a totally incalculable great delight in the process. I have seen people consume rations on the street cars and at the movies, and the other day there was a nicely dressed woman on the car who was eating in great contentment and absolute serenity."

"First of all she had to raise her veil and roll it back onto her nose, where it would stay like an awning. Then she had to get her little bag and select a morsel and convey it to her mouth. Then she lowered her veil and proceeded to chew under its sheltering camouflage."

"People have become accustomed to eating everywhere, at the movie and the baseball game and all the other great American institutions. They would be lost without eating."

"All that I admit," said the president, "but if we are going to conserve food let us establish eatless movies and eatless street car traveling and eatless meetings. It is hard to do, but it is for the sake of the boys in the trenches, and there are enough of us willing to eliminate needless eating to shame the rest into following suit. We can have eatless meetings when we make it plain that it's for the boys over there."

SECRETARY DANIELS' JOKE.

Secretary of the Navy Daniels in speaking before the Society of Naval Architects and Marine Engineers, recently told of a German soldier who had apparently kept a sense of humor while losing his sense of humanity.

"This German said Secretary Daniels, 'remarked to an American: 'I understand all about the Victoria Crosses of the English, and I have heard about the cross of the Legion of Honor of the French, but tell me,—How did you Yankees get across?'"

A PURPLE ASPIRATION

I never wear a hug-me-tight,
I simply cannot bear 'em;
But I can tell you this, all right:
I'd rather be than wear 'em.

There's a long, long trail a-winding
To the home of the press
Where the city ed is swearing—
And others, too, I guess;
There's a long, long trail a-winding
That's made of poets new
Trying to get that little piece
In the "public prints" for you.

WOULD RESTORE THE OLD TIME CONDITIONS

(Chicago News)

"Now that the armistice is signed and the war is ended," said Jud Belker, "I feel free to say a few things that I kept under my roof when the sword of autocracy threatened the world."

He glanced up and down the street with eagle eyes before he proceeded. "I wanted to make sure that my wife isn't within hearing distance," he explained. "She said she was coming down town this morning and I wouldn't have her hear my extemporaneous remarks for a farm."

"I was going to say that I will rejoice to see old time conditions restored in this country. I've cheerfully carried every burden imposed by the war, but there never was a time when I really enjoyed it."

"I think the worst cross I have had to bear was my wife's cookery, and I believe there are countless men who have suffered just as I have. My wife's patriotic enthusiasm carried her to unpleasant extremes. In the halcyon days before the war she was one of the best cooks on the townsite, and in the early days of the war she performed miracles with cornmeal and the various substitutes for flour."

"She was getting along fine and everybody at our house was happy when a woman with a lot of badges and medals on her came to town and gave a lecture on war time cookery. The burden of her song was that 'American housewives waste too much. She was there to demonstrate that the best kind of a meal could be prepared for 12 cents. So she went ahead and demonstrated."

"I remember that female," interrupted Charlie Todd. "She laid desolate my once happy home."

"And a thousand other homes, I'll wager my halo," resumed Jud. "My wife came home from that demonstration all bubbling over with zeal of conservation. She said she knew one American home wherein there was going to be no more waste. There were five in our family and a meal for the bunch was thereafter to cost no more than 60 cents. After she had been cooking along revolutionary lines for a while she hoped to get the cost down to an even half dollar."

"The next morning our breakfast must have cost less than 40 cents. It was mostly mush, and mush is a thing I abhor, either in victuals or literature. The dinner was a crime. Mary had boiled the substance out of all the old bones in the house and then added some vegetables and called it a stew. She had figured it all out and said it cost just 60 cents. She asked if it wasn't a wonderful meal for the money."

"If a woman sets such a meal be-

THE ONLY WAY

to cure a skin disease, ulcer or sore permanently is to get to the "root" of the disease. That's what Zam-Buk does.

Zam-Buk's extraordinary powers of penetration, combined with its germ-destroying properties enable it to reach and destroy all germs in the underlying tissues, where skin troubles have their origin. In other words, Zam-Buk cures from the "root" upward, so that no trace of the disease is left to break out again.

To get lasting results, therefore, you should use Zam-Buk for all skin diseases: boils, ulcers and blood-poisoning, sores and piles. All dealers, 50c. box.

Zam-Buk

fore her husband as a punishment he will rebel and perhaps break a few chairs but when she thinks she has done something triumphant and is hungry for his approval what can he do? American husbands will stand a lot before they'll wantonly hurt the feelings of the girls they married. So I said it was a wonderful meal and when I had finished I went down to a restaurant and had something to eat. I've been doing that right along, filling up between meals at a restaurant, and my wife just got on to it yesterday."

WALT MASON.

A Young Thing does love the notion of a secret sorrow, but when she has one she begins at once to make it public.

A COLD PREVENTIVE

Have you ever come out of a theatre, or church or over-heated room and felt, immediately the cold night air caught your throat and breathing passages, that you were going to catch cold? That is the time to take Peps. Two or three Peps taken at once will prove an unfailing preventive. A cold developed means needless suffering and expense. Safeguard yourself by always keeping a box of Peps on hand.

They are also best for coughs, sore throat and bronchitis. All dealers, 50c. box.

PEPS
FOR COUGHS & CHILLS

SOME LETTERS WHICH HAD TO BE TRANSLATED

(Philadelphia Bulletin)

When the United States Government decided to double a private's pay so that he could contribute to the support of his family while in the service, and added thereto an allowance which varied according to the size of the family, it added another burden to its shoulders—that of translating tens of thousands of letters into understandable English, and find out just what the writers were driving at.

The quotations which follow are taken from genuine letters received by the Bureau of War Risk Insurance in Washington and explain the wear and tear on that office and, no doubt, many delays in answering.

"We have your letter. I am his grandfather and his grandmother. He was born and brought up in this house according to your letter."

"You will please send my money as soon as possible, as I am walking around the city like a bloody pauper."

"If I do not receive my husband's pay I will be compelled to live an immortal life."

"You have taken my man away to fight and he was the best I ever had—who is going to keep me if you don't?"

"My bill has been put in charge of a spittoon (platoon). Will I get any more money?"

"I am writing to ask you why I have never received my elopement."

"Please send my allotment. I have a little boy and kneed it every day. I ain't got no book lurnin and write you for inflammation."

"Just a line to let you know that I am a widow and four children."

"Previous to his departure we were married by Justice of the piece. He was inducted into the surface."

"I have four months baby and he is my only support."

"Date of birth,—not yet but, soon."

"I did not know my husband had a middle name and if he has I don't believe it."

"Dear Sir. We have another war baby in our house, how much do I get?"

"As I need his assistance to keep me enclosed."

"Owing to my condition, which I haven't walk for four months from a broke leg whose number is 975."

"Your relationship to him—just a mere aunt and a few cousins."

"He left me with materially nothing to live on. He beat me for no reason whatever."

"Both sides of our parents are old and poor."

"To whom it may consume."

"Kind Sir or She."

"I enclose, Lovingly yours."

SUFFERED TERRIBLE AGONY

"Fruit-a-lives" Alone Gave Him Quick Relief

Buckingham, Que., May 3rd, 1915.
"For seven years, I suffered terribly from Severe Headaches and Indigestion. I had belching gas from the stomach, and I had chronic Constipation. I tried many remedies but nothing did me good. Finally, a friend advised 'Fruit-a-lives'. I took this grand fruit medicine and it made me well. To everyone who has miserable health with Constipation and Indigestion and Bad Stomach, I say take 'Fruit-a-lives', and you will get well."

ALBERT VARNER.

50c. a box, 6 for \$2.50, trial size 25c. At dealers or sent postpaid by Fruit-a-lives Limited, Ottawa, Ont.

"I'm left with a baby seven months old and she is a baby and can't work."

"Please send me a wife's form."

"Your relationship to the enlisted man,—I am still his beloved wife."

"Father writes and says I have not received my son's money, mother has died, kindly change her address."

"You have changed my little girl to a boy will that make any difference?"

"I am sitting on the Y. M. C. A. writing this letter while the piano plays in my uniform."

REAL "LUCKY BONE"

One of the most precious possessions of an officer in England and one which excited much curiosity during a recent short leave is an ordinary wishbone which he has mounted in gold and carries about with him as a mascot, it having already, he avers, once saved his life.

It appears that while near the front line in France he was enjoying a rare meal of doubtful chicken with a couple of brother officers and was just about to try conclusions with the wishbone with his opposite comrade when it slipped from his plate and dropped under the heavy oak table the three had managed to secure from a ruined farmhouse for their barn billet. No sooner had the Birmingham man got under the table to grope for the bone than the barn was reduced to debris by a couple of direct hits from enemy airplanes.

The other two officers were killed outright, but the stout table saved the third from any material injury. The wishbone was firmly clasped in his right hand when he was dug out of the ruins.

Mr. C. T. Nesbitt of Halifax is a guest at the Barker House.

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