

INTESTINAL PARALYSIS

"Fruit-a-tives" Quickly Relieved This Chronic Trouble

559 CASGRAIN STREET, MONTREAL.
"In my opinion, no other medicine is so curative for Constipation and Indigestion as 'Fruit-a-tives'."
I was a sufferer from these complaints for five years, and my sedentary occupation, Music, brought about a kind of *Intestinal Paralysis*; with *nausea*, belching gas, drowsiness after eating, and pain in the back.
I was induced to try 'Fruit-a-tives' and now for six months I have been entirely well". A. ROSENBERG.
50c. a box, 6 for \$2.50, trial size 25c. At all dealers or sent postpaid by Fruit-a-tives Limited, Ottawa.

TAKING A CHANCE.

Every pretty girl's ears,
Though they cannot be seen,
Are accepted on faith,
And judged to be clean.

TABLE OF WEIGHTS AND MEASURES.

- 4 teaspoons of a liquid equal 1 table-spoon.
- 4 tablespoons of a liquid equal 1/2 gill or 1/4 cup.
- 1/2 cup equals 1 gill.
- 2 gills equal one cup.
- 2 cups equal 1 pint.
- 2 pints (4 cups) equal 1 quart.
- 4 cups of flour equal 1 pound, or 1 quart.
- 2 cups of butter, solid, equals 1 lb.
- 1/2 cup of butter, solid, equals 1/4 lb. or 4 ounces.
- 2 cups of granulated sugar equal 1 lb.
- 2 1/2 cups of powdered sugar equal 1 lb.
- 1 pint of milk or water equals 1 lb.
- 1 pint of chopped meat equals 1 lb.
- 10 eggs, shelled, equal 1 pound.
- 4 tablespoons of flour equal 1 ounce.
- 8 eggs with shells equal 1 pound.
- 2 tablespoons of butter equal 1 ounce.
- 2 tablespoons of granulated sugar equal 1 ounce.
- 4 tablespoons of butter equal 2 ounces or 1/4 cup.
- 4 tablespoons of coffee equal 1 ounce.
- 1 tablespoon of liquid equals a half-ounce.

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, leprosy, 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 mail in plain pkg. on receipt of price. New pamphlet mailed free. THE WOOD MEDICINE CO., TORONTO, ONT. (Former, N.Y.C.)

IT WAS AWFUL, THEY WERE PARTED FOREVER

(Chicago News.)

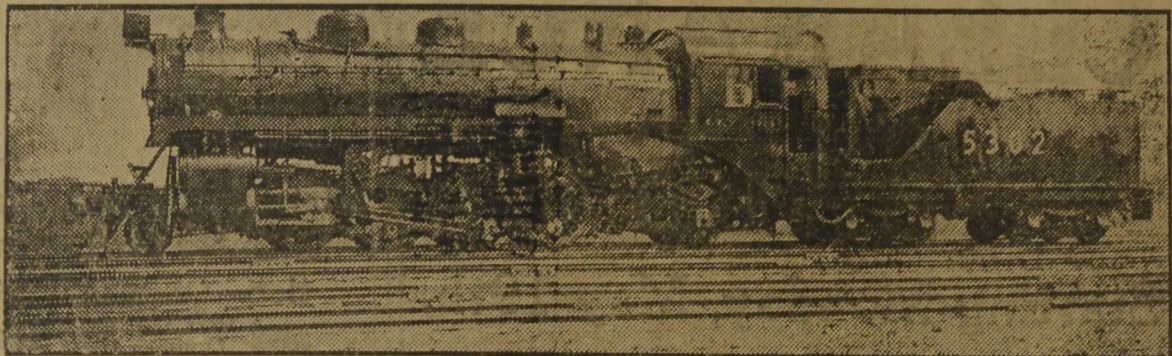
The young man in the telephone booth breathed a sigh of relief as he heard the receiver come down off the hook at the other end. He and the girl at the other end had "parted forever" just a few hours before.
"Hello, Paula," he said in reply to the feminine voice that answered.
There was a slight pause, as the girl leaned closer to the phone. Then the answer came in a voice of glad surprise, which was immediately suppressed and substituted by a bored tone as the owner of the voice replied:
"Tom! To what do I owe the honor of this call?"
The young man stood on one foot in the booth.
"I have your purse and I was afraid you might be worried about it, so I called you up to let you know about it. I'm sure I wouldn't have thought of troubling you otherwise."
The girl at the other end replied in a voice as cool as the lake wind: "It was most kind of you, I'm sure. I appreciate your disinterestedness."
"It was careless of me to walk off with it in my pocket; I am sure I can't imagine what made me do it. I will see that you get it immediately."
"Thank you very much, but I could not dream of troubling you."
"I will mail it to you and you will get it in a few days."
"Oh, goodness!" said the girl. "Don't mail it. I am superstitious about the mails, and I know I will never get it. I'll tell you what you can do. You can take it down town to one of the department stores and check it and then mail me the check and I can get it out."
"Yes," said the young man sarcastically, "or I might take it down and hock it and send you the pawn ticket and let you redeem it."
"Don't be silly."
"Well, there doesn't seem to be any way to get it to you, does there?"
"I'm sure I can't think of any."
The young man in the stuffy tele-

phone booth mopped his brow.
"I might give it to my kid sister and let her give it to your kid brother at high school," he said.
"Oh, my, I wouldn't have my brother Bunny handle it for anything. He'd use it for an ink wipe or something."
The young man had another inspiration.
"I can give it to my mother and she can take it to her club next Tuesday and give it to your mother."
"Oh, goodness!" the girl discouraged this plan. "I need it before Tuesday."
"When do you need it?"
"I really ought to have it tonight."
"The only thing I can think of, then, is for me to bring it over."
This amazing and original solution of the problem had apparently just occurred to him.
"I couldn't think of troubling you."
"Oh, it wouldn't be any trouble to me. I could leave it at your door and you wouldn't need to see me. I will bring it over right after dinner."
"Will you really?"
"Yes."
"Well, I'm sure it's very kind of you."
"Don't mention it—Paula."
"What, Tom?"
"Nothing, good bye."
"Good-bye—oh, Tom."
"Yes."
"Couldn't you wait until a little later in the evening and then make a sort of a call?"

CHILDHOOD CONSTIPATION.

Constipated children can find prompt relief through the use of Baby's Own Tablets. The Tablets are mild but thorough laxative which never fail to regulate the bowels and stomach, thus driving out constipation and indigestion; colds and simple fevers. Concerning them Mrs. Gaspard Daigle, Demain, Que., writes: "Baby's Own Tablets have been of great benefit to my little boy, who was suffering from constipation and indigestion. They quickly relieved him and now he is in the best of health." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

New Giant C.P.R. Locomotive



Ten of the largest locomotives ever built for use on Canadian railways have been under construction for some time at the C.P.R. Angus Shops in Montreal, and one of these, No. 5302, was inspected the other day by President E. W. Beatty, and Vice-President Grant Hall. These locomotives are of the heavy Mikado type and are intended for freight service, being designed and built under the direct supervision of Mr. W. H. Winterrowd, the Chief Mechanical Engineer.
The weight of the engine and tender in working condition is 500,000 lbs., the engine alone weighing 323,000 lbs. The diameter of the driving wheels is 63 inches. The cylinders are 25 1/2 inches in diameter by 32-inch stroke, which with 200-lbs. boiler pressure makes these locomotives capable of exerting a maximum tractive effort of 36,000 lbs. The diameter of the boiler is 80 inches at the front end and 90 inches at the back end. The fire box is 84 inches wide and 120 inches long, and the grates are moved by steam grate shakers.
The cab is of the vestibule type, which is the C.P.R. standard, and every effort has been made to make the accommodations for the engine-men as comfortable as possible. One side of the cab is fitted with a clothes locker 14 inches by 20 inches wide, in which clothes can be hung and lunch pails carried.
The tender has a capacity for 12 tons of coal and 8,000 imperial gallons of water.



President E. W. Beatty and Vice-President Grant Hall, of the C. P. R., snapped after inspecting the new engine.

ABOUT TIME THAT THE BRAKES WERE APPLIED

Ottawa, May 23.—A small attendance of members of the House of Commons spent most of today's session considering estimates. Before the votes were taken up there was some discussion of the bill to amend the Military Pensions Act which deals with pensions for the permanent force. Hon. N. W. Rowell had charge of the estimates for the Department of Soldiers' Civil Re-establishment which is presided over by Sir James Loughheed, Government leader in the Senate. They were voted without much criticism, although Mr. James Douglas, Strathcona, asserted that there had been a wasteful expenditure of money in connection with the construction of hospitals for soldiers in many places.
Mr. H. B. Murphy made the observation that while the lower branches of the civil service were under-paid the salaries of the higher officials, including deputy ministers, were being increased. Mr. Rowell thereupon stated that the civil service reclassification would probably be tabled early next week.
Harbor and river votes in the evening were the cause of some discussion and many items were voted.

ORGANIZING FOR LIBERAL CONVENTION

Ottawa, May 26.—D. D. McKenzie, Liberal leader in the House of Commons, with the consent and advice of the Liberal advisory committee of the Commons, has, after due consultation with the parties mentioned, appointed a National Liberal Convention Committee. This committee will have in charge the necessary preliminary details leading up to the assembling of the delegates. It is composed of Mr. McKenzie, Senator Bostock, Senator W. C. Edwards, Senator N. A. Belcourt and the following members of the House of Commons: Hon. R. Lemieux, Hon. C. Murphy, James A. Robb, E. B. Devlin, D. C. Ross, I. B. Pedlow, W. H. White, Dr. J. P. Molloy, Ernest LaPointe and L. J. Pappeneau.
As an outcome of the conference recently held with representatives of the Liberal party in each of the provinces, the following gentlemen are added to the committee: Hon. John Oliver, Premier of British Columbia; Hon. Charles Stewart, Premier of Alberta; Hon. W. M. Martin, Premier of Saskatchewan; Hon. T. C. Morris, Premier of Manitoba; Hon. Sir Lomer Gouin, Premier of Quebec; Hon. W. E. Foster, Premier of New Brunswick; Hon. C. H. Murray, Premier of Nova Scotia; J. H. Bell, leader of the Liberal opposition in Prince Edward Island, and Wm. Proudfoot, M. P. P., Toronto.

MINARD'S
"KING OF PAIN"
LINIMENT
I was cured of terrible lumbago by
Minard's Liniment
—Rev. Wm. Brown.
I was cured of a bad case of earache by
Minard's Liniment
—Mr. S. Kaulbach.
I was cured of sensitive lungs by
Minard's Liniment
—Mrs. S. Masters
Manufactured by the
Minard's Liniment
Yarmouth, N.S.

PALE AND WEAK DESPONDENT PEOPLE

Owe Their Condition to Weak, Watery Blood—How to Regain Strength.

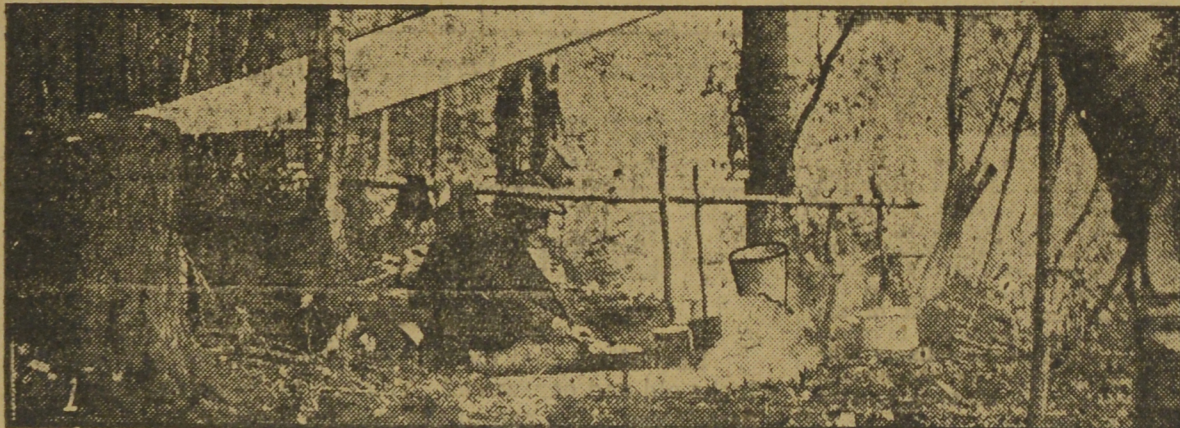
Every woman's health is peculiarly dependent upon the condition of her blood. Far too many women suffer with headaches, pains in the back, poor appetite, weak digestion, palpitation of the heart, a constant feeling of weariness, shortness of breath, pallor and nervousness. Of course all these symptoms may not be present in any particular case. They are merely a warning that the blood is out of order, and that it is thin and watery, and if you note any of these symptoms in your own case, you should lose no time in taking the proper steps to enrich and purify the blood. Anaemia—poverty of the blood—is a most insidious disease and if allowed to run will end in a complete breakdown of the system. Dr. Williams' Pink Pills are, beyond doubt, the greatest blood-making tonic offered the public today. For more than a quarter of a century they have been the stand-by of hundreds of thousands of people in all parts of the world. No other medicine has ever achieved such world-wide popularity, and the reason is that this medicine does what is claimed for it, enriches and purifies the blood, thus bringing new strength to every organ and every nerve in the body. In this way Dr. Williams' Pink Pills bring new health to weak, despondent people. Among the many who speak highly of this medicine is Mrs. Louis D. Larsh, Windsor, Ont., who says:—"It would be impossible for me to recommend Dr. Williams' Pink Pills too highly. Some years ago I was very thin and pale; I suffered many of symptoms of anaemia, and always felt tired, depressed and weak. I had tried several medicines, but they did not seem to help me. Then acting on the advice of a friend, I began taking Dr. Williams' Pink Pills. Before I had used half a dozen boxes I was actually feeling like a new person and had gained nine pounds in weight. I continued taking the pills until I had taken a dozen boxes, and from that time I have always enjoyed the best of health. I freely write you this letter in the hope that some woman in need as I was, will see it and be benefitted as I have been."

Most of the troubles that effect mankind are due to impoverished blood, and will promptly disappear if the blood is built up and renewed. If you are ailing, give this greatest of tonic medicines a fair trial and it will not disappoint you. Dr. Williams' Pink Pills can be procured through any dealer in medicines, or will be sent by mail at 50c a box or six boxes for \$2.50 by writing The Dr. Williams Medicine Co., Brockville, Ont.

MAY REVOKE FIGHT PERMIT

Columbus, Ohio, May 26.—A bill designed to give Governor Cox authority to revoke the permit given by the Toledo commission for the Willard-Dempsey fight July 4, was introduced into the Ohio House of Representatives by Representative Dunn tonight. It carries an emergency clause which it adopted by a two-thirds vote, will make the measure effective on being signed by the Governor.

A Wonderful Fishing Region



THE rivers and lakes in the vicinity of Cranbrook, British Columbia, on the Crow's Nest line of the Canadian Pacific Railway, are happy and prolific haunts for lovers of fishing. All these waters are well stocked with mountain or cut throat trout, rainbow trout, Dolly Varden trout, bull trout, landlocked salmon or Kamloops trout. Excellent catches are made in the fishing season. Foremost amongst the fishing waters of this region are: St. Mary's Lake and river, Kootenay River, Moyie Lake and river, Gold Creek, Cherry Creek, Perry Creek Lake, Doyle's Lake, and Premier Lake. Perhaps the favorite rendezvous is Premier Lake. This lake is situated about thirty-eight miles from Cranbrook. It is three and a half miles long and one mile wide. Mountains surround it on every side, and it is very deep. There is no visible outlet for the waters. Springs that rise adjacent to the lake and streams from the mountain sides gush to rest in its placid bed.
On August 12th, 1915, the Game Conservation Board of the Eastern District of British Columbia furnished Premier Lake, along the Kootenay Central Railway, a branch of the C. P. R., with 10,000 Kamloops trout fry, each one then being about three-quarters of an inch long. A prophecy was made that the fry within four years would develop into fish weighing between twelve and thirty pounds. The accompanying illustration shows some of the fish caught when three years old.
Realizing the sporting possibilities of the Cranbrook region some of the residents met in Cranbrook on November 7th, 1917, and formed the Cranbrook District Rod and Gun Club. A hatchery was started in Cranbrook; 200,000 eggs were brought in and incubated. The enterprise was a huge success, and fry were distributed: 75,000 in St. Mary's Lake, 12,000 in Rock Lake, 25,000 in Premier Lake, 50,000 in Moyie Lake, 2,000 in Doyle's Lake, about 4,000 in Perry Creek Lake. These fish will spawn at the age of four years, and



Landlocked salmon caught in Premier Lake, British Columbia, on May 15th, 1918.

when they begin to multiply in the natural way it is certain that Cranbrook will be one of the finest fishing districts in the world.
The best season for fishing these waters is from May 1st to June 15th and from August 1st to September 30th. The fly is used generally with success. Trolling will bring good results in St. Mary's, Moyie and Premier lakes.
Distances from Cranbrook to the different fishing waters vary, but none of the lakes and rivers is difficult of access. Good automobile roads radiate in all directions.
The scenery of the Cranbrook fishing district is beautiful, and in addition to a creel laden with splendid trout, the fisherman will bring home with him memories of a landscape as fair as the eye can anywhere behold.