

SO MANY PEOPLE ARE NERVOUS

"Fruit-a-lives" the Greatest of all Nerve Remedies

This Fruit Medicine Restores Health

The increase in the number of persons suffering from Nervousness is world-wide; due, in a measure, to the reaction following the war. Sleeplessness, Headaches, Mental Depression, Rheumatism, Nervous Dyspepsia, and Heart Action, are the results of disturbed condition of the Nervous system.

The nerves and the blood are so intimately, so vitally, connected that the condition of one is bound to affect the condition of the other. If the blood is laden with impurities, it is impossible to have strong, steady nerves.

The first essential in treating nervous troubles is to purify and enrich the blood. This, "FRUIT-A-LIVES" will do.

"FRUIT-A-LIVES" stimulates the bowels, kidneys and skin and purifies the blood. "Fruit-a-lives" improves appetite and digestion and insures food being properly digested, thus enabling the blood to carry wholesome nourishment to build up the body, particularly the nerves.

Men and women who take "Fruit-a-lives" for some form of nervousness—because they cannot eat or sleep or work or enjoy life—say that this fruit medicine is simply marvellous in its action.

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

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Trout Pools Nipigon Park



Nature has dealt most bountifully with Canada in providing her with beautiful immense and varied playgrounds. Large areas, covered with virgin forest, interlaced with lakes, rivers and streams, have been set aside by the Government, where the tourist, traveller and sportsman may find recreation and where game fish are abundant and wild life roams unmolested.

Such is Nipigon Park, one of Ontario's great forest reserves. It has an area of 7,300 square miles. No national playground in Canada offers such sport to nimrod and novice alike, for these cold-green waters of the north are alive with the gamiest of trout. Trout have been taken from these waters up to a record weight of 144 pounds.

Orient Bay, three and a half hours run east of Port Arthur, on the Toronto-Winnipeg line of the Canadian National Railways, is the gateway to this fisherman's paradise. At Orient Bay, Nipigon Lodge—a rustic hunting and fishing lodge de luxe—is set among the pines and cedars. From here, all the Nipigon trips may be made either by motorboat or canoe. Prince Arthur of Connaught, while touring Canada—and, later, the Prince of Wales—fished in these waters and caught their limit of Nipigon trout.

A trophy is awarded annually by the Canadian National Railways to the fisherman catching the largest Nipigon speckled trout. Last season twenty-five contenders secured fish weighing five pounds and over. The specimen that won the prize tipped the scale at seven pounds.

Just Between Ourselves

BY DELLA E. STEWART

Several years ago a Chicago working girl attempted suicide. When asked her reason, she counter-questioned, "Did you ever eat 50 cent dinners?" The remark was made a text for arguments for higher wages. Very recently a judge of note declared that it was no wonder that one earning but little in a place of responsibility should learn to steal.

It is difficult not to confuse sentiment with sentimentality. The first may be very wholesome, if translated into effort for improvement of conditions. The latter is apt to be a pitfall to common sense.

We of today have too often taken the standpoint that all temptations should be removed from our path ways, that the difficult places should be smoothed for our feet. In consequence are we as a people growing stronger in righteousness more stalwart in justice? Who would say that we are?

Of course, there are many greedy employees, just as happenings of the past year have shown us that there are many greedy employers. Either class would think of self-gain before the welfare and comfort of others. We have liked to throw the animus of greed on cap-

IM MEMORIAM

AUSTIN SHEEHAN

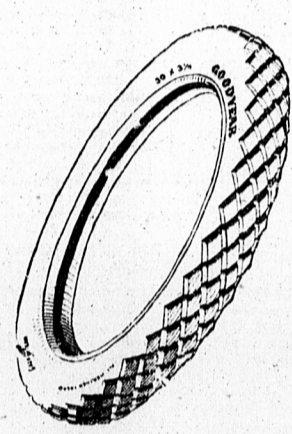
Austin Sheehan, son of the late John Sheehan, Kensington, died in Vancouver, B.C., some time ago, and interment took place there. Mr. Sheehan was a member of a family of eight children and was born in Kensington in 1884. He, early in life realized that opportunities awaited young men of pleasure of his acquaintance, and the adequate recognition was but the far west. Hence, in 1907, he crossed the continent and immediately entered enterprise that was effectively productive. By skilled labor, and sober and rational habits

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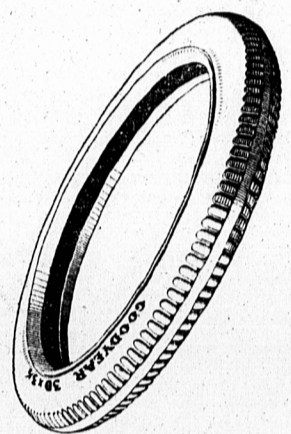
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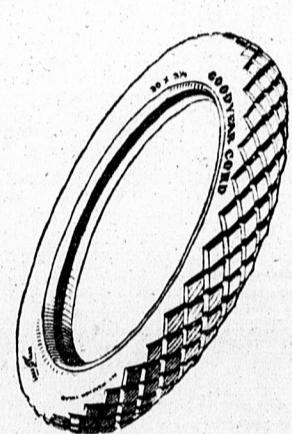
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Some People Have a Vivid Imagination.

—BY BUD FISHER

