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"Fruit-a-tives" Have Proved Their Value In Thousands of Cases

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Many people do not realize that the Skin is one of the three great eliminators of waste matter from the body. As a matter of fact, the Skin rids the system of more Urea (or waste matter) than the Kidneys. When there is Kidney Trouble, Pain In The Back and Acid Urine, it may not be the fault of the kidneys at all, but be due to faulty Skin Action, or Constipation of the bowels.

"Fruit-a-tives" cures weak, sore, aching Kidneys, not only because it strengthens these organs but also because "Fruit-a-tives" opens the bowels, sweetens the stomach and stimulates the action of the skin.

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

SCHOOL REPORTS.

Honor roll for S. S. No. 10, Watford, for November and December. Sr. IV.—Margaret Ross 83%, Birdie Conkey 75%. Jr. IV.—Basil Watson 61. Sr. III.—Linda McIntosh 67, Russell Parker 64. Jr. III.—Arthur Minnelly 84, Harold Cates 56. Class II.—Alma McGillicuddy 95, Zelma Conkey 87, Franklin Adams 86, Willie Minnelly 85, Kenneth Cates 80, Mary Williams 75. Sr. I.—In order of merit.—(Eric Thompson, Mac Wiley) equal, Gordon Adams, Sarah Williams, Elsie Minnelly. Sr. I.—In order of merit —Ivan Parker, Keith Howden, Clare Thompson, Gordon Minnelly, Fred McIntosh, Marguerite Brooks.—M. L. FURBER, Teacher.

The following is a report of S. S. No. 15, Watford, in order of merit. Class IV.—Sadie Barnes 257, Mina Wilkinson 208, Carman Ferguson 194, Willie Maw 190, Opeal McCausland 85. Class III.—Walter Morris 222, Eric Smith 221, Edith Morris 208, Hector Robinson 151. Class II.—Russell Smith 208, Mary Morris 202, Doris Robinson 192, Eva Smith 191, Frank Moore 56. Part II.—Mary Prince 214, Willie Ferguson 213, Gordon Wilkinson 207. Class I, Sr.—Mary Smith 76, Anna Muxlow 55. Primer—George Wilkinson 48, Jennie Prince 36, Verna Barnes 24.—GRACE CAMPBELL, Teacher.

Recognized as the leading specific for the destruction of worms, Mother Graves' Worm Exterminator has proved a boon to suffering children everywhere. It seldom fails.

CAUGHT IN A TRAP

Swinburne's Odd Adventure on the Coast of Normandy.

FACED A MADDENING DEATH.

A Perilous Feat That For a Time Entombed Him in a Narrow Tunnel of Solid Rock and Came Near Putting a Premature End to His Mortal Career.

In his youth Swinburne was a famous swimmer, and for years he used to retire in summer to the picturesque little village of Etretat, on the Normandy coast, there to breast the waves and to wander about the chalk cliffs and gaze forth from some cogn of vantage upon "the blown, wet face of the sea."

One day he met with a singular adventure, which has never been told in print, and came near putting a premature end to his mortal career.

At one point of the coast a vast natural arch nearly 100 feet in height is formed by a flying buttress at right angles to the general line of the cliffs, which plants its foot below high water mark on the shingle beach. The central mass of this buttress fell or was eaten away by the waves in prehistoric ages, leaving a pointed gothic doorway of remarkable symmetry and mightier than any ever built by man.

It is a famous landmark of the coast and is to be seen in countless marine pictures painted in the latter half of the last century.

The outer springer or pier of this gigantic arch is submerged at flood-tide, but when the water recedes it is seen to be pierced by a small hole or tunnel, also of natural formation, passing clear through the substance of the chalk from one side to the other. This hole is partly choked up with the flint pebbles of which the beach is composed, but space enough remains for a man to crawl through.

The passage is about sixty feet in length, but is bent in its course, so that when halfway through daylight cannot be seen in either direction. It was a local feat of the athletic young fishermen of the region to wriggle their way through the tunnel at low tide.

Swinburne had witnessed one of these performances and made up his mind to attempt the passage himself. He chose a day following one of the fierce storms of late August. When he reached the spot the sun was setting and the beach was deserted. He did not think it worth while to remove any of the rough tweed outing garments that he wore, but got down on his hands and knees and began worming himself into the darkness of the hole.

At first all went well, but as he proceeded the passage narrowed and the slimy walls of the chalk rock so impeded his movements that he was unable any longer to use his arms freely, but could only push with his feet and undulate his body. He had reached the bend of the tunnel and the darkness was absolute. He still pressed on, but only to find himself wedged in yet more tightly.

A minute more and he realized with horror that he could no longer move an inch either forward or backward. The waves had heaped the pebbles up in the center, and he was now firmly embedded within a hundred thousand tons of solid rock.

It was evening. There was no chance of any one's coming to his rescue. No one had seen him enter the tunnel, or had been informed of his purpose. His presence there might not be discovered in days or weeks, and meanwhile the tide would have risen and fallen many times, and he would have been helplessly drowned.

In black darkness, powerless to stir, he must lie and wait for the certain end. The recession and rise of the tide would take, he calculated, not less than six long hours, and his best hope was that madness would render him unconscious long before the end came.

But as he lay there a sound came to his ears that chilled his nerves with a fresh terror. It was the sound of a wave breaking at the farther mouth of the tunnel. The tide was rising and in a few minutes it would begin to fill the narrow passage.

The realization of this fact paralyzed him for a moment; then it stimulated him to almost superhuman effort. Forcing himself on his left side, he succeeded in getting his right arm out beyond him. It gave his body a little more play.

By desperate but systematic wriggings and twistings he was able to work away from beneath him some of the loose shingle, and to gain a little forward. The exertion was tremendous and far beyond his natural strength, but he was working for life or death. It was a race between him and the tide.

The end was sudden. The tunnel abruptly enlarged. He could now crawl on hands and knees. As he scrambled forward, trembling and gasping, a rush of water met and submerged him, but it carried him with it as it receded. It flung him forth into the open air like a wreck of seaweed, bruised, choking and exhausted, but alive, with the blessed sky above him. Another wave caught him and drove him up on the beach, and he retained just sense and strength enough to scramble up a little farther, beyond immediate danger.

"I know," he said afterward, "the feelings of a soul saved from hell."—James Welton Gray in St. Louis Republic.

The water wagon never skids.—Kansas City Star.

Farm and Garden

DRAFT HORSES IN AMERICA.

As Good Stock Can Be Raised Here as Abroad.

[Prepared by United States department of agriculture.]

The best breeds of draft horses are now so well established in the United States that experts of the United States department of agriculture believe that the European war, which has interfered seriously with importations, will not injure breeding in this country. It is, in fact, asserted that the American people will now have an opportunity to see for themselves that as good stock can be raised in this country as any that can be imported.

The leading characteristic of good draft horses is massiveness, for their chief usefulness is the hauling of heavy loads. In consequence power, not speed, is desired. To possess this power a horse should be compact, low set, or short legged, and be able to throw a great deal of weight into his collar without losing a secure footing. A draft horse of the best type should therefore weigh at least 1,600 pounds, and in localities where the heaviest breeds are common any animal under this is classed as a light drafter. In good drafters the chest is deep and



AN AMERICAN BRED PERCHERON MARE.

broad, the girth large and the body broad, deep and comparatively short, with well sprung ribs. The muscles of the hind quarters and thighs must be well developed, for it is these that furnish the chief drawing power, the front legs acting largely as weight carriers. Good legs and feet, with clean, heavy bone, are very essential. In action the draft horse should walk with a rapid stride of good length, the feet being carried straight forward. This kind of action covers considerable ground in a short time. The ability to trot well is also desirable, but the walk is the draft horse's gait.

Today the Percheron probably outnumbered in this country all other breeds combined. In fair condition a mature stallion will weigh from 1,800 to 2,000 pounds, though many exceed this. In height it runs from sixteen to seventeen hands and in color is usually either black or gray. The Percheron stallion has proved very popular for crossing with ordinary mares, and grade Percherons are great favorites in our markets.

Loss of Barnyard Manure.
Pile up the manure of the barnyard with no protection from leaching and other detrimental actions of nature, and more than 20 per cent of the fertilizing strength of the manure is lost. Put down a bed of earth and on this pile the manure, spreading a thin coat of earth occasionally, and finally when the heap is completed, cover it with a thick coat of earth. The result has been that only about 2 per cent of the fertilizing strength of the manure has been lost. Tested in the field, earth preserved manure has been found to yield on a potato crop three times as much as the carelessly kept and unprotected manure.

Soon the cattle will be in the stalls for winter feeding and the time for making the manure heaps will begin. This is a year when conserving everything that is useful that has been going to waste should command the attention of the farmer.—Home and Farmstead.

SOMETHING ABOUT CATTLE

No farmer who has not tried it should engage in the cattle feeding business on a large scale at the start. He will find, and generally at pretty high cost, that experience and good judgment are needed as much as corn to lay the fat on a bunch of steers at a profit.

The power of production in a cow is inherited. If the cow is a good dairy animal by inheritance and is given good care and feed she will become more productive as she increases in age. The quantity rather than the quality of her milk is influenced by feed.

It costs just so much to put a pound of meat on an animal, and if it is lost during the winter, from low feeding or exposure, it is just that much extracted from the owner's pocket. It is much more profitable and sensible to retain every pound of flesh gained and also if possible to keep each animal improving all through the winter.

Pure bred dairy cattle will often be the keynote to great profit from the farm. What is the use of keeping an indifferent, nonproducing animal of any description when one that will make a handsome profit will take no more room, no more care and no more feed?

Kid Gloves.
The majority of the fine kid gloves used in this country are imported from France. The superiority of French kid gloves over all others, according to an importer, is due above all to the perfection of the skins, the kids being reared in villages by poor peasants who own only a few goats and therefore take great care of them.

Another reason is that in France one workman takes the prepared skin and manipulates it himself right up to the finished glove. In Germany, on the contrary, division of labor is extensive and great factories turn out in two or three hours what requires two days' labor on the part of the French workman.

The best kid gloves still come from France, but the factories of Stuttgart are a formidable rival.—New York World.

Woolwich Arsenal.
Woolwich arsenal owed its establishment to an explosion which took place at a foundry in Moorfields. Until 1716 the government obtained its ordnance from private manufacturers, but in that year the explosion decided it to build a foundry of its own, and Woolwich, already famous as a naval station, was chosen as the site. Woolwich was only a small fishing village until the sixteenth century, when Henry VIII. laid the foundations of its prosperity by making it the royal dockyard.—London Chronicle.

Bows in Warfare.
The bow is first seen depicted on Egyptian monuments about 2000 B. C. Its form then did not differ greatly from that in use among boys at the present day. It was used in European warfare as late as 1640 and was deemed quite as effective as the arquebus then employed.

White Crowned Sparrows.
Caterpillars, beetles, ants, wasps, bugs and black olive scales make up only a small amount of the food of the white crowned sparrow. Like most of its family, it is a seed eater by preference, and weed seeds comprise about 75 per cent of its total foods.

So It May.
She was a beautiful woman—and his wife. But one night, getting home late and having some excited conversation with her in the hall, he said to himself: "A thing of beauty may be a jaw forever."

Dutiful.
The Old One—You should always defer to your husband's wishes, my dear. The New One—I've done so ever since he told me that his one wish was to see me happy.—Luck.

Are you Bilious?

Don't let it run too long, it will lead to chronic indigestion. In the meanwhile you suffer from miserable, sick headaches, nervousness, depression and general ill-complexion. Just try **CHAMBERLAIN'S STOMACH & LIVER TABLETS**. They relieve fermentation, indigestion—gently but surely cleanse the system and keep the stomach and liver in perfect running order. At all druggists, 25c., or by mail from Chamberlain Medicine Co., Toronto

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