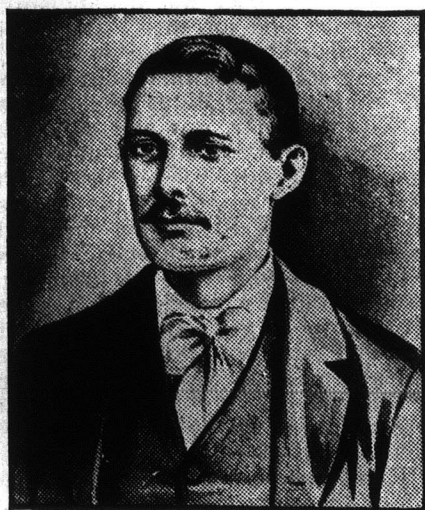


FRIGHTFUL STOMACH TROUBLE

For Four Long Years He Suffered—
Then "Fruit-a-tives" Brought Relief.

Stratford Centre, Wolfe Co., Que.
May 11th, 1908.

I have been completely cured of a frightful condition of my stomach through this wonderful medicine, "Fruit-a-tives." I suffered for four long years with this trouble. My head ached incessantly. I could not eat anything but what I suffered awful pains from indigestion. I used every known remedy and was treated by physicians, but the dyspepsia and headaches persisted in spite of the treatment.



I was told to try "Fruit-a-tives," and I sent for six boxes, and this was the only medicine that did me any good. I am now entirely well, I can eat ordinary food and I never have a headache, and for this relief I thank this wonderful remedy "Fruit-a-tives." My case is well known in this vicinity and you may publish this statement.

ALCIDE HEBERT.
50c a box, 6 for \$2.50, or trial size 25c. If, for any reason, your dealer does not handle "Fruit-a-tives," they will be sent postpaid on receipt of price by Fruit-a-tives Limited, Ottawa.

150 Favorite Old-Time Songs,

With Words and Music Complete.



This is a splendid collection of favorite old-time songs and ballads—songs that touch the heart and recall the tenderest memories, many of them having been popular favorites for forty or fifty years and just as dearly loved to-day as when they were written. Each song is published in this book with both words and music complete and we question if there has ever been issued a book containing so large a collection of sterling favorites at so low a price. We will send this book postpaid to any address on receipt of 15 cents.

REMARKABLE OFFER—We issue a special line of popular-priced novels by such famous authors as Conan Doyle, Mrs. Southworth, "The Duchess," Alexander Dumas, etc., etc. Send us forty cents for a trial order of a dozen books and we will include the Song Book free of charge. This offer is for a limited time only. Address all orders—

THE WHOLESALE BOOK CO.,
DEPT. B. WINNIPEG, CANADA.



GIRLS FREE.

This handsome jointed doll, dressed in satin, lovely curly hair, pearly teeth, and large sleeping eyes, given absolutely free for a few hours of your time. Send your name and address to-day for 30 novelties to sell at 10c each. When sold return our \$3.00 and we will immediately send you the doll. We trust you. Send name and address to-day. Address the W. Stephens Co., Drawer 36, Norwood, Winnipeg, Man.

SEND 25c. Receive post paid 25 different colored velvet and silk pieces for fancy work. Southcott Suit Co., 10, Coote Block, London, Ont.

Woman and the Home.

Give Gentle Answers Back.

When deep within our swelling hearts
The thoughts of pain and anger rise,
When bitter words are on our
tongues,
And tears of passion in our eyes;

Then we may stay the angry blow,
Then we may check the hasty word,
Give gentle answers back again,
And fight a battle for our Lord.

With smiles of peace and looks of love,
Light in our dwellings we may make,
Bid kind good humor brighten there,
And still do all for Jesus' sake.

What To Be.

Be cheerful, optimistic,
Be willing to forbear
With every kind of trouble
And never to despair.

Be free from all suspicion,
Seek no motive for the act,
Accept all things with kindness,
Judiciousness and tact.
Be kind to every mortal,
But yet select a few
To bear the name of friendship
And tread the road with you.

And you will find that living
Is not a dreary bore,
And life has many blessings
You did not know before.
Henry Bartlett Morrill.

Two Roads.

Between the cradle and the tomb,
Two roadways lead along,
Oft side by side they seem to glide—
The right road, and the wrong.

Each by path winding in and out,
However wide it strays,
Leads forth or back from one main track
There are but those two ways,

No guide post points the way to go,
But deep within each soul
A knowledge dwells—a sense, that tells
The right road to the goal.

It may seem desolate at first
But when the day slants west,
The Road of Right floods full of light,
The highway of the blest.
Ella Wheeler Wilcox

Helps For House Cleaning.

For cleaning oil paintings, this is recommended. Take the picture out of the frame and rub the surface well with the cut side of a raw potato; when clean, wipe with a sponge and clean water, drying carefully with a soft clean cloth. This is claimed to be satisfactory.

In laying heavy, inlaid linoleum, do not use ordinary carpet tacks; let lie on the floor for a while—a few weeks will not hurt, until the linoleum is stretched, then use shoemaker's "sprigs" which are headless; they do no injury to the linoleum, hold it firmly, are invisible, and the linoleum can be taken up without damage.

Even polished mahogany, or veneered pieces, will get dull-looking simply because the wood is dirty, and the best way to clean it is to wash it with good soap and water; but it cannot be treated as the wood work of the room. The finer wood of the furniture should be washed with a little suds, then the suds should be all rinsed off of it with a damp, clean cloth, the wood then thoroughly dried with a soft, white piece of old cheese-cloth. Coal oil is not an ideal clean-

er for soft wood surfaces, or for furniture, as, unless every particle of the oil is rubbed in, or cleaned off, every mark is discernible, and it gets fuzzy with dust. It is better to buy a reliable furniture polish of a responsible dealer and use exactly as directed. The article treated should be rubbed perfectly dry of the polish. It is very easy for an inexperienced woman on ruin furniture with the varnish brush, or poor polish. Try your hand on the cheap, common pieces, and let the cabinet maker look after the best. Many of the advertised varnishes are a regular despair to women, and it is better to let them alone. An experienced person either scrubs the furniture, or scrapes to the wood, sand-papers two or three times, varnishes, and sand-papers to smooth the surface after the initial coat of varnish dries, before putting on the finishing coat. Renovating furniture means just real hard work.

For cleaning the stove-pipe slip a strong paper bag such as corn meal or graham flour comes in, over the end of the pipe, and tie it close around the pipe; then beat the pipe to dislodge the soot, and after all the soot is down in the bag, take the pipe out and burn the bag with its sooty contents without dirtying up the house.—Mrs. M., Minn.

Use Butter.

In cooking macaroni, rice or milk for a custard, rub the pan with a little butter and it will not stick.

How to Iron.

To iron the placket in a wash skirt, neatly fold a cloth four times to make a pad under the hooks; this does not flatten the hooks and makes a smooth opening.

Lemonade.

Lemonade is an excellent liver medicine; a glass of strong lemonade without any sugar, taken every morning before breakfast, is a good thing.

For Sick Room.

When a patient is too ill for the room to be thoroughly swept take a Turkish towel, wring it out of strong salt and water and wipe the carpet all over with it.

Wash The Clothes Line.

A good way to wash a clothes line is to wind it on a long board and scrub it with a scrubbing brush.

Leather Polish.

Turpentine and beeswax melted to the consistency of cream makes a good polish for leather upholstered furniture.

Keep The Fruit Cake.

Fruit cake may be kept indefinitely if it is put away in a covered tin, wrapped in brandied cloths.

Sticky Rasins.

If the knife and fingers are slightly buttered when seeding raisins the work will be robbed of its stickiness and discomfort.

Dates in Rice.

Use dates instead of raisins when next making rice pudding, whether baked or boiled. The change will be found quite satisfactory.

A Household Medicine.—They that are acquainted with the sterling properties of Dr. Thomas' Electric Oil in the treatment of many ailments would not be without it in the house. It is truly a household medicine and as it is effective in dealing with many ordinary complaints it is cheaper than a doctor. So, keep it at hand, as the call for it may come most unexpectedly.

Had Stomach Cramps

Would Roll on the Floor in Agony.

Mr. Wm. Kranth, contractor and builder, Owen Sound, Ont., writes:—"Having read some of the testimonials of cures effected by Dr. Fowler's Extract of Wild Strawberry, I thought it advisable to say a word of praise for its merits.

Some years ago I was much troubled with stomach trouble and cramps. I used to roll on the floor in agony, and on one occasion I went into a faint after suffering intensely for four hours. A short time after this, in driving to town, I was attacked again and had to lie down in my rig, seeking relief.

"When I reached the drug store I asked the druggist for a quick remedy and laid behind the counter until relief came. The remedy I received from the druggist was Dr. Fowler's Extract of Wild Strawberry. Whenever, after that time, I felt cramps coming on, I found speedy relief in the above mentioned remedy, and I am now cured of this dreadful malady. The bottle is small, but its contents effect a marvelous cure. I can recommend it highly for the cure of cramps."

Dr. Fowler's Extract of Wild Strawberry has been on the market for 64 years. It is not a new and untried remedy. Ask for it and insist on getting what you ask for. Refuse substitutes. They're dangerous.

Price 35 cents. Manufactured only by The T. Milburn Co., Limited, Toronto, Ont.

KELOWNA FRUIT LANDS

Ready to Plant 10 & 20 acre lots

Within Four Miles of the City of Kelowna (Population 1,200) in the Famous Okanagan Valley.

Our Fruit Lands are free from timber, rock and scrub—already plowed. No mountain side, but in the centre of a beautiful valley—and a prosperous settlement. Main roads run around the property.

The Land will easily pay for itself the first year. Some results this year:

1/2 acre Strawberries.....\$ 626.00
1 acre Tomatoes.....1000.00
4 acres Onions, 75 tons.....2550.00
1/2 acre Crab Apples yielded 10 tons
Prices—\$150 to \$200 per acre—
Terms, 1/4 Cash.

Balance in three annual payments
If interested, write for illustrated booklet.

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Lump Jaw

The first remedy to cure Lump Jaw was

Fleming's Lump Jaw Cure

and it remains today the standard treatment with years of success back of it, known to be a cure and guaranteed to cure. Don't experiment with substitutes or imitations. Use it, no matter how old or bad the case or what else you may have tried—your money back if Fleming's Lump Jaw Cure ever fails. Our fair plan of selling, together with exhaustive information on Lump Jaw and its treatment, is given in

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