

Who's your Ruler— your Brain or your Stomach?

Indigestion lost the battle of Waterloo. A box of Fruit-a-tives might have changed the map of Europe. Napoleon abused his stomach by injudicious eating. At Waterloo, his stomach retaliated. Acute indigestion kept him from the field for some time. And the day was lost. A box of Fruit-a-tives—and the Bonapartes might still be on the throne of France.

Most people don't realize what a good friend, or a bitter enemy, their stomach can be. If they treat it right, they forget they have a stomach. If they abuse it, they never forget for a moment they have one—and a mighty uncomfortable one it is.

The stomach is a muscular churn that secretes gastric juice. When food enters a well-taken-care-of stomach, there's plenty of gastric juice ready to liquify the lumps, break up the fats, separate the starch, etc.

To do this completely, the stomach churns the food—sends it whirling round and round until thoroughly mixed and dissolved.

If your stomach does all this with never a pain—heartburn—"heartburn"—then you don't need Fruit-a-tives.

Fruit-a-tives put a tired, overworked stomach on good terms with itself. They strengthen the stomach muscles so the churning will go on with all its old time vigor—assist the secretion of the digestive fluid and encourage complete digestion.

Heartburn, flatulency, heavy feeling after eating, indigestion, dyspepsia, sour stomach—are simply the result of tired stomach.

Fruit-a-tives take away the CAUSE of all these troubles.

Fruit-a-tives

or Fruit Liver Tablets.

"I want to say a word in regard to Fruit-a-tives. I have had Stomach and Liver Trouble some ten years and have tried different remedies, but Fruit-a-tives are the best of all. I am better than I have been for years and cannot praise them too highly. I have tried many different kinds of medicine for my son. He had Bilious Attacks ever since he was three years old, and since he began taking Fruit-a-tives he has been so well. If it is ever my chance to recommend Fruit-a-tives, I will always be ready to say a good word for them."

MRS. JOHN COLINE, Aylmer, Ont.

Fruit-a-tives are fruit juices in tablet form. An Ottawa physician discovered that by combining the juices of apples, oranges, figs and prunes in a peculiar way, the medicinal action of the fruits was intensified many times.

While Fruit-a-tives are helping the stomach to get strong and well, they are also making the liver active, curing Biliousness and Con-

stipation, purifying the blood, making you eat and sleep well.

One box of Fruit-a-tives is a drug store in itself, as far as keeping the whole family in good health is concerned.

Make sure that your druggist gives you "Fruit-a-tives"—not something which is said to be "just as good."

For sale by druggists everywhere, 50c. per box, or sent direct by mail on receipt of 50c. for one box or \$2.50 for six boxes.

Manufactured by FRUIT-A-TIVES LIMITED, OTTAWA.

How Are You Cutting Your Field?

Many farmers cling to the opinion that in moving or reaping a square field, time is to be saved by going round and round it. As a matter of fact this is not true, and if one will but pause to think, the advantages of the strip method, will become at once apparent. While it is true that the number of rounds will be the same in either case, by dividing the field into strips and cutting each separately, many of the short turns are done away with, as is also the repeated crossing of furrows on land that is ridged. Time may also be saved by circling round the end instead of stopping to turn and cut across as in the square method. It is also an advantage to have one side of the field all ready to go into the barn at the same time. A little thought on simple operations like this often saves considerable time, and no good farmer needs to be reminded of the value of time at this season of the year. Unrelenting attention to seemingly unimportant paltry details is the price of success in farming as in any other calling.

Homemade Tablets to Purify the Breath

Some harmless breath purifiers may be made at home, and charcoal tablets are among the best. A delicious tablet consists of one ounce of pulverized charcoal, one-quarter of an ounce of gum mastic, one ounce of powdered sugar, three ounces of powdered chocolate, one-half dram of powdered vanilla, one-half dram of powderedorris root, two and a half grains each of oil of cloves and oil of peppermint. Put the powders and the gum into an earthen bowl and mix together over a very gentle heat, stirring to keep it smooth. As it cools after being taken from the heat beat in the oil. Pat and cut into squares. Like the others, these may be eaten several times a day. Rinsing the mouth frequently with antiseptic aromatic washes is to be recommended.

ABSOLUTE SECURITY.

Genuine

Carter's Little Liver Pills.

Must Bear Signature of

W. C. Carter

See Fac-Simile Wrapper Below.

Very small and as easy to take as sugar.

CARTER'S LITTLE LIVER PILLS

FOR HEADACHE, FOR DIZZINESS, FOR BILIOUSNESS, FOR TORPID LIVER, FOR CONSTIPATION, FOR SALLOW SKIN, FOR THE COMPLEXION.

CHERRY CUP, PURELY VEGETABLE, NON-TOXIC, CURE SICK HEADACHE.

PEONS OF OLD MEXICO.

Indian Farm Laborers That Are Really Beasts of Burden.

The Mexican peon is the backbone of the republic. Without him the great landed estates, or haciendas, would lie in idleness, while agricultural and commercial interests would stagnate. Of a cast iron constitution, he can endure, apparently without effort, the hardest sort of drudgery. His energy comes from a diet that consists chiefly of ground peppers, beans or frijoles and a large quantity of tortillas. He works from 6 to 6, enjoying in the meantime his two simple meals. In general, the Indian farm laborers are of a submissive and respectful disposition. Like the negroes of the south, they are not far from the main building, so as to be on hand whenever their services are required. They usually insist, however, on celebrating their holidays, which lessens their real usefulness about 25 per cent. The holidays are numerous and afford the laborer many opportunities to quaff from the stupefying pulque bowl. Their stock of surplus change is not apt to be excessive. It cannot be more than 20 cents a day. Field hands in the states of Guanajuato, Michoacan and Queretaro receive a cartillo of corn in addition to their wages of 12 cents a day. One hacienda who voluntarily raised the wages of his hands to 18 cents a day found himself without laborers for two days of the week. As the extra wages supplied living means for the entire week, what was the need of working?

These laborers are of all ages and ages; but, whether young or old, all bear alike upon their brow the depressing and degrading leathern thong that makes of them beasts of burden. The effect of this customary strap on the shape of the head is seen in the fact that the peons the country over have peak shaped heads tending toward the shape of the pointed hat. The supply of laborers is, so to speak, perennial. The young muchacho receives his training in watching the sheep and the goats, acting as messenger or prodding the burros in the pack train. When he is about sixteen years old he takes his place with the regular laborers and begins to cast his eye about for a helpmate. The wife may prove useful and earn a small wage at some such operation as sowing seed. Her life will be a monotonous one. A strip of cloth serves as dress and skirt, a strip of leather provides a sandal, and in the hot regions the clothing for the boys is even as simple. All that is required is a jorongo, which consists of a yard of cotton cloth with a hole for the head and two depending flaps to cover breast and back. There is no possibility of their clothing impeding their movements. When the woman takes her husband's meal to him far out in the fields, she takes the little toddler with her fastened securely in her rebozo.

An Insurance View.

Howell—Don't you wish you could live your life over again?

Powell—Well, I should say not! I've got a twenty year endowment policy maturing next month.—Judge.

Self-reliance is self-sustaining. A man should be built from within, but not from without.

Longfellow's Meaning.

Teacher—"Now, Willie, I want to see if you can remember that little verse I recited to you yesterday. Come, now: 'Lives of great men all remind us—what's the rest?'"

Willie—"I don't just remember the words, but I think I know what they meant."

Teacher—"Well? They remind us—"

Willie—"That we kin go to the seashore an' play in the sand all the time."

Cows With Nervous Prostration.

The Minnesota experiment station has discovered that the cow suffers from the characteristic disease of twentieth century civilization—nervous overstrain. She has temper tantrums. She is overcivilized. "The high strung cow has no place in the dairy scheme. She should be eliminated," says Professor Haecker.

Fattening Lambs.

A good way to fatten lambs and now in common practice in some localities is to sow rape in corn and then turn in the lambs and let them eat rape and corn both. No combination involving so little expense and labor will produce greater growth in sheep and lambs.

At the Seaside.

Grayce—"He asked me to engage myself to him for a week."

Gladya—"And did you consent?"

Grayce—"No; I don't believe in long engagements."

Minard's Liniment Cures Dandruff

Jolly Jack Tar.

"Jolly" is the word generally associated with the jack tar. He is the picture of health, and the health bubbles over in mirth and merriment. When people are sick, especially when sickness attacks the lungs, the doctor often advises a sea voyage. But in the large majority of cases the sea voyage is impossible.

It is to the men and women of the workaday world to whom sea voyages or change of climate are impossible, that Dr. Pierce's Golden Medical Discovery comes as the greatest earthly boon. The effect of this medicine upon those whose lungs are "weak" is remarkable. Even where there is bronchitis, spitting of blood, emaciation, weakness, conditions which if unchecked or unskillfully treated lead to consumption, "Golden Medical Discovery" in ninety-eight cases out of a hundred works a perfect and permanent cure. It strengthens the stomach and other organs of digestion and nutrition, so that the body in all its parts is not merely fed but nourished. And it is by nourishment that Nature builds up the body to resist or throw off disease.

"I had a terrible cough something over a year ago and could find nothing to stop it, or to do me a particle of good," writes J. M. Farr, Esq., of Cameron, Screven Co., Ga. "I chanced to see an advertisement of your invaluable 'Golden Medical Discovery.' Before I had taken half a bottle I was entirely well."

Dr. Pierce's Pellets cure constipation.

CHURCH - CHIMES

Pastors and others who contribute news items to this department of Saturday's Planet will confer a favor by seeing to it that their "copy" reaches this office not later than Friday at 4 p. m. Matter received later than that hour cannot be guaranteed insertion.

International Bible Lesson for Tomorrow.

Manasseh's Sin and Repentance.—II. Chron., 33, 1-13.

Golden Text—"Righteousness exalteth a nation, but sin is a reproach to any people."

In this lesson we have about the darkest day in the history of the Kingdom of Judah and a sketch of one of the most wicked of rulers. At 12 years of age he came to the throne an adept in sin far beyond his years. Note the outline of his sins in seducing his subjects to evil, from verses 3 to 8, as given by the Spirit of God.

1.—He rebuilt the high places—destroyed by his father—when God had forbidden it.

2.—He reared up altars unto Baal and Ashera, or Venus, for licentious worship.

3.—He worshipped the host of heaven, sun, moon and stars.

4.—Built altars for their worship another altar in the Temple of God.

5.—He offered human sacrifice by fire, even his own children.

6.—He used enchantments and witchcraft, consulting witches and wizards.

7.—He was a very devoted spirit—alist an dhad his familiar spirit.

8.—He set a carved image—an idol he had made himself—in the Temple of God.

No blacker catalogue could be written of any ruler; had enough to be bad ourselves, but to plan to make others bad is devilish, and this man was thus controlled of Satan. If we sin willfully we may be sure, unwittingly we will drag others down. A sinning father drags down his family. A sinning Sunday school teacher drags down the class. A sinning preacher contaminates his whole flock.

No wonder Manasseh's conduct provoked God's just anger for he made the people do worse than the heathen whom the Lord destroyed.

Assyria's armies were let loose on idolatrous Judah—is history repeating itself to-day?—and Manasseh was carried in chains a captive to Babylon. When he was thus afflicted he besought the Lord his God and humbled himself greatly before the God of his fathers and played unto Him. He was entreated of him, and brought him again unto his kingdom. Blessed is the affliction that brings men and women to their senses, spiritually. When he repented, God pardoned and restored, as with King David, Saul of Tarsus and thousands of the slaves of sin and Satan.

The wonderful grace of a loving God, the abounding efficacy of the blood and righteousness of our Lord Jesus Christ and the power of the Holy Spirit creates a thorough revolution in this wicked King, who, when restored brings forth fruit meet for repentance, as true repentance always does.

CHURCH NOTES.

First Presbyterian.

Hour services for summer months. Rev. A. H. MacGillivray, pastor, will conduct the services and preach on both occasions to-morrow. The services are at present being conducted in the Oddfellows' Auditorium.

Sunday school in Auditorium at 3 o'clock.

Bible Class at home of D. R. Farquharson at 3 o'clock.

Regular weekly prayer meeting on Wednesday evening at 8.

Christ Church.

Holy Communion the first Sunday in every month, at 11 o'clock service, and an early celebration at 8 o'clock the third Sunday in every month.

Christ Church Sunday School will be held in the morning instead of the afternoon during the hot months. The school will meet to-morrow at a quarter to ten.

St. Andrew's.

The pastor, Rev. Dr. Battisby, will occupy the pulpit on both occasions to-morrow.

Bible Class and Sunday School to-morrow afternoon at 3 o'clock.

Prayer meeting every Wednesday evening at 8 o'clock.

Holy Trinity.

The rector, Rev. J. W. Hodgins, will conduct the services and preach on both occasions to-morrow.

Sunday School and Bible Class to-morrow and during July and August at 10 a. m.

Baptism any Sunday at 4 o'clock p. m., when previous notice is given.

Victoria Ave. Methodist.

Classes meet to-morrow morning at 10 o'clock and 12 noon.

Bible Class and Sunday School to-morrow afternoon at 3 o'clock.

Sunday School is held every Sunday afternoon at 3 o'clock.

The Epworth League meets on Friday evening at 8 o'clock.

William St. Baptist.

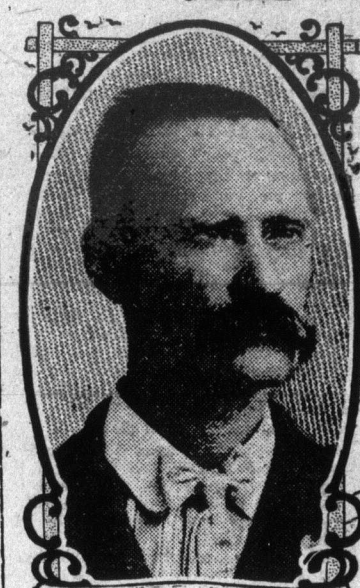
Rev. A. S. Woodburne, acting pastor will preach to-morrow morning and evening. Morning theme, "The Christian's Coronation"; evening subject, "The Question of the Ages."

Prayer meeting to-morrow morning at 10.

Sunday School and Bible Class to-morrow afternoon at 3.

Regular weekly prayer meeting on

THE RICH AND THE POOR NEED PE-RU-NA.



Mr. Geo. A. Hughes.

Many Suffer With Catarrh and Don't Know It.

The Phase of Catarrh Most Prevalent in Summer is a Run Down, Worn Out Condition Known as Systemic Catarrh.



"Pe-ru-na is the Medicine for the Poor Man."—Geo. A. Hughes.

CATARRH assumes different phases in different seasons of the year. In the early summer systemic catarrh is most prevalent.

That tired, worn-out feeling in nine cases out of ten is due to a catarrhal condition of the mucous membranes.

Mr. Geo. A. Hughes, 808 Mass. Ave., Indianapolis, Ind., writes:

"Pe-ru-na has done me more good than anything I have ever taken. I am forty-five years old now, and feel as good as I did at twenty. I was very thin and run down, but Pe-ru-na acted just right in my case. I am a carpenter and sometimes need a tonic. Pe-ru-na is the medicine for a poor man."—Geo. A. Hughes.

A Congressman Uses Pe-ru-na in His Family.

Hon. Thos. J. Henderson, Member of Congress from Illinois, and Lieutenant in the Union Army for eight years, writes from the Lemon building, Washington, D. C., as follows:

"Pe-ru-na has been used in my family with the very best results and I take pleasure in recommending your valuable remedy to my friends as a tonic and an effective cure for catarrh."—Thos. J. Henderson.

Pe-ru-na cleanses the mucous membranes and cures the catarrh wherever located.

There are no remedies for catarrh just as good as Pe-ru-na. Accept no substitutes.

A reward of \$10,000 has been deposited in the Market Exchange Bank, Columbus, Ohio, as a guarantee that the above testimonials are genuine; that we hold in our possession authentic letters certifying to the same. During many years' advertising we have never used, in part or in whole, a single spurious testimonial.

Address Dr. Hartman, President of The Hartman Sanitarium, Columbus, Ohio. All correspondence held strictly confidential.

Wednesday evening at 8.

The B. Y. P. U. meets in the lecture room every Friday evening at 8.

Park St. Methodist.

The pastor, Rev. W. L. Rutledge, will preach at both services to-morrow.

Meetings for Christian fellowship to-morrow morning at 10 o'clock, in S. S. Hall.

Bible School at 3 p. m. Sunday School in S. S. Hall, Bible Class in the Church, Young Men's Club in the Vestry.

Mid-week service Wednesday evening at 8.

Young Men's Club Tuesday evening at 8, in S. S. Hall.

Epworth League Monday evening at 8, in S. S. Hall.

Latter Day Saints.

Services will be conducted to-morrow as usual.

Sunday school to-morrow afternoon at 2 o'clock.

Prayer service at 3 o'clock to-morrow afternoon.

Regular weekly prayer meeting on Wednesday evening at 8.

Religio Society will meet on Friday evening at 8 o'clock.

Salvation Army.

Salvation Army, Union Depot—Knee drill at 7 a. m., meeting for promotion of holiness at 11 a. m., Christian fellowship meeting at 3 p. m., soul winning service at 7:30 p. m. All services for citizens and soldiers.

Campbell A. M. E.

The pastor, Rev. T. H. Henderson,

CEMENT SIDEWALKS, CELLAR FLOORS AND FOUNDATIONS

Estimates promptly furnished. Twelve years experience.

JOSEPH GALLIPPO

near corner of Kent and Btbe St. Chatham

will preach to-morrow at both services.

Sunday school will meet to-morrow at 3 p. m.

Union A. M. E.

Services as usual on both occasions to-morrow.

Sunday School will meet to-morrow at 2:30.

Regular weekly prayer meeting on Wednesday evening at 8.

First Baptist.

Rev. T. Jesse Henderson, the pastor, will conduct both services to-morrow. Special evening subject, "The Groaning Christian Waiting for the Revelation of the Inner Glory of the Sons of God."

Sabbath School at 12:30.

Prayer meeting every Wednesday evening at 8 o'clock.

British Methodist.

Services will be held to-morrow at the usual hours.

A. U. M. P.

Services will be held as usual to-morrow.

Regular weekly prayer meeting on Wednesday evening at 8 o'clock.

Ayer's

Hair Vigor. You know gray hair adds twenty years to your looks! Then restore the color; keep young! Stop your hair from falling out and make it grow long and heavy. Lowell Allen.

THE

T. H. Taylor Co.,

Have just received some neat and nobby patterns in Homespuns for hot weather.

COAT and TROUSERS

—AT—

\$13.00 and \$14.00

Made in latest styles to keep you cool at

The Woolen Mills