

Only Medicine That Did Any Good

After Suffering Tortures For Years, This Lady Found Happy Relief In "Fruit-a-tives"

Frankville, Ont., June 11th, 1908.
"I have received most wonderful benefit from taking 'Fruit-a-tives.' I suffered for years from headaches and pain in the back, and I consulted doctors and took every remedy obtainable without any relief. Then I began taking 'Fruit-a-tives' and this was the only medicine that ever did me any real good. I took several boxes altogether, and now I am entirely well of all my dreadful headaches and backaches."



MRS. FRANK EATON

I take "Fruit-a-tives" occasionally still, but I am quite cured of a trouble that was said to be incurable. I give this testimony voluntarily, in order that others who suffer as I suffered may try this wonderful medicine and be cured."

(Signed) MRS. FRANK EATON.
"Fruit-a-tives" are sold by all dealers at 50c a box, 6 for \$2.50 and by mail order sent post-paid on receipt of price by Fruit-a-tives Limited, Ottawa.

Poor Spain feels like the fellow who helped himself to a wasps' nest under the impression that he was picking a new kind of fruit.

Care in Preparing Food.

In recent years scientists have proved that the value of food is measured largely by its purity; the result is the most stringent pure food laws that have ever been known.

One food that has stood out prominently as a perfectly clean and pure food and which was as pure before the enactment of these laws as it could possibly be is Quaker Oats; conceded by the experts to be the ideal food for making strength of muscle and brain. The best and cheapest of all foods. The superiority of Quaker Oats over all other oatmeals is due to two things: the greatest care in the selection of the finest oats obtainable and the special machinery by which the oats is cleaned, rolled and packed. The Quaker Oats Company is the only manufacturer of oatmeal that has satisfactorily solved the problem of removing the husks and black specks which are so annoying when other brands are eaten.

SIGN OF THE SEVEN DEVILS.

A distinguished doctor some time ago wrote to a professional friend saying: "I would rather see a patient with almost any other disease enter my consulting room, than one afflicted with the seven evils of Indigestion and Dyspepsia." That doctor knew exactly that Indigestion is difficult to cure—that it poisons the blood, starves and weakens the body and nerves. But he didn't seem to know that Mother Seigel's Syrup has cured tens of thousands of cases of Indigestion. Simon Briand, Cape August P.O., Richmond Co., N.S., wrote us on January 22th last, saying: "For over 3 years I suffered from Stomach troubles. The little food I ate gave no nourishment to my body. Three months ago, I tried Mother Seigel's Syrup and two bottles of it completely cured me." He adds that it also cured a number of his friends. Price 50c. per bottle. A. J. White & Co., Ltd., Montreal.

The woman who wants to be beautiful shouldn't talk too much, said the beauty specialist. "Too much use of the facial muscles produces untimely wrinkles."

Most cases of baldness are due solely to neglect. The hair often becomes dry and dandruff forms because the hair glands do not supply enough natural oil. Nothing overcomes this deficiency so effectively as that delicately perfumed, refreshing hair pomade, Bearine. Avoid baldness; apply Bearine to your hair occasionally. All druggists, 50 cts. a jar.

DAVIS' MENTHOL SALVE

A thick adhesive ointment, combined with the most wonderful healing drugs known. It soothes, heals and tends to restore those who suffer from Piles, Eczema, Rheumatism, Chafing, Irritated and other skin troubles. The word "Salve" literally means well or in good health. Try Davis' Menthol Salve and you will be relieved.

All Dealers.
DAVIS & LAWRENCE CO., Montreal.

Blowing Soap Bubbles To Develop Lungs.

Blowing soap bubbles is an exercise which has been adopted at a school in Harlem, Holland, on the advice of a local practitioner, Dr. Ootmar, in order to broaden the children's chests. This pleasant method, as ingenious as it is simple, was thought of because of the difficulty in getting children to do ordinary breathing exercise thoroughly and regularly. On three days in the week all the children have placed before them a bowl of soapy water and a pipe. The windows are opened wide to admit as much fresh air as possible. Then competitions are arranged as to who can blow the biggest bubbles. Periodical chest measurement have proved the efficacy of the arrangement, increases being noted in each individual case.

A ROYAL WINE CELLAR.

How many people are aware that the huge vaults that extend under practically the whole of St James' Palace are utilized for the storage of the wine required for the various residences, and there is a very complete bottling establishment there, still wines for the King's table, such as hock, chablis, port and claret, are all bought in bulk, and after being allowed to mature properly are bottled there, and stored away until they are required. In addition to Buckingham Palace, Windsor Castle, and Sandringham, bottling takes place here for Marlborough House, Clarence House, and other residences of the different members of the royal family.

Large purchases of wine are made every year as opportunity offers, and experts are constantly employed in travelling about the vineyards of the Continent seeking suitable vintages. It will be gratifying to colonial cousins to learn that of recent years both the King and Queen have shown an increased liking for the light wines of Australia, and a large stock of these wines is now maintained at St. James' Palace. All the wines bottled carry plain white labels with the name of the wine and the vintage on them in gold letters, surmounted by the royal crown.

Minard's Liniment for sale everywhere.

WEAVERS STILL OUT MILLS SHUT DOWN.

Fall River, Mass., Sept. 14.—The entire plant of the Fall River Iron works, controlled by M. C. D. Borden, of New York, which were shut down yesterday, following a strike of the weavers, remained closed today and the 5,000 operatives will continue in idleness. The iron works plant comprises seven mills and is the largest concentrated cotton manufacturing plant in the world owned by a single individual. The weavers, numbering 1,000 went out on strike this morning to enforce their demands for an increase of about 10 per cent. wages, and their absence so tampered the other departments, that the management decided to close down the whole plant. This evening, Sam Hatheway, the General Supt. of the Iron Works, returned from New York, where he had a conference with Mr. Borden.

The Harvest Moon.

The last tall sheaf hath yielded to the blade,
Soft falls the dust-cloak of the autumn night,
Along the upland and within the glade
The wheat-stocks skimmer 'neath the waning light.

God's curfew-bell, the bitters' plaintive cry,
Re-echoes: all is still, and Nature sleeps;
While, lo, from out it's watch-tow'r in the sky
A disc of ruddy gold night-vigil keeps.

—Edward E. Kelley, in the September Canadian Magazine.

BEAVER FLOUR

ONE FLOUR FOR ALL BAKING

- the Bread Flour
- the Biscuit Flour
- the Cake Flour
- the Pastry Flour
- all four in the original

Ontario Blended Flour—always the same.

"Beaver" Flour

WIT AND HUMOR.

A southern planter, on his return from an European trip, was met at the railway station by his old darky servant.

"Well, John," said the planter during the drive to his home, "what's happened since I've been away?"

"Jes' can't think of nuthin', Boss," replied the darky after slowly scratching his head, "exceptin' dat de dog's daid."

"That's not very startling; tho I'm sorry, of course. But he was getting quite old. By the way, John, what die he die of?"

"I doan know, Boss for positive but I's an idea dat he done eat too much roas' hoss flesh."

"Indeed! And where did he get the roas' horse flesh?"

"Well you see, Boss, de ole gray mare done got roas'ed to death."

"You don't say so, John! How did that happen?"

"Well Boss, she war in de barn when de barn burned down."

"You don't mean to tell me that my barn has burned down? How did it catch fire?"

"Doan know, Boss, 'zactly, but we sot o' specks it ketch'd fire from de house when de house burned down."

"Oh, that's awful news! How in the world did the house catch fire?"

"Why Boss, dat's a mystery; deed it is. But I do heah 'em say as how some candles upset from round de corpse an' set fire to de house."

"Corpse, did you say, John? Whose corpse. Has anybody died?"

"Deed dey has sah; yo' nudder-in-law has done died."

"Oh, this is terrible! What did she die of?"

"Why Boss, we couldn't see dat dere was anything the matter, but I did heah 'em saying dat she died o' shock."

"Died of shock? For heaven's sake, man, what could have shocked her?"

"Why, Boss, I speek 'twas o' 'count yo' wife runnin' away wid de coochman."—Lippincott's.

It was Bilkin's wedding day, and he was teasing his kid brother-in-law. "Well, Johnnie," he said solemnly, "I am going to take your sister away and have her all to myself, and you won't see her any more." No! Really are you? said the kid, curiously. Yes, I am. What do you think of it? Nothing; I guess I can stand it if you can.

Father—"Mr. Sand, the grocer, tells me he discharged you for swindling him. This is a terrible disgrace to the family."

Son—"I couldn't help it, father. He gave me some lead to put under the scales and I made a mistake and put it on the wrong side."

He's not what you call strictly handsome, said the Major, beaming through his glasses at an utterly hideous baby as he lay howling in his mother's arms; but its the kind of face that grows on you. It's not the kind of face that ever grew on you, was the indignant and unexpected reply of the maternal being; you'd be better looking if it had.

Glad to see you up so early, said the young lady boarder in the country as she encountered the hired man while taking her morning walk and then added: The early bird catches the worm, you know; and to her utter confusion, the innocent and unsuspecting granger made reply; Laws, marm, I didn't know, they were catching.

CONUNDRUMS.

Can you name two words where the five vowels follow in successive order?

"Facetious and abstemious." What words may be pronounced quicker and shorter by adding another syllable to them?

"Quick" and "short." What word of five letters can you take the first two letters from and have one remain?

"Stone." What relation is a child to its own father when it is not its own father's son?

A daughter. Why is A like a honeysuckle? Because a B. follows it. How can you remove A from the alphabet?

B-head it. What nation produces the best perfumes?

Carriation. What is the difference between a dime of 1908 and a silver quarter of 1907?

Fifteen cents. It is said that more than five million women are earning their living as well as that of others dependent upon them, in the United States today.

FARMER'S COLUMN. TREATMENT OF THE CALF.

The calf is the mainspring of the dairy. Without the calf, the whole machine would soon run down and stop. Is it not important, then, that we should give good heed to our treatment of the calf? As the time-keep-qualities of the watch depend on the little bit of steel coiled up in the barrel, so the whole system of butter and cheese-making, not to say anything about the great milk-producing industry of the world depends on the calf.

More than once it has been said that the time to make a new and better nation is a generation or two before it is born. Not less true is this of the building of a new and more successful dairy. The work must be commenced away back at the fountain. In other words, the process of selection and mating must be attended to for a long time before we expect our ideal cow. This is worth doing. Much as we are inclined to neglect it, we shall find in this process of careful breeding the secret of successful dairying.

Granting that all this has been done and we have a good, strong, healthy calf in the stable, what shall we do to make it the best possible? It is a fact that we are not as choice of our calves as we ought to be. We think we can give him poor quarters, poor rations, and poor care, and by and by, when he is well on toward maturity, by a little extra care, push him along to the ideal we desire to attain. This cannot be done. At no point in the career of the calf can we afford to slight him. If we do we will certainly pay the penalty, and penalties in this field are severe and enduring.

How, then, shall we deal with the calf after he comes?

First and foremost, care for the mother well. Give her the best possible treatment. Her milk is the life of the calf. While the calf is by her side, it should have the purest possible milk. So, by the feed we give, the water she has to drink and by the quiet ensured her we must enable the mother to give her progeny a good start.

Practice has changed in the matter of leaving the calf with the dam. Now it is not thought best to let her suckle the calf very long. One day is enough. That gives the calf a chance to get the first milk, which has something about it which the embryo cow seems to need to set its digestive apparatus moving in the right direction. At the end of that time the calf should be taken away. The cow should be returned to her place with the other cows, and, if possible, the calf removed so far from the mother that the one shall not hear the other's voice.

For a few days the calf should be given fresh warm milk, preferably that from its own mother. Not too much of this should be given at a time. Two quarts at one feeding should suffice; but this ought to be repeated three or four times a day for a time. Remember that the calf's stomach is small, and so its capacity is limited.

When the calf is three weeks old it may take part sweet skimmed milk. This ought to be warmed. In fact, it is best always to feed warm milk. Even after the calf gets to be months old, warm milk will make it grow better than cold. Begin with, say, one-quarter skimmed milk. Gradually increase this quantity a little at a time until the calf is taking all skimmed milk.

To make up for the elements which are not in the sweet skimmed milk, elements which are essential to the best growth, a little grain should be fed when the fresh milk is first dropped. There are a good many calf foods on the market, and no doubt these are all good. But they are not essential to good progress. By feeding a small quantity of freshly ground buckwheat shorts or a little wheat middlings, with now and then a bit of oil meat, varied by wheat bran, we may very well omit the costlier rations. Some advocate cornmeal.

All the time the calf should be



MAGISTRATE'S SKIN DISEASE CURED

Magistrate F. Rasmussen, of 812, Marquette Street, Montreal, writes to the Zam-Buk Co. as follows:—

"Gentlemen,—For many years I was troubled with a serious eruption of the skin, which was not only unsightly, but at times very painful. I first tried various household remedies, but all these proved altogether useless.

"I then took medical advice. Not one, but several doctors in turn were consulted, but I was unable to get any permanent relief. Some time back I noticed a report from a Justice of the Peace who had been cured of a chronic skin-disease by Zam-Buk, and I determined to give this balm a trial.

"After a thoroughly fair test, I can say I am delighted with it. I have the best reasons for this conclusion; because, while everything else I tried—salves, embrocations, washes, soaps, and doctors' preparations—failed absolutely to relieve my pain and rid me of my trouble, three boxes of Zam-Buk have worked a complete cure.

"In my opinion Zam-Buk should be even more widely known than it is, and I have no objection to your publishing this letter."

For eczema, eruptions, rashes, tetter, itch, ringworm, and similar skin diseases, Zam-Buk is without equal. It also cures cuts, burns, scalds, piles, hemorrhoids, chronic sores, blood-poisoning, etc. All druggists and stores at 25 cents a box, or post free for price from the Zam-Buk Co., Toronto.



given clean quarters. Never make a calf lie on wet, filthy straw. More calves are made sick that way than in any other in the world. Every dish which is used ought to be very clean. Filthy pails and boxes are dangerous.

Minard's Liniment Cures Dandruff.

According to a certain Dr. Wiley, the human race ought to have become extinct at about the second generation. It is the miracle of miracles that we are on earth at all.

The seraphic little Jappy is said to be building a battlement as big as two Dreadnoughts. Of course the Pacific is a large ocean.



Floorglaze

THIS is the floor finish that makes house-work so much easier because it doesn't gather dust—because it can be washed with soap and water like a window-pane—because it is so easy to keep clean and fresh. Floorglaze finishes a floor with a lustrous coating of most durable enamel that will stand the hardest wear and not show scratches. Comes in ten charming shades. Send for color-card and free booklet.

Easy to apply;—dries hard in a few hours; a gallon covers 500 square feet. Perfect for outdoor service, too,—porches, steps, etc. From all first-rate dealers in tins; sizes from a pint to a gallon. See that the label says: Imperial Varnish & Color Co., Limited, Toronto. 104

Recommended by the Ontario Department of Agriculture, Toronto, Ontario, Canada.

Wafer-lite

PAY the same price—pay more—pay less—and you will not get quite what you could for the same money that puts head-comfort, style-smartness, and wear-value on your head every time you choose a Wafer-lite—the 2½ ounce hat that outclasses them all.

A. A. ALLAN & CO., Limited, Toronto Wholesale Distributors for Canada