

"Eat Plenty of Fruit."

That's what the Doctors say when one is constipated. Because fruit acts on the liver, causing it to excrete bile which aids digestion and increases the peristaltic action of the bowels, thus prevents constipation. But eating fresh fruit alone, won't CURE. The laxative principle is too weak and in too small quantity.

Fruit-a-tive

or Fruit Liver Tablets

"Fruit-a-tives" act gently and naturally—tone up the liver—greatly increase the flow of bile—effectively cure Indigestion, Bilioussness, Headache and Constipation—build

up and strengthen the whole system.
At all druggists. 50c. a box.
Manufactured by
FRUITATIVES, Limited, OTTAWA.

son, Rev. J. Ewing, wife and child, Mr. and Mrs. Leonard, W. A. Baker, S. Fetherstone, P. Bassett, James Falconer, M. Gibson, Mr. and Mrs. McInnis.

HENRIETTE'S TRIAL.

**Dedication of
Str. Colum**

Steamer Henriette, owned by Messrs. McKenzie Bros., had a trial trip at Vancouver Thursday. The engines, which are fore and aft compound, manufactured by Messrs. N. Thompson & Co., of Vancouver, worked smoothly, and running steadily the steamer easily made 10 miles an hour. The boilers, which were also made by the same firm, carried a pressure of 160

The Henriette will probably be operated on the northern British Columbia route this summer, with occasional trips to Staggway. She will be commanded by Captain D. McKenzie. During the past winter the Henriette was transferred from the coast to a steamer, and is well appointed as to passenger accommodations. She has a cargo capacity of 1,000 tons, and there is accommodation for a large number of men.

A NEW FODDER PLANT.

Luther Burbank, who has made himself famous as an improver of plant life, has succeeded, after years of patient experiment, in growing a pineapple cassia which is apparently destined to have important economic results in the future of the Western inter-tropical zone. The plant has great interest to southern British Columbia; for no doubt, in time, if the claims are

Made good, it will be introduced there in the near future. The steamship improvements made in the breeding of plants during the last quarter of a century are wonderful and the question of the use of steamships is now to be determined. What has been accomplished are no less wonderful than what has been achieved in electricity and disinfection. The American Anti-Slavery investigators and experimenters in Luther Burbank more familiar perhaps to the general public as the propagator of the new plant life, has a large plant and farm to Santa Rosa, California, and is now to devote his whole time to researching the Carnegie Foundation. He is receiving a grant of \$10,000 a year for ten years.

years so that he can carry on his work systematically and without interruption.

According to Mr. Hamilton Wright in "The World of Today," the spineless cactus gives the greater promise of the future than the prickly pear.

Mr. Burbank's creations, although Mr. Burbank, so far as we know, lays claim to no such credit. It is an improved pear, the variety of which is well known as the prickly pear, upon which Mr. Burbank has been at work for ten years.

The founder of the work

years. It is described as a large, juicy, foamy plant of rapid growth. Its fruit, which is orange or yellowish, resembles an orange or a watermelon. It is described as a big apple, delicious and sugary. The acid juice found in the cactus of the desert is entirely eliminated.

Bulk for bulk, it is stated, the new plant may be cultivated at the most

valuable of all forage plants, but its yield is far greater. The cactus is planted by simply scattering cuttings over the earth and it is, therefore, easy of propagation, the cost being from \$10 to \$25 an acre to plant. The spineless cactus is relished by all kinds of stock, and when fed with cotton seed or other

for fattening stock for market. What adds greatly to its value is the extensive range over which, it is said, it is grown, including the southern and central parts of the country. Thus, by one improvement after another, it is being made possible for man to utilize the waste places of the earth. The interior deserts of America can, if the claims for this new fodder plant be sustained, be made valuable for stock raising.

The steamer will leave on Monday to commence her work on the

Of course, there is apt to be a good deal of the improbable imported into an article written for magazine consumption, and the same might be said of the coast.

BONUSING INDUSTRIES.

assumption, and it is not well to accept the conclusions arrived at until the success claimed for the new caucus has been demonstrated by years of experience.

OLDEST AMERICAN CITY.

It is commonly believed that St. Augustine is the oldest American city.

the United States. But considering Porto Rico a part of the United States, such a belief is not correct. The settlement of Francisco de Leon at Caparra is older by 45 years than the exact location of the historical Puerto Rico was discovered accidentally by Dr. J. H. Harrington, of the San Juan weather station, in 1905. —

the hearing from the natives along the road to Pueblo Viejo of their tradition of the first Spaniards to Puerto Rico, he said the first land made was the foundation of the nearly extinct ruin. "Without doubt," he says, "the ruins I found were those of the first settlement established by the explorer and colonizer Ponce de Leon. By both local tradition and history."

It may be assumed that the commission have recommended the minimum drainage to be accepted by Mr. Dray. There are two questions involved in this. Should Mr. Vincent be allowed to remain in the village, and is any inducement to remain in the village. And is the proposal made by the committee, and adopted by the council of the Board of Trade, one that should be accepted by Mr. Dray?

one furnace. Most of the work from the church, houses and hospital had been used, according to the natives, in the construction of highways. A historical landmark near is the region of gold mine worked by the first Spanish settlers. Ponce De Leon is said to have greatly enriched himself by the compulsory labor of the native Indians in the mines."

pressed equal to new.

