FOR 25 YEARS

Well Known Hisrobant Of Sarala Carod by "Fruit-a-tives"

SARNIA, ONT., Feb. 5th, 1910.

SARNIA, ONT., Feb. 5th, 1910.

"I have been a sufferer for the past 25 years with Constipation, Indipedion and Camerh of The Stomach. I trie many results are an advertisement of Fruit-a-tives". I decided to give Fruit-a-tives". I decided to give Fruit-a-tives" a trial and found they did exactly what was claimed for them. I have now taken "Fruit-a-tives" or some months and find that they are thouly remedy that does me good.

I have recommended "Fruit-a-tives" to a great many of my friends and I cannot praise these fruit tablets too highly" PAUL, I, JONES



use "Fruit-a-tives."
I try Fruit-a-tives'
eve letter. It proves,
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ACADIA UNIVERSITY

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. Your Discolored Table

MY LADY'S COLUMN.

Many a serious cold has been caura stany a serious cora has been charted by steeping in damp sheets. They must always be thoroceally circl hetere being put into the lines closed and alread cards where the placed on the beginning to park without Table. by before they are pure case, where it is carried that the case of it is carried to see it it is carried to be in the case of the case of

Marke You'd Like a' Russian Diense



is this Russian Dieuse, or chiffon with a stencil pattern,

Dark Rugs Are Ald to Harmony.

Bark Rugs Are Aid to Harmony.

When selecting rugs or carpets one cust always remember this fact, that they must be just as much darker han the walls as the walls are darker han the celling, to keep the balance right in the room, says a writer in the trade paper. When a floor is too light in color it gives you a feeling that it rises. A rug or carpet that is too light in color for its surroundings never appears to lie down, but it seems to want to rise to meet the celling, and throws the whole color scheme out of balance. This is a common fault that I notice in many homes. The utility idea has predominated when buying, and the notion hat a light-colored rug does not show the dust nor wear so plainly has been the argument and has been used so long that people accept it as an axiom, and do not stop to prove it. If they lid they would scen see its fallacy or the usclessness of foregoing the beauty and harmony for a false precisise.

PASTE THIS IN YOUR COOK BOOK.

Cover five eggs with bolling water and let boil twenty minutes. Remove the shells, chop the whites fine and rub the yolks through a sieve. Keep whites and yolks separate. Put a half pint of milk to boil, then rub tegether a lump of butter the size of a walnut and one tablespoonful of corn starch Add it to the milk. Then add the whites of the eggs, with salt and pepper. Place five squares of toast on a large hot dish which will stand the heat of the even fire. Cover them with a layer of the white sauce, then a layer of the white sauce, then a layer of the yolks, then the remainder of the whites, and finish with a layer of the yolks. I ast the top with salt and cayenne pepper and stand in the oven two minutes before serving.

Washing Hankets

"Well," he said shortly, take to dag'in!"

The laborers did so with some difficulty.

"Now," said the foreman, "put in on ag'in!"

Monaments in Queer Places.

There are Monuments in all sorts is really unique is that erected in a river. It stands in the Parramatta River, Now South Wales, a stream known the world ever for the rowing events that have taken place upon it. This monument, which is in memory of the will be used as such for local events.

Washing Hankets

"Well," he said shortly, take to the ag'in!"

The laborers did so with some difficulty.

"Now," said the foreman, "put in on ag'in!"

Monuments in Queer Places.

There are Monuments in the foreity.

There are Monuments in the foreity.

There are Monuments in the foculty of cut-of-the-way places, but one that is really unique is that erected in a river. It stands in the Parramatta shown the world ever for the rowing events that have taken place upon it. This monument, which is in memory of the world scanned for the cut-of-the-way places, but on ag'in!"

Monuments in Queer Places.

The laborers did so with some difficulty.

The laborers did so with some lively.

Washing Elankets

A woman who has some blankets 10 years old that are as fluffy as the day of them with soap felly. She shaves a half-bar of yellow law-dry soap and pours this into a pint of belling water, she stirs this until it becomes, a thick folly and pours it into three backy and pours the linto a pint of belling water, she stirs this until it becomes, a thick folly and pours it into three backy and pours it into three backy and pours the house of lukewarm water. Into this she puts the blankets and washes thoroughly. She does not rub soap for six people! he rises at the day of the palace at Peking to examine the haby palace at Peking to examine the haby shows in ests (a sort of glutinous material), and thus provoked a raging through a wringer and in another tub. The indisposition yielded easily to the doctor's treatment. The Emperor sheeps in a gigantic bed, big over a least them in the hot sun taking care to hang them perfectly straight.

WANTED

Washing Elankets

A woman who has some blankets 10 to the washes when says she washes them with soap felly. She shaves a water and pours this into a pint of belling water, she stirs this until it becomes, a thick folly and pours it into three backy in ests (a sort of glutinous material), and thus provoked a raging thirst. The indisposition yielded easily to the doctor's treatment. The Emperor sheeps in a gigantic bed, big or rice, and the goes to pay his every particle of soap is removed, and hangs them in the hot sun taking care to hang them perfectly straight.

A commodation 10.40

A commodation 10.40

Colean Limited 13 20

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WANTED

Helps for the Housekee or Colored stockings are freshionable and the question of washing there has been as yellow the processing the stockings are freshionable and the question of washing there has certainly to be considered. But a good handful of company of the tack washing water to set the color.

This may be greatly improved by this treatment; Scrape a Latin bricks dust over the table, especially on the stained parts in the ordinary way, o stained parts while scrubbing it in the table parts while scrubbing it in the

to butting for John D. if he could COLUMN.

المراج والمراج والمراج والمراج والمراج والمراج والمراج والمراج consign, when he was walking size, one of the country roads just musical country roads just musically variety spring, he overtook a Little with was driver a case diched a d An East Indian Sory for Canadian Children

cart.

Walling beside the cart was a recognition of the same who had taken to take said out for the file and the world the young woman that Mr. Rockeffler tailed. coned do sto volunteered, in a piece on of his in-terest in this one. "Tenere did you get it?"

"Tis not depoint the sanding soil," was leaning reflectively on his cure "Does ho lick?" was the next ques-

"Does no lick?" was the next question.

"Oh, no, sir." cut in the little girl.
"He doesn't blok had be but's something awful."

That was canuah for in that moment Mr. Rockeleller destroyed the popular idea that he is infirm and feetle. He discussed all the ngility of a youth of sinchen by making one leap, that took him from in front of the butting gent to the gully beside the road. And there he stayed until the little girl drove on.

A Little Lesson on 'Rabbits'

Canada and Great Britain.

ROCKEFELLER AND THE GOAT

help it

Canada and Great Britain.

Mr. Richard Crieg, His Majesty's Trade Commissioner to the Dominica of Canada, hes some interesting things to say about the development of commercial relations of the Dominion and the Mether Country.

The promotion of closer trade between Canada and Great Britain depends solely on the efforts of the British producer. It is obvious that a certain responsibility rests also upon the merchanti and the zone numity at large in the Dominion. If British trade with Canada is to increase until it occupies the position which a true conception of Imperial interests seems to demand, it is necessary that from the Canadian side every opportunity should be afforded which equitable legislation and a sympathetic public opinion can offer. It is therefore incorrect to speak as it the problem before us were one which trade could scive. It must be remembered, especially in Canada where there is a tandency to complain of the conservative methods of the British trader could scive. It must be remembered, especially in Canada where there is a tandency to complain of the conservative methods of the British producer, that at the present time very streamous efforts are boing made in financial and industrial cir-British producer, that at the present time very strenuous efforts are boing made in financial and industrial circles in the United States to control and indeed to dominate, not only the trade, but the whole commercial life of the Dominion. If these efforts are to be combated it cannot be done merely by arousing the British merchant to greater efforts, but it must depend to some extent on the amount of co-operation afforded him by the importers and consumers of the Dominion.

Prestige and Irishmen.

A well known Railroad president, in his study of all classes of men who are under him, entertains a great admiration for the Irish foreman of a gong of laborers who went to any lengths to show his men that he was the real boss. One morning this foreman found that his gong had put a hand car on the track without his orders.

"Who put that hen' cer-r-r on the thrack?" he asked. Beauregard Eggs.

Cover five eggs with boiling water and let boil twenty minutes. Remove the shells, chop the whites fine and the shed shed.

Who put that has the care-is on the thrack? The add, sor," one of the men answered respectfully.

"Well," he said shortly, "take it off ag'in!"

The laborers did so with some difficulty.

**** OUR CHILDREN'S

TOUR SUN AND MY SUN

opposed to fitter and thithe

"I used to drive a gove nevel," he clusteered in a six or of his interest in this one. "There did you can be left to the long grass under a spreading tree, the was teld to the long tree where the sun is denoted to merriply."

Benji lifted his head and gazed up at the sky.
"This net denote a "it's another sail"

said he.

Vally glaned upwards, then down again into the pool.

"There are two sures," said she.

"Your sun and my sun!"

"Your sun and my sun!" echoed a

A Little Lesson on "Rubbits"

When is a rabbit not a rabbit?

No doubt there are some boys and girls who will think of the right answer, but we dare say that most of them won't, so for those who give it up, we'll put down the answer right here:

"A rabbit is not a rabbit with a rabbit in the results of th

Supper Table Art will Surprise Pa
Say, kids, can you draw a picture
of pa?
Sure you can, and ma, too, and all
the rest of the family.
It's easy when you know how, and
if you'll practice a little, you will
be able to go to the supper table
tonight and astonish the family with
your pictures. Here's how:
The first rude drawings of primitive men were little more than "skeleton pictures." One line stood for half
a dozen lines. Just the same a lot
of xepression could be put into them.
It doesn't take much of an artist
to make a "skeleton picture" — anyone can do it.



Here is a sample. You can draw some just as good.

Did You Ever See a Horse Like This Some of you girls and boys may think that this is a funny looking horse. So it is. You never see any like it today. But hundreds of thoulike it today. But hundreds of thou-sands of years ago this little animal lived. He was then about the size of a collie dog of today, with feet some-thing like a rabbit's. He was not very strong and the other animals



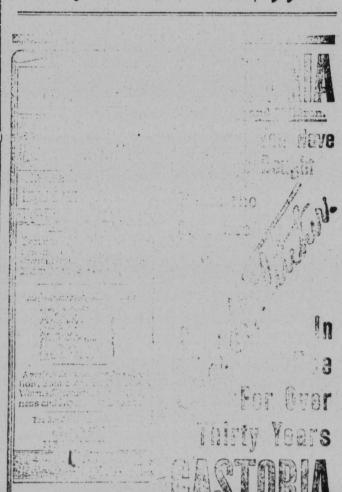
and turning the four As centuries went by came stronger and

Long, Long Ago.

1. Tell me the tales that to sme were so dear, Long, long a - po. 2. Do you re-mem ber the path where we met, Long, long a go,
3. Tho' by your kindness my fond hopes were raised, Long, long a go, Long, long a-go, Sing me the songs I de-light -ed to hear, Long, long a-go, Ah, yes, you told me you ne'er would for - get, Long, long a-go. You, by more el - o-quent lips have been prais'd, Long, long a go, long a go. Now you are come, all my Long, long a - go, long a - go.

Long, long a - go, long a - go.

But by long ab-sence your grief is re-moved, Let me for get that so long you have roved, smile you preferr'd, Love when you spoke, gave a charm to each word, truth has been tried. Still to your ac -cents: I list - en with pride, Let, me believe that you love as you lov'd Long, long ago, long a - go. Still my heart treasures the praises I heard, Long, long ago, long a - go. 3lest as 1 was when 1 sat by your side, Long, long ago, long a - go.





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