

TORTURED BY CONSTIPATION

"Fruit-a-tives" Cured Paralyzed Bowels and Digestion

ST. BONIFACE DE SHAWINIGAN, QUEBEC, Feb. 3rd, 1914.

"It is a pleasure to me to inform you that after suffering from Chronic Constipation for 2 1/2 years, I have been cured by 'Fruit-a-tives'. While I was a student at Berthier College, I became so ill I was forced to leave the college. Severe pains across the intestines continually tortured me and it came to a point when I could not stoop down at all, and my Digestion became paralyzed. Some one advised me to take 'Fruit-a-tives' and at once I felt a great improvement. After I had taken four or five boxes, I realized that I was completely cured and what made me glad, also, was that they were acting gently, causing no pain whatever to the bowels. All those who suffer with Chronic Constipation should follow my example and take 'Fruit-a-tives' for they are the medicine that cures."

MAGLOIRE PAQUIN

"Fruit-a-tives" are sold by all dealers at 50c. a box, 6 for \$2.50, trial size, 25c. or sent postpaid on receipt of price by Fruit-a-tives Limited, Ottawa.

HOMES OF THE NAVAJOS.

Stuffy Winter Hogans and Light and Airy Summer "Cottages."

The Navajos are the least gregarious of native American tribes, never congregating in towns and villages and never forming permanent communities. Their homes, called hogans, are mere hovels, built of stones or the trunks and limbs of trees, with rounded roofs thickly covered with earth. A smoke vent in the roof and a doorway in the side are the only means of ventilation. In cold weather these cavellike structures are kept tightly closed, so that no one but an Indian could live in them at all.

But when springtime comes the Navajo squaw constructs a summer cottage, sometimes consisting of no more than a windbreak of sagebrush around a circular clear space. Sometimes the summer hogan is a shady bower under a desert cedar tree, with leafy branches piled around as a measure of protection against winds and sandstorms. Sometimes it is a shelter formed by the utilization of old pieces of canvas, sheet iron and other cast away material picked up around the refuse dumps of the railroad towns. In any event, the dwellers in the summer hogans are practically in the open all the time. Fresh air is never for a moment excluded.—Christian Herald.

NAILS IN STONE WALLS.

Easy Method of Placing Them So They Will Remain Firm.

Few women know how to drive a nail into a brick wall, and yet it is what they often need to do for themselves if there is no man about.

The following method is easy and has been found entirely satisfactory: Having decided upon the exact spot into which the nail is desired to be driven, which must be in the plaster between the bricks, provide yourself with a hammer and screwdriver. With these tools commence working out the hard plaster by tapping the handle of the screwdriver. As the plaster turns to dust it must be blown or dusted out so that the size of the hole may be seen.

When a space about one inch long and nearly one inch deep has been worked out get a small piece of wood about the same size and with the hammer wedge it tightly into the space. When it seems firm take the nail and drive it into the wood. It will go in nicely, without bending, and remain firm an indefinite length of time. This same method was used at one time when it was decided to hang a hammock between the fence and the wall, with the exception that the hole was dug out a little longer and deeper than for an ordinary nail.—Minneapolis Journal.

Homemade Barometer.

Those who love experimentation may try the following method of making a cheap barometer practiced in France: Take eight grams of pulverized camphor, four grams of pulverized nitrate of potassium, two grams of pulverized nitrate of ammonia and dissolve in sixty grams of alcohol. Put the whole in a long, slender bottle closed at the top with a piece of bladder containing a pinhole to admit the air. When rain is coming the solid particles will tend gradually to mount, little star crystals forming in the liquid, which otherwise remains clear. If high winds are approaching the liquid will become thick, as if fermenting, while a film of solid particles forms on the surface. During fair weather the liquid will remain clear and the solid particles will rest at the bottom.

Reading Music.

The literary man, writes a correspondent, may very well, when he is lying on his back, console himself with literature. But what is the scientific man, with no particular interest in literature, to do? A certain professor of my acquaintance once got through a month of painful convalescence by the aid of another kind of reading. He read through the scores of his favorite composers. He had no ear for the rhythms of music, but a fine ear for the rhythms of music, and he assured me that he heard the music as he read the scores. He said that during that month he really came to understand Beethoven and that no performance of his work ever satisfied him afterward.—London Spectator.

A Bit of Blarney.

An Irishman who was begging in the street was asked by a lady how it was that such a fine, strong man as he should be asking for alms. With native blarney he replied:

"Lady, begging is the only profession I know in which a gentleman can address a beautiful woman without having an introduction."

The remark was quite profitable.—London Answers.

Moss Bread.

Along the shores of the Columbia river a kind of bread is made by the Indians from a moss that grows on the spruce fir tree. This moss is prepared by placing it in heaps, sprinkling it

with water and permitting it to ferment. Then it is rolled into balls as big as a man's head, and these are baked in pits.

His Standard.

Young Bride (to waiter)—Waiter, my husband has been here very frequently lately. I hope he's all right, eh? Waiter—Oh, yes; he never has more than three glasses of beer. It he were not happy he'd surely drink six.—Flegende Blätter.

Friendship is a strong and habitual inclination of two persons to promote the good and happiness of each other.—Meredith.

NURSED A HOT TEMPER.

Something Had to Give Way When William Morris Broke Loose.

Though explosive tempers may not be admirable and temperamental explosions are not always harmlessly expended, they are always preferable to sullenness, brooding resentment or cold anger. Arthur Compton-Rickett in his study of William Morris—that "jolly vivid man," as he terms him—relates several neat instances of Morris' violent thunderclaps of temper and swiftly ensuing sunniness and sweetness.

Once while he was painting he was called from the room, and presently his startled model heard him furiously anathematizing some one outside whom he dismissed or ejected and then returned a moment later still boiling with wrath. He could not resume his work, but made wild dashes about the room, growling and muttering, until at last in a culminating access of rage he took a flying kick at the door and with a vast crashing and splintering smashed in a panel. It was too much for his model's nerves, and he started to flee, but at that moment Morris, with his ire entirely gone now that the explosion was over, turned with a beaming smile, and assured him generally:

"It's all right, it's all right, but something had to give way!"

FLAVOR OF FOOD.

It is an Important Factor in Digestion and Good Health.

If it were not for flavor we should not digest our food properly. Epicureanism in eating is the handmaid of good health. Flavor has been called the soul of food. The flavors that are most agreeable to our sense of taste, those we enjoy most, are those we are most likely to digest well and from which we are most likely to derive the maximum of nourishment.

A book was devoted to this subject by Henry T. Finck of New York. He called it "Food and Flavor." In a review of it the Scientific American says: "The psychic factor of desire must precede ingestion or results will be unprofitable. To each cent spent for nutriment we add five more for flavor. Flavor, in short, has an appetizing value, a health value, a commercial value. 'The evolution of a discriminating appetite and the education of the cook must go hand in hand. But your glutton is never an epicure. Rational mastication must accompany the highest enjoyment of food, and in this enjoyment lie perfect assimilation and health. It is flavor that stimulates the flow of the digestive juices; it is the digestive juices that prepare the food for the extraction of nutriment."

The Professor Was Wrong.

Several decades ago a learned professor delivered a course of lectures, in one of which he proved to his own satisfaction that the Atlantic ocean could never be crossed by steam. Steam power had been discovered and applied on land, but he was confident it could never be applied to the ocean. Under the peculiar conditions of the heaving tides, the danger of storms, the rolling of the tide, and so forth you could never apply steam to navigation across the Atlantic. The book in which that lecture was published was on the first steamer that crossed the Atlantic. The captain took it along as a sort of curiosity. That book did not have a very large sale, but there has been quite a run of steamers ever since, and the professor ceased to argue that steam could not be utilized on the ocean.—Christian Herald.

Salting One's Smoke.

The strangest way of taking his salt was probably Dr. Parr's. Telford records that he used to fill his pipe half with the finest tobacco and half with salt. After that it is not very surprising to learn that he smoked "with a philosophical calmness." On one occasion when the two met Charles Lamb's furious smoking of the strongest tobacco filled Dr. Parr with astonishment. Gently laying down his pipe, he inquired how Lamb had arrived at his power of smoking at such a rate. "I tolled after it, sir, as some men toll after virtue," was Lamb's reply.—London Graphic.

Strychnine.

Strychnine is one of the most powerful vegetable poisons known, but it has very odd effects. Up to about one

Men Fight On Their Stomachs

Napoleon so said. A man with a weak stomach is pretty sure to be a poor fighter. It is difficult—almost impossible—for anyone, man or woman, if digestion is poor, to succeed in business or socially—or to enjoy life. In tablet or liquid form.

Dr. Pierce's

Golden Medical Discovery

helps weak stomachs to strong, healthy action—helps them to digest the food that makes the good, rich, red blood which nourishes the entire body.

This vegetable remedy, to a great extent, puts the liver into activity—oils the machinery of the human system so that those who spend their working hours at the desk, behind the counter, or in the home are rejuvenated into vigorous health.

Has brought relief to many thousands every year for over forty years. It can relieve you and doubtless restore to you your former health and strength. At least you owe it to yourself to give it a trial. Sold by Medicine Dealers or send for trial box of Tablets—Dr. Pierce's Invalids' Hotel & Surgical Institute, Buffalo, N.Y.

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 HARVEST QUEEN, 2nd Pat. from Man. wheat
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 \$12.00 TO WINNIPEG | \$18.00 FROM WINNIPEG

GOING DATES
 August 24th—From all stations, Kingston, Sharbot Lake, Renfrew and west to Ashtab and
 Bault Ste. Marie, Ont., to all points in Manitoba.
 August 24th—From all stations east of Kingston, Sharbot Lake and Renfrew, in the Provinces of
 Ontario and Quebec, to all points in Manitoba.
 August 26th—From all stations, Kingston, Sharbot Lake, Renfrew and west to Ashtab and
 Bault Ste. Marie, Ont., to all points in Manitoba and to certain points in Saskatchewan and Alberta.
 August 28th—From all stations east of Kingston, Sharbot Lake and Renfrew, in the Provinces of
 Ontario and Quebec, to all points in Manitoba and to certain points in Saskatchewan and Alberta.

For full particulars regarding transportation west of Winnipeg, etc., see nearest C.P.R. Agent, or write—
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JOS. H. HUME, AGENT, WATFORD.

thirty-second of a grain it is often used in medicine as a stimulant. Very little more is required to bring on that peculiar state known as "tetanus," in which the muscles lock themselves up into such hard masses that they are as rigid as bone. An overdose, however, has been known in at least one instance to cure itself.—Exchange.

How He Felt.

"You act as though you thought yourself superior to the government."
 "Well," replied the genial egotist, "I do feel slightly superior. As a taxpayer when I owe the government anything I pay. When the government owes me anything it does as it likes about the matter."—Washington Star.

Plenty of Hopeless Ones.

At the age of twenty-five a man can be forgiven for thinking he knows it all, but if he hasn't changed his mind at forty there is no hope for him.—Toledo Blade.

Faint Heart.

"Have you spoken to father yet?"
 "Certainly. I said 'Good evening' when I passed him in the hall."—Pennsylvania Punch Bowl.

Circumstances are beyond the control of man, but his conduct is in his own power.—Beaumont.

Many mothers have reason to bless Mother Graves' Worm Exterminator, because it has relieved the little ones of suffering and made them healthy. m

Fall Fair Dates

Strathroy.....September 21-22-23
 Petrolia..... 23-24-25
 Sarnia..... 25-29
 Forest.....October 1-2
 Watford..... 5-6
 Brigidon..... 5-6
 Wyoming..... 7-8
 Alvinston..... 8-9

CHANTRY FARM

Shorthorn Cattle and Lincoln Sheep

Wanted to purchase any number of Lincoln or Cotswold rams, one and two years old, registered or good grades, must be shown not later than April 1st and in good condition for August delivery.

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GRAND TRUNK RAILWAY SYSTEM

TIME TABLE.

Trains leave Watford Station as follows:

GOING WEST
 Accommodation, 109 8 44 a.m.
 Accommodation, 111 2 45 p.m.
 Chicago Express, 1..... 9 22 p.m.
 GOING EAST
 Accommodation, 110 7 43 a.m.
 New York Express, 6 11 01 a.m.
 New York Express, 2..... 3 00 p.m.
 Accommodation, 112 6 16 p.m.
 VAIL, Agent, Watford.

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America's Greatest Livestock Show
 Acres of Manufactures
 Exhibits by the Provinces
 Exhibits by Dominion Government
 Exhibits by West Indies

Grenadier Guards Band

Dragoons' Musical Ride
 Auto-Polo Matches
 Circus and Hippodrome
 Dozen Shows in Single Hour
 Boy Scouts' Review
 Canada's Biggest Dog Show

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Greatest Oriental Spectacle ever presented on Continent

Paintings from England, Scotland, United States and Canada

Educational Exhibits
 Goods in Process of Making
 Athletic Sports
 Aero-Hydroplane Flights
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England expects to secure a considerable portion of its meat supply from Ireland in the future. The green isle has kept John Bull in "stews" for many long years.

A correspondent asked a New Jersey editor what kind of plank the politicians used at their planked shad dinners. The reply was gang plank.

Dust Causes Asthma. Even a little speck too small to see will lead to agonies which no words can describe. The walls of the breathing tubes contract and it seems as if the very life must pass. From this condition Dr. J. D. Kellogg's Asthma Remedy brings the user to perfect rest and health. It relieves the passages and normal breathing is firmly established again. Hundreds of testimonials received annually prove its effectiveness. m