

TERRIBLE HEADACHES

Trenton Merchant Driven To Despair By The Pain.

"FRUIT-A-TIVES" CURED HIM

TRENTON, Ont., Jan. 29th, 1909.

"I was a dreadful sufferer for many years from Stomach and Liver Trouble—but my greatest suffering was from violent headaches. They were so distressing that I almost had to give up my business. I went to Toronto, consulted specialists and wore glasses, but nothing did me any good and the headaches became intolerable.

I was then induced to try "Fruit-a-tives" and from the beginning, I was better, and in a short time I was quite well again—no more headaches—and I threw my glasses away.

"Fruit-a-tives" not only cured my headaches, but completely cured me of all indigestion, and restored me to perfect health again." W. J. McCOMB.

"Fruit-a-tives" is the greatest cure for headaches in the world and is the only medicine made of fruit juices.

"Fruit-a-tives" will always cure Headaches, Indigestion and All Stomach and Bowel Troubles. 50c. a box, 6 for \$2.50, or trial size, 25c. At all dealers or from Fruit-a-tives Limited, Ottawa.

DALHOUSIE SUPERIOR SCHOOL

Report for Dalhousie Superior School for January.

ADVANCED DEPARTMENT

Highest standing Grade XI—Eliza Wallace, Beverly Scott.

Grade X—Alfred Kirk, Brian Potts.

Grade IX—Grace Hamilton.

Grade VIII—Glendon Seely.

Grade VII—Margaret Wallace.

Grade VI—Mabel McNeill, Gordon Mott.

Perfect attendance—Beverly Scott, Brian Potts, Alfred Kirk, Eliza Wallace, George Cousen, Marion Morton, Jennie Morton, Hattie Robinson, Hazel Jamieson, Glendon Seely, Beatrice Seely, Jennie Bateman, Amanda Roy, Audrey Bateman, Walter Winchester, Greta Jamieson, Sydney Jamieson, Austin McNeill, Mabel McNeill, George McNeill.

L. D. Jones, Principal.

Report of Intermediate Department of Dalhousie Superior school for month of January, 1912.

Number of pupils enrolled—33.

Number of pupils daily present on an average—30.

Highest Standing

Grade VI—Jean Jamieson, Kathleen Delaney, Robert McNeill.

Grade V—Vaughan Mott, Matty Cook.

Names of pupils who made perfect attendance—Kathleen Delaney, Robert McNeill, Jean Jamieson, Vina Bateman, Mary Bateman, Charlotte Barberie, Carl Seely, Robert Coleman, Albert Murchie, Ivan Ghilioni, Willie Cameron, Vera McInerney.

Report of Junior Department for January:

Perfect attendance—Jessie Campbell, Eleanor Bateman, Meinda Roy, Frank Latourneau, Humbert Ghilione, Lillian Bateman, Crawford McNeill, Everett Harquail, Marjorie Connacher, Alma Cameron, Victoria Strong, Polyvap Nadeau, Isabel McNeill, Arthur Coleman, Keays McNeill.

Highest Standing

Grade IV—Eleanor Bateman, Paul Methot.

Grade III—Vera Simpson, Arthur Coleman, Donald Campbell.

Lena Miller, Teacher.

PRIMARY DEPARTMENT

Number of pupils enrolled—62.

Highest Standing

Grade II—Dorothy Gallop, Nysie MacNeill, Agnes Barberie, Dorothy Williams, Kenneth LeTourneau, Elizabeth Mott, Joseph Savoie, Edith Harquail, Philomen LeBlanc, Jasper Robinson, Guilford Power, Albert LeTourneau.

Grade I—Rud Stewart, Lawrence LeTourneau, Elith Brown, Bousha Gallop, Mary Auld, Nat. Connacher, Frances Conahue, Marion Jamieson, Alberta Beer, Laura Cameron, Bianche Silasce, Chester Sullivan, Aureus Dal-laire, Fernand Dal-laire.

E. V. Harquail, Teacher.

ONE PERFORMANCE ONLY

He Dined With The Servants And He Entertained Them.

A well-known society entertainer had been engaged to give a performance at a country house. The hostess had "risen" and was of snobbish instincts. She left instructions that the entertainer was to dine with the servants. The butler, who knew better, apologized; but the entertainer was not easily disconcerted.

"Well, now, my good friends," said he, after he had dined well, "if I have all flabbed, and you are all agreeable, I will give you my little show."

The servants were delighted, and though there was no piano, the entertainer managed very well for half an hour without it. At ten o'clock a message came down asking Mr. Dash if he would kindly come into the drawing-room. He went, and found the company waiting.

"It seemed to me somewhat extraordinary," was the steady reply; "but it has always been my privilege to dine with the company I am asked to entertain. I took it you had arranged for a little treat for the servants."

Then he left to catch his train.

A Popular Interpreter.

The new member of the State Board of Control, addressed the students at the Deaf and Dumb School at Olathe the other day. The interpreter didn't speak Shakers as he did Henry J. Allen, a former member of the Board, when he made a speech. Henry reached out in his usual entertaining fashion and frequently received applause.

"Well, I seemed to please the students all right," said he to the interpreter afterwards.

"Yes, they enjoyed it very much," replied the interpreter.

"But I wish you would explain why they frequently applauded at inappropriate times," said Henry.

"That's easy," replied the interpreter. "You made the speech and I delivered them another."

CARUSO'S COLD COSTS DEAR.

It is announced that Signor Caruso will shortly leave for Italy, where he hopes to benefit by a complete rest and change of air, the physicians having forbidden him to sing this season. The loss sustained by the first place regarded as an ordinary slight cold is estimated at about \$15,000, as he has been compelled to refrain from singing for a period of twelve weeks.

TO STOP HAT LIFTING.

To put a stop to hat-lifting as a form of salutation a league has been formed at Zurich which will introduce the military form of salute. The league states that the uncovering of heads is the cause of many colds affecting mainly the older men. In Germany, Austria, and German Switzerland it is the custom for a man to hold his hat in his hand until the lady asks him to "cover" himself. A nod is generally sufficient, but some wait for a formal request.

At the Court of St. James.

But it is not everybody who realizes that the Palace of Westminster contains a second throne. This is placed in the King's robing room and is used by the King when he is putting on his legal garb before entering the House of Peers to read the "Speech from the Throne."

As a matter of fact, the official throne of these realms is the one at Zurich, that very ordinary looking building at the foot of St. James' street. All ambassadors are accredited to this court, and in the eyes of foreign governments, it stands for the majesty of Britain. Its throne is a very handsome one, and stands under a magnificent and most ornate canopy.

Though the throne at Windsor is but little used, it is unique in one respect. It is really an Eastern throne, after the style of the one we read of in the records of King Solomon, for it is composed entirely of ivory, and was the gift of one of the Princes of India.

As Done in France.

"Some years ago," writes a well-known motorist, "I was being driven by a French friend of my acquaintance. He is as careful over his personal expenditure as he is reckless on his Fanhard. I did not like the combination, but it is best to be tolerant to foreigners. Passing through a village near St. Albans we encountered a handsome one. She was talking across the road like a conspirator one moment, and dead the next. She never knew what struck her. Adolphe, which is my friend's name, pulled up."

"It is useless to go to her assistance," said I.

"But Adolphe jumped out of the car and went. I thought it very kind of him. He picked up the dead bird and came running back."

"Heard she is not young," he panted. "But she will do well for so soup, so bouillon de poulet, tres del-cieux."

"Good heavens, you're not going to take her home?"

"Mais certainement! Here she would be wasted. It is as we do in France. Vive la chassie!"

"I had heard that motorists were not popular in the French villages. From that day I have understood."

Her Habit.

"What do you think the young wife of old Moneybags has developed into? She is always crossing and recrossing the ocean. She certainly keeps the transatlantic line busy."

You know, she was formerly a telephone girl.

Swat That Fly.

The transmission of disease by the fly is no longer a mere theory, but is a truth that has been scientifically established.

Keep the flies out of your house. Get screens for the doors and the windows. Be on guard all the time.

Keep screens over articles of food. Don't let flies get near the pantry, kitchen or dining room.

Be doubly careful about keeping flies out of the sickroom. They are likely not only to bring complications of new diseases, but to carry the invalid's disease to many others.

Those who put in their screens promptly will be taking the best precaution against having disease germs introduced into their homes by flies.

There is more health in a house well screened than in many a doctor's visit.

About 50 metals have been discovered in the last 200 years by chemist explorers, but uses have been found for only a few of them.

Recent explorations indicate that China has coal fields containing more fuel than those of all other countries in the world combined.

A new safety razor shaving outfit, including soap and brush, packs late in a case less than half an inch thick or carrying in the pocket.

MY LADY'S COLUMN.

Health and Beauty.

Much depends on friction with the bath to improve the tone and color of the skin. It should not be as violent as often recommended, for the skin can be irritated by too much friction. Soap and friction remove the deadened parts of the scarf skin, but these particles should come off quite naturally and easily after the skin is thoroughly saturated by ordinary friction. A rough soft towel is the best for drying purposes.

Afternoon Tea

Afternoon teas are less formal and require less preparation than receptions. The only provision for an afternoon tea is the tea itself, with thin slices of bread and butter, thin biscuits and cake in many households it is the custom to have afternoon tea always at 5 o'clock, and any friends of the family dropping in are sure of finding it them. The custom comes from England, where it is well-nigh universal.

It may be noted here that everybody does not know how to make good tea. In the first place the tea itself should be of the very best quality. Nothing is worse than cheap tea. Really tea is really not more expensive than a cheap tea variety, because a little of it goes a long way.

To make good tea the water must itself be freshly boiled. The water should be poured on the tea, and it should draw for only two or three minutes before it is poured. It may be served with slices of lemon or with cream and sugar, as the tea drinkers prefer. All the tea equipment should be dainty; one's prettiest cups and saucers, one's nicest tea, all are in order for this function, which should be strictly informal.

A Jell-wobbles Vell!

Here's the Jollywobbles vell. Only a mild form of it, however, of the surrury type. Other vells have spirr patterns and still other have patterns of huge, writhing vines or flowers.

They give you the Jollywobbles either when you're wearing one or when you see one worn.

Wedding Customs.

Probably no occasion is so surrounded by superstition as a wedding, and the further removed from modern ways of the country, the more fantastic are the customs involved. For instance the Zulu bride is not properly married until she has thrown a calabash of water over her husband, plentifully besprinkling the rest of his family. Partaking of two tiny glasses of wine is all the ceremony necessary to make a marriage in some Chinese provinces, provided a quantity of fireworks are set off.

And talking about weddings, have you prospective brides arranged about your announcements to be sent off after the wedding?

Flowered Underwear.

One of the latest fads of the season is the use of daintily sprigged and flower embroideries for underwear. This, of course, is merely a passing whim, for there are too many women who conservatively object to introducing color into the scheme of the lingerie for it to become a fixed fashion. Those who have no prejudices in this regard and who jump at anything new are choosing early Victorian designs in soft pale colorings which wash well and keep their tints. There are besides embroidered embroideries and lawn-dotted dottes which are put to the same purpose as well as figured muslins. All of these certainly have a dainty and very summer-like appearance when neatly and becomingly made.

TH for TAT.

A physician of Fort Dodge, Iowa, had a grave made for a man who was dying; but the man got well, and the doctor was joked about it for many years afterwards.

Once, in consultation with three other physicians, he attended a patient who died. After the death, one of the physicians said:

"Since a quick burial is necessary we might infer the body temporarily."

"I understand that Dr. X has a vacant grave on hand."

"Yes, I have," said Dr. X, "and I believe I have the only physician present whose grave has not all filled."

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"\$6. less for Flour! How did it happen?"

"I used BEAVER Flour last year. It makes so much more Bread and Pies and Cake, that I did not have to buy so much of it. I am using it this year, too."

DEALERS—Write us for prices on Food, Canned Goods and Cereals. 111 THE T. H. TAYLOR CO. LIMITED, Chatham, Ont.



LISTEN TO US

"We are only little ones, but we know Zam-Buk eased our pain and cured our sores. Perhaps it would cure you, too, if you tried it?"

Isn't this sound advice from "babes and sucklings"? Take it! The speakers are the children of Mrs. E. Webster, of Seigneurs St., Montreal, and the mother adds weight to their appeal. She says: "My little girl contracted scalp disease at school. Bad gatherings formed all over her head, and not only caused the child acute pain but made her very ill. The sores discharged, and occurring on the scalp we feared she would lose all her hair. She was in a pitiable plight when we tried Zam-Buk, but a few days' treatment with this balm gave her ease. Then the sores began to heal, and we continued the Zam-Buk treatment. In a short time she was quite healed. My little boy sustained a serious scald on the neck. It set up a bad sore, and quite a few things we tried, failed to heal it or give him ease. Once more we turned to Zam-Buk, and we were not disappointed. It acted like a charm in drawing away the pain, and soon healed the wound."

Zam-Buk is "something different" in the way of balms. It contains powerful healing herbal essences, which, as soon as applied to skin diseases, kill off the germs and end the painful smarting. Other essences contained in Zam-Buk so stimulate the cells that new healthy tissue is speedily formed. Eczema, itch, ulcers, cold sores, abscesses, festering sores, blood poisoning, chronic wounds, cold cracks, etc., are healed and cured in this way. Use it for all skin injuries and diseases. It is also of great service for piles. All druggists and stores at 50 cents box, or Zam-Buk Co., Toronto.

Zam-Buk EVERY HOME NEEDS IT



Pan-Dried Food—Not a Fad

The flavor of Tillson's!—well just taste it and describe its deliciousness if you can. Tillson's is made to meet the most exacting demands. Made of choice, selected oats. Beautifully clean—free from black specks or hulls. You'll be proud to serve such oats on your table.

Cooks in 15 Minutes Canadian Cereal and Milling Co., Limited Toronto, Ont.



Tillson's Oats

Two sips, 10c. and 25c. Each 25c. package contains a handsome piece of English Semi Porcelain Tableware.