

# GRATITUDE PROMPTED THIS LETTER



**Prominent People Proud To Testify For "Fruit-a-tives"**

MR. TIMOTHY McGRATH  
130 ATLANTIC AVE., MONTREAL,  
MARCH 1st, 1912.

"For years, I suffered from Rheumatism, being unable to work for weeks at a time and spent hundreds of dollars on doctor's medicines, besides receiving treatment at Notre Dame Hospital where I was informed that I was incurable. I was discouraged when a friend advised me to try "Fruit-a-tives". After using three packages, I felt relieved and continued until I had used five packages when a complete cure was the result after years of doctoring failed. I consider "Fruit-a-tives" a wonderful remedy. You are at liberty to use this testimonial to prove to others the good that "Fruit-a-tives" has done me."

## A LABOUCHERE ANECDOTE

A Labouchere anecdote which has not been done to death is given in the new volume of recollections by Sir Henry Lucy ("Troy, M.P."), to whom it was told by Labby himself. It concerned the younger son of a peer, who thought that a berth in the Diplomatic Service was as desirable a place as any for one who took life rather easily. He knew nothing of the special subjects upon which the preliminary examination was based, but there was at least the promise of a lark. As far as he could make out, he did not supply a single correct answer to the long list of questions. Nevertheless, he came out first in the competition. It was a surprise even for a confident young lordling. Meeting one of the examiners at a dinner a few days later, he ventured to ask how the thing came about. "We at once saw you knew nothing," was the reply. "But your manner was so free from constraint under what to some people would have been peculiarly embarrassing circumstances that we said to each other, 'That's the very man to make a diplomatist.' So we gave you a start on your career."

Minard's Liniment Lumberman's Friend.

## THE CADET MOVEMENT.

Just now considerable attention is being directed both in the press and in the pulpit toward the Cadet movement in our schools, and the question is raised whether this movement should receive the sanction of the church, some of our preachers being inclined to think that, so far from receiving our sanction, it should be distinctly reprobated as wholly opposed to the true spirit of Christianity.

Of course the movement must be differentiated from the Scout movement, as the latter distinctly claims to be non-military, while the very basis of the Cadet movement is military. The boy is taught something about military drill and he is trained to use the rifle with the distinct understanding that this knowledge may be used some day in the defence of his country. Are these things unwise? Are they morally defensible?

No one can say that Canada is in any urgent danger, and no one would care to prophesy a future war with Canadian territory as the seat of its operations, and yet there are many who cannot see that it would in any way injure our Canadian youth to know how to use a rifle.

We cannot forget that both the Empire to which we belong and the great Republic to the south of us are compelled to maintain armies of greater or less strength; and our only warrant of permanent freedom from invasion must lie in the military strength of one or other of these great nations. And whether we base our freedom from attack upon the invincibility of the British navy, or the effective maintenance of the Munroe doctrine, we must acknowledge our dependence upon the military preparations of either one or the other of these nations. Are we prepared to do this? If so, does it not mean that while we will not risk our own lives in defence of our country we will allow others to risk theirs for us?

Personally we do not see clearly that the day has yet come when either Great Britain or the United States could afford wholly to disarm and, until that day does come we think it would be well that Canadians should know how to ride and how to shoot.

But a point was raised in the able article by Edward Trelawney in last week's Christian Guardian, which needs careful guarding, and we are glad to see that the Minister of Militia recognizes this fact, as he has shown by calling representative Christian women into his counsel.

The point is this, that the character of the military instructors must be such as we demand from our public and high school teachers. Canadian parents have a right to, and will, insist that if there is to be military training, it must be of such a character as can be trusted not to lower the moral standard of their boys. From the standpoint of military efficiency alone, cleanliness of life is most desirable, and from the moral standpoint it is an absolute necessity.

There is no necessary relation between the trio of evils, drinking, smoking and swearing, and military service, and the time has gone by when the military hero must necessarily be addicted to any of those things. Both discipline and skill with the rifle are helped by clean living, and if we are to have a wider extension of the Cadet system, let it be distinctly understood that it must be of such a character as will commend itself to the moral sentiment of our people.—The Christian Guardian.

## SOCIALIZED SCHOOL BUILDINGS

Amherst, Nova Scotia, has, for many years, been one of the most enterprising and progressive business and manufacturing centres in Eastern Canada. Its citizens are now throwing into educational matters the same enterprise which has built up the town industrially. Amherst has the honor of being the first city of Canada to introduce socialized school buildings. The idea is comparatively new, and its introduction into Amherst is largely due to Mr. John Bradford, Secretary of the Y.M.C.A. Association. The purpose of the movement, as explained in the columns of the Presbyterian Witness in an article by Mr. Bradford, in our issue of April 6th, 1902, is to make the public school building a social centre for recreation, intellectual improvement and culture. In February of last year a school building was opened in Amherst for this purpose, and now the movement is to be extended in the erection of the new High School and Acadia Street buildings. Provision will be made for public meetings, social gatherings, technical school classes. There will be an art gallery, plants, flowers, pictures and objects of art, gymnasium, swimming pool, shower baths library, rest rooms, ample playgrounds and every provision for the development of the mens sana in corpore sano. A new and wider interest will thus gather about the school and its influence upon the intellectual and social life of the community will be correspondingly increased. Within the past few years sixteen socialized school buildings have been erected in various parts of the United States and the idea is rapidly spreading. Amherst has taken the lead in the movement in Canada, and its example will no doubt be followed by other cities and towns.—Presbyterian Witness.

A young man in want of money wrote to his uncle as follows:

"Dear Uncle: If you could see how I blush for shame while I am writing you would pity me. Do you know why? Because I have to ask you for \$25, and I do not know how to express myself. It is impossible for me to tell you. I prefer to die. I send you this messenger, who will wait for an answer. Believe me, my dearest uncle, your most obedient and affectionate nephew."

"P. S.—Overcome with shame for what I have written, I have been running after the messenger in order to take the letter from him, but I cannot catch him. Heaven grant that something may happen to stop him, or that this letter may get lost."

"The uncle naturally was touched, but was equal to the emergency. He replied as follows:

"My dear Jack: Console yourself and blush no more. Providence has heard your prayers. The messenger lost your letter.

Your affectionate uncle."

## The Home

### ROUNDING OUT THE HOLLOW.

A letter from "Virginia" voices the troubles of many younger women. She says: "The bones of my neck are very prominent, and I have great hollows about them. Can you tell me how I can fatten the neck in a short time?"

The hollow neck with the prominent bones also shows neglect of health—a very criminal neglect, too. The hope of the lungs come just where these hollows are and extend a little above the prominent collarbone. First of all, then, deep breathing exercises are necessary to fill out the lungs. Stand with the head back and slowly inflate the lungs until you can draw in no more air; then tap the distended lungs lightly and quickly with your hands, after which gently exhale your breath. You will feel a little dizzy when you first try this deep breathing, so that you can do it only a few times at first, but after a while you can take thirty or forty, and even more of these deep breaths. You should do this before an open window, or in a room where the air is fresh.

Usually those who complain of the hollow necks are too thin, and need to build up all the tissues of the body. "Virginia" asked how she can do it "in a short time." It is not possible to do this in a short time. Continual persistent effort is needed.

The next thing to do is to develop the muscles of the neck. These are the most neglected muscles of the body in grown-ups. One seldom throws back the head to look up, and to look around, and yet these are the very movements needed to develop the muscles.

### ADVANCE FASHIONS.

It is in the sleeves that radical changes may be expected this spring. Ever since the kimono sleeve began to lose caste the designers have attempted to introduce all sorts of new ideas into sleeves. But there is the satisfaction that it has brought in prominence sleeves of so many types that it is possible for every woman to select becoming ones. The low shoulder seam, so well received the earlier part of this winter, retains the popular feature of the kimono sleeve. The enlarged armhole is likewise an easy transition for the devotees of the kimono. On the newest gowns the armhole has shrunk to its normal proportions, and the novelty lies in the arrangements of the fullness of the sleeve. Fight as women may against fullness in the sleeves, fashion seems to favor it, and it is sure to come if the signs in the fashion world are read correctly.

### ON A LONG TRIP.

In making a long trip on the train, always slip a folding coat-hanger into your travelling bag. When the porter brings the large paper hat bag just ask for another one, which he is always willing to let you have. Put your coat on the hanger, and turning one of the bags upside down, slip it over the coat, making a small slit for the hook of the hanger to go through. Thus the coat can be hung up in good shape and thoroughly protected from dirt during the entire trip.

### KITCHEN WINDOW SCREENS.

It is a good plan to put the window screens in the kitchen in the upper instead of the lower half of the window. Having that half open makes the kitchen so much cooler. The heated upper air is allowed to escape and also sash curtains can always be kept in place, and much cleaner when the lower half of the window is stationary.

### DATE PIE.

One-half pound of dates, let soak in one and a half pints of sweet milk on back of stove where they will keep warm but not cook. Let stand about two hours, then rub through a sieve into a rich pie crust. It will thicken like custard when baked. Frost with beaten whites of two eggs, little sugar.

### SCOTCH SHORTCAKE.

One and three quarter pounds flour, 1 lb. butter, 1/2 lb. brown sugar. Cream the butter and sugar and mix in the flour until all is worked in. Roll about 1/2 inch thick and bake in a slow oven.

### AUNT SUE COOKIES.

One cup sugar, 2-3 cup butter and lard mixed, 1 well-beaten egg, 1 cup sweet milk. Sift 1 heaping teaspoonful baking powder in a little flour. Flavor with nutmeg. Flour to roll. Have oven hot, but watch closely.

Ask for Minard's and take no other.

## Joker's Corner

The editor was dying, but when the doctor bent over, placed his ear on his breast and said: "Poor man! Circulation almost gone," the dying editor sat up and shouted: "You're another! We have the largest circulation in the country!"

### BRIGHT OR LAZY.

"Johnny, I don't believe you've studied your geography."

"No, mum; I heard pa say the map of the world was changing every day an' I thought I'd wait a few years till things got settled."

### WHAT HE WOULD DO.

"What are you going to do when you grow up, if you don't know how to read, write and cipher?" asked a school teacher of a lazy, stupid boy.

"I'm going to be a schoolmaster, an' make the boys do all the readin', writin' an' cipherin'," replied the boy.

### HUMAN NATURE.

"Why is it," asked the curious guest, "that poor men usually give larger tips than rich men?"

"Well, suh," said the waiter, who was something of a philosopher as well, "looks to me like de po' man don't want nobody to find out he's po', and de rich man don't want nobody to find out he's rich."

"Now, my man," said the Magistrate at a Police Court to an old offender, an Irishman, "what's brought you here again?" "Two policemen, yer honor," was the reply. "Drunk, I suppose?" inquired the Magistrate. "Yes, sorr," answered Pat, "both av them." "Five days or seven and six," ordered the magistrate, "Thank ye kindly, yer honor," added Pat; "if it's all the same to you, I'll take the seven and six."

Champ Clark has the happy knack of being able to parry inconvenient interruptions with some smart retort that immediately squashes the interruption. He was speaking at a rather noisy meeting not long ago, and after a short time a big chunk of wood was thrown at him. Fortunately the aim was bad, and it fell harmlessly on the platform.

Mr Clark picked it up and showed in tones of mock anxiety, "one of our opponents has lost his head."

Sir Leopold McClintock, the Arctic explorer, was once giving an account of his experiences amid the icefields of the north.

"We certainly would have travelled much farther," he explained, "had not our dogs given out at a critical time."

"But," exclaimed a lady, who had been listening very intently, "I thought the Eskimo dogs were perfectly tireless creatures."

Sir Leopold's face wore a whimsically gloomy expression as he replied: "I—er—speak in a culinary sense Miss."

Boys are not alone in their spirit of bragging about the distinguished qualities of "Dad." A number of little girls were boasting of the ranks of their respective families. They had passed from clothes to personal appearance, then to interior furnishings, and finally came to paternal dignity. The minister's little girl boasted:

"Every package that comes for my papa is marked D.D."

"And every package that comes for my papa is marked M.D.," retorted the daughter of the physician.

This was followed by a look of contempt from the youngest of the party. "Huh!" she exclaimed, with nice disdain. "Every package that comes to our house is marked C.O.D."

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