Bowels Almost Paralysed

"Fruit-a-tives" Relieved

ST. BONIFACE DE SHAWINIGAN, P.Q.

Fr. Bonnface de Shawindan, P.Q.
February 8rd, 1914.

"After suffering with terrible Constipation for over 2 years, 'Fruit-a-tives'
relieved me. While a student at
Berthier College, I became very illund
was forced to leave. Severe pains across
the abdomen continually tortured me
and my digestion became paralysed.
Some one advised me to take. 'Fruit-atives' and at once I felt a great

tives' and at once I felt a great improvement. After taking four or

and have never had any return of this trouble." MAGLOFRE PAQUIN.

50c. a box, 6 for \$2.50, trial size 25c. At dealers or Fruit-a-tives Limited, Ottawa.

five boxes, I was completely reliev

POOR COPY

COPIE DE QUALITEE INFER

Pleasant Evening Reveries dedicated to tired Mothers as they Join the Home Circle at Evening Tide.

Courtesies are indications of refinement and costing nothing, they help to make the wheels of life move more

lives pleasanter, we will give expression to that interest, and in doing that we

will be doing a really polite thing, for such things can not be expressed in an impolite way. The cultivation of this expression will be the best possible education in two solitoness.

When awake, very small children should never be left alone.

Teach your daughter how to wear calico dress and do it like a queen.

When a woman sets her teeth you

may generally make up your mind there is trouble hatching.

* * *

GOOD SUGGESTION TO CARLETON PLACE PEOPLE.

It is surprising the amount of old, foul matter the simple mixture of buck-

Discord and anger among Bulgarian

Professor John Watson, of Queen's, made a scathing indictment of German philosophy. Fraud, Force and Fright-fulness are fetishes of the Germans, he

George Packard, aged seventy-six, was killed by a Michigan Central freight train at Niagara Falls while walking on the tracks with his wife, going to visit their son.

Greece has released British Indian troops who were survivors of the Ramasan, a transport sunk by a submarine. This would not be done if Greece were "neutral."

Children Cry

FOR FLETCHER'S

CASTORIA

perience in the militia.

education in true politeness.

make the

Remember impertinence isn't wit, any more than insolence is brilliancy.

If young men will not believe in themselves, no man or woman can believe in them.

Don't indulge in the luxury of strong opinions in the presence of your elders and betters.

If you haven't the moral courage to laugh at sneerers, then you are another of nature's mistakes.

Don't talk about what you are going

THE OLD HOME.

The old home stands serence and stanch as in the days of yore,

But gone are all the voices, and the welcome at the door.

No footprint marks the paths within its garden desolate,

To-day 'tis memory takes my hand and leads me thru the gate,

Till in my fancy blooms again the garden row on row,

The larkspur and the marigold—sweet flowers of long ago—

The roses grow beside the wall as in forgotten June,

The iris and the lavender distill their rich

The while I picture other days, and shadowy

forms appear,
Dream faces smile 'mid candle light, and sweet old songs I hear.
The bride upon her wedding day comes softly down the stair.

An old man dreams of youth within his fire

An old man dreams of your within as nesside chair.

The picture changes and a boy with manhood in his eyes
Goes forth to seek his fortune—oh the years that make us wise!

Dear house, long since is stillness left —to-day you seem to wait.

To welcome home the boy again, grown now to many statles.

to man's estate—
I pick a rose beside the door in tender revery
Thankful for all the past holds dear in pre

mory.

—Esther Trowbridge Catlin.

There is no more unfortunate thing than loveless marriage. The sacred relationship is only hallowed by affec-tion, and without love it is worse than mockery—truly the irony of fate. But let the unloving and the unloved be very sure that a worse fate does not await them before taking radical steps to change their condition. There are few wives who will not respond to attentions prompted by a self-sacrificing spirit, and it is an easy matter to repay devotion in kind. Few husbands but are susceptible to sweet and gentle in-fluences, when the guiding spirit is the one whom they promised to "love, honor and protect;" the mother of their 1 * * *

ADVICE TO YOUNG MEN .

Don't mistake notoriety for fame. Don't let others spend the money you

earn.
Don't do work unworthy of you if you can avoid it.

Don't say "I am a gentleman;" it is

Don't say "I am a gentleman;" it is never necessary.

Be loyal to death to those who have befriended you.

When you assist the needy, don't do it ostentatiously.

Silence is the best weapon to use against a vulgar and spiteful tongue.

In ninety-nine cases in a hundred the man you wish dead outlives you.

Don't introduce a lady's name where you wouldn't introduce the lady.

Don't count much on friendships formed in cafes. They never turn out well.

Circumspection.

"My boy," said the editor of the Billsville Bugle to the new reporter "you lack caution. You must learn not to state things as facts until they are proved facts—otherwise you are very apt to get us into libel suits. Do not say 'the cashier who is alleged to have stolen the funds.' That's all now, and—ah—turn in a stickful about that Second Ward social last night."

Owing to an influx of visitors it was late in the afternoon before the genial editor of the Bugle caught a glimpse of the great family daily. Half way down the social column his eyes lit on the following cautious paragraph: "It is rumored that a card party was given last evening to a number of reputed ladies of the Second Ward. Mrs. Smith, not to state things as facts until they

last evening to a number of reputed ladies of the Second Ward. Mrs. Smith, gossip says, was the hostess, and the festivities are reported to have continued until 10:30 in the evening. It is alleged that the affair was a social function given to the ladies of the Second Ward Cinch Club, and that, with the exception of Mrs. James Bilwiliger, who says she comes from Leavits Junction, none but members were present. The reputed hostess insists that coffee and wafers alone were served as refreshments. The Smith woman claims to be the wife of John Smith, the so-called 'Honest Shoe Man' of 315 East State street."

Shortly afterward a whirling mass, elaiming to be, a reporter on the Bugle, flew fifteen feet into the street, and landed with what bystanders assert was a dull, sickening thud. ladies of the Second Ward. Mrs. Smith,

Lieut.-Col. Macrae, of Guelph, suggested to the Presbyterian Synod that less be given to missions and more to the Red Cross funds. He also suggested that more ministers enlist. Major R. E. Leonard, of St. Catharines, former Chairman of the National Transcontinental Railway, and Major E. J. Chambers, Deputy Chief Press Censor at Ottawa, have been promoted to be Lieutenant-Colonels. Both are officers of the Corps of Guides.

The many friends of Miss Marguerite The many friends of Miss Marguerite O'Hara, of Smiths Falls, a young lady well and popularly known, will be sorry to learn of a serious accident which befell her last Friday, while she, with some lady friends, was returning from Kemptville in her motor car, as a result of which she sustained a broken arm. of which she sustained a broken arm. The car was upset by coming in contact with an obstruction, and it is most fortunate that the occupants escaped as well as they did, Miss O'Hara being the only one injured. She is now at her e here and progressing most favor--S. F. News.

Children Cry FOR FLETCHER'S CASTORIA In Ohio in some of the wide

In Ohlo in some of the wide awake counties farmers have united to retain, by law, officers whose business it is to spray all orchards every spring. This is wholly preventive. They spray when the trees are driest, and they never spray on a sunny, hot day with a liquid spray since it burns the plant to do so. This officer knows how and when to spray and which sprays are effective for each kind of insect. For instance, poisons which are For instance, poisons which are effective for one sort of pest do not hurt stinging or boring or sucking insects. In this way a competent or expert man earns his salary and the farmer need not trouble his head with these

FARM CO-OPERATION.

-----THE HESSIAN FLY.

of nature's mistakes.

Don't talk about what you are going to do, then, if you fail to accomplish it, robody will know.

If you learn that people say spiteful, wicked things about you, and untruthful things at that, be silent.

It isn't a very nice thing for a young man, or anyone for that matter, to smile in a superior way at ignorance.

Do not be afraid to go near your enemy. The nearer you get to a kicking horse, the less damage is done to your person. Do Not Burn Wheat Stubble or Straw to Destroy It.

Don't burn your wheat stubble or straw stacks this summer for the purpose of destroying the Hessian fly. The burning of the stubble or wheat straw in the stacks not only fails to destroy the fly, but will lead to the destruction of organic matter and plant food.

The Hessian fly would not be eradicated by burning because the fly passes its resting stage in the summer not only in the straw and stubble above make the wheels of life move more smoothly. It is not an elaborate attempt at politeness that true gentility consists, it is the simple homes expression of the genuine feelings of welfare of others. Our company politeness is generally superficial, because we are little or nothing to those we try to be polite to; but if we are interested in those at home and are anxious to make their lives pleasanter, we will give expression

its resting stage in the summer not only in the straw and stubble above ground, but also in the crown of the plant, so low that it could not be destroyed by burning. The parasite which preys upon the Hesslan fly passes the summer in the fly located in the straw and the stubble above the ground. If the wheatfields are burned the parasite preying on the fly will be killed.

preying on the fly will be killed.

There is no danger of increasing the injury from the Hessian fly by spreading straw as a top dressing upon the field. The top dressing of straw upon the field does not furnish winter protection to the fly. Wheat which has been infested with the jointworm and the greater wheat strawworm in large numbers should not be spread on the field. These insects make their presfield. These insects make their presence known by the large number of white heads in the field. If there was a large number of wheat in your field do not spread straw on the field. This infested straw, however, we have the state of the strain of the state of the st

on the field. This infested straw, however, may be used as a top dressing on corn ground if the straw be worked into the ground early in the spring.

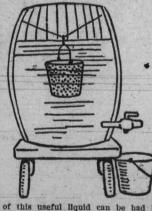
The best method of controlling the Hessian fly is to prevent the growth of volunteer wheat in summer and fall and to delay the seeding of the wheat until most of the files have deposited their eggs. The best method of handling wheat ground is to disk the stubble as quickly as possible after harvest and to plow the ground deep after the volunteer wheat starts. When a woman can wash fannels so that they will no shrink, she knows enough to get married. A woman can say more with a few tears than a man can express in a book. Men are often found at places of amusement spending time in loafing, when they might find profitable employment at home, and be making themselves useful, if not ornamental—at the same time, they would stand higher in the estimation of their wives and everyone else.

Liquid manure is a stimulant and not a substitute for manure of a more solid character. It is taken up by

straw or other bedding material.

Solid manure on heavy soils should be applied liberally in the autumn and turned under. Liquid manure is bene-ficial when applied while the plants foul matter the simple mixture of buckthorn bark, glycarine, etc., known as
Adler-i-ka, drains from the system.
This remedy became famous by curing
appendicitis and acts on Both the upper
and lower bowel so thoroughly that
ONE Dose relieves sour stomach, gas on
the stomach and constipation almost
IMMEDIATELY. We are mighty glad we
are Carleton Place agents for Adler-i-ka.
W. J. Hughes, druggist. are making growth or in early stages of flowering or fruiting. Flowering plants receive the greatest benefit from liquid manure before the buds show color, vegetables when about half grown, foliage plants when new growth has become well advanced and fruit trees when the fruit is half developed. Plants that are to receive treatment with liquid manure should first receive an application of pure water.

Liquid manure is prepared from the excrement of horses, cows, sheep, pi-geons or chickens or from commercial Ministers over the obviously pro-German views of King Ferdinand had led to a Cabinet crisis at Sofia. fertilizers. The first two are generally Anyone above eighteen is eligible for the reserve militia, and officers are not required to have had three years' ex-



of this useful liquid can be had by arranging a barrel as shown in the il

Sir Lyman Jones, head of the Massey-Harris Company, Toronto, has given a convalescent home in England, containing 50 to 100 beds, and Mr. W. J. Gage, Toronto, has contributed a \$10,000 armored biplane, to the Militia Department. The barrel is placed on a platform or table high enough to permit a pail or watering can to be set under the spigot. A metal pail is pierced on the side and bottom, and the fertilizer placed in the pail, which is suspended in the barrel with become in the barrel with rope or wire, and the barrel is then filled with water. A bag can be used in place of the pail Department.

The cup offered by Mr. Archibald Rosamond to the highest winner in the whole class in the childnen's exhibit at the Almonte Fair, was awarded to Miss Annie Mullett, of Carleton Place. The cup is a very handsome silver one, and becomes the property of the pupil winning it three times. In making the award first prizes count 4 points, second 3, third 2 and fourth 1 point.—Almonte Gazette. and will permit of stirring somewhat by turning the bag and raising and lowering it until the water has extracted the fertilizer material, when it will be ready for use, first diluting the

Voman's World



QUEEN SOPHIA OF GREECE

Queen Sophia has made it quite clear to the members of the reigning house and to the statesmen of Greece—has, indeed, publicly announced to the people of the land of her adoption—that she will leave it forever in the event of its joining the powers of the triple entente against her brother, the kalser, and his allies.

Her name will be commemorated at

and his allies.

Her name will be commemorated at Athens by one of the strangest of memorials, for whereas King Constantine's mother, Queen Olga's, name is identified with the magnificent Evangelismos hospital, founded, endowed and managed by herself, that of her German daughter-in-law is associated with the principal slaughter house of the Greek metropolis.

with the principal staughter house of the Greek metropolls.

Some years ago Queen Sophla's at-tention was attracted to the shocking-ly insanitary condition of the then ex-isting abattoirs and to the needless cruelty attending the killing of cattle, sheep and swine. Accordingly she caused to be built at Athens at her own expense a great central abattoir, equipped with all the most up to date appliances, and presented it to the city. The municipality of Athens naturally accepted the gift with gratitude and by way of showing its appreciation of the kindness of the royal donor called the great slaughter house in question "the Sophia." caused to be built at Athens at her own

CHARMING CONCEIT.

A Tiny Basket Holds Cotton, and Also the Lace and Hook.

A tiny basket of sweet grasses which can be hung on a convenient hook is an invention for the use of the woman



who crochets. And what woman does not crochet these days? Her spool of crochet cotton will unwind freely from this basket, and the lace and hook can be safely deposited there.

A Dustless Duster A good "dustless" duster can pe made of a pair of old stockings, slit open, stitched together and then soak-ed in coal oil for several hours before hanging in the air to dry.

Machine Oil Stains.
Yellow machine oil stains on white material may be removed by rubbing the spot with a cloth wet with am-monia before using soap.

No Accounts Opened.
"To you charge things here?"
"Only storage batteries, madam."—
Boston Transcript.

Good Excuse.

Governess-Why don't you use your brains, Douglas? "Because I want them to last."—London Punch.

RADISH ROSES.

tracted the fertilizer material, when it will be ready for use, first diluting the liquid with water until it is of the color of weak tea. Chicken and pigeon manure is very strong, and only a peck should be used to thirty-two gallons of water.

Always apply liquid manure directly to the roots of the plants, being careful not to wet the foliage or flowers. Pot plants should not be treated oftener than once a week.

SUMMARY OF NEWS.

Allied aviators dropped bombs on the A British transport was sunk, the survivors being sent to Malta.

A great round-up of alien enemie was made by the London police.

It was shown that the Austrian assengers set fire to the Sant Anna. Ten were killed and 150 injured in the hurricane which struck New Orleans, Dr. Lumba, Austrian envoy to the United States, was ordered to return to Vienna.

Plans were approved by the Militia Council for the wintering of the troops

Mrs. Walter Ellis of Malahide was burned to death while mixing varnish on the stove.

The human voice was transmitted by wireless telephone from Washington to San Francisco. The Czar and Poincare exchanged felicitations over the victories on the western and eastern fronts.

Heury Ford, motor-car maker has been asked by General Hughes to "dis-avow" his alleged pro-German views.

Greek reservists throughout Canada have been advised to hold themselves in readiness for orders to rejoin the colors. Hubert Wheeler, a young plumber of Gananoque, died as a result of being hit on the head by a baseball in a recent

The Italian battleship Benedetto Brin, aboard which there was a violent explosion, is badly wrecked but still afloat.

The Greek Parliament has ratified the decree ordering a general mobiliza-tion of the army and authorized a loan of \$30,000,000.

Capt. Bernier has discovered land in the Arctic Ocean equal to France and Italy; he had not heard of the war until last month. Serbia has an army of 600,000, well quipped and waiting for the Huns-conditions are now normal; typhus has

been stamped out.

Rev. Charles George Wintle, rector of the Galetta Anglican church, died at the rectory in Galetta, Saturday morning. Deceased was in his 28th year and has been in the parishl of Galetta for the last two months. He was ordained at Christ Church Cathedral six months ago, by the Bishop of Ottawa. Previous to his being received into the church he supplied the regular pastors in Vankleek Hill, Richmond, Westboroand elsewhere. Deceased was born in the Old Country and came to Canada some years ago with his parents, Mr. and Mrs. P. G. Wintle, settling first at Billings' Bridge. For five years he was lay reader in Trinity Church, Ottawa South, afterwards graduating in theology. A fewmonths ago he married Miss Ethelyn Frerichs, of Ottawa.—Carp Review.

The British have won an important

The British have won an important success in Mesopotamia. The Turks are in full retreat toward Bagdad.

Christmas and Holiday Greeting Cards

We have a large assortment from the best publishers.

For Foreign Mails they should be ordered early.

Call and see Samples at

The Herald Office.



IN the evening at camp when all hands are "bushed" after a day's tramp, canoe trip, fishing and swimming, this

Graphophone "Eclipse" for \$32.50, on easy terms, will make welcome entertainment

Small, light easy to tote and needing little bunk room, the "Eclipse" is a musical instrument that will make your camp complete

MADE IN CANADA W. M. ALLEN, Local Representative.

on sons much the on ams acte with ring he long very dary San com h doe the mal Car He istin he steep the ista

who litt the not care and less fine I that shi fies vice uni wit son