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I am still the Fat with a good stock of:
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HOT BEER, TEA, COFFEE, or CHOCOLATE. LATE AT ALL HOURS.
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Your patronage solicited.
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Major Powell-Cotton's African Travels.

Clawed by a Lion—The First White Woman to Stay Among Pigmies.
(London Leader.)
Major Powell-Cotton, accompanied by his wife, has arrived in Rome, completing his travels in Africa, which in their scientific results will prove more valuable than his travels of 1902-1903.

The explorer was unaccompanied by any white man from start to finish. A romantic interest is to be found in the fact that Major Powell-Cotton, who had intended on the conclusion of his expedition to return to England and get married, decided not to interrupt his journey, and arranged for his fiancée to go to Africa. The marriage took place in East Africa in 1905, and since then Mrs. Powell-Cotton has shared her husband's hardships and dangers. The explorer and his wife are both in fairly good health, though the former shows traces of the hardships he has endured, and has seventeen wounds, the result of a terrible attack by a lion near the Albert Edward Lake.

Speaking to Reuters's representative, Major Powell-Cotton said: "One of my objects was to go into the little known part of Congo, south of Lado, in search of the white rhinoceros, of which I have secured splendid specimens. The authorities made concessions never before given to a foreigner in the way of hunting in the reserves and giving permission to kill a limited number of rare animals."

"So far as it has been possible to examine the specimens which have reached this country, it has been found that they include six species of forest animals previously unknown to science. These are the dusky African cat, a new animal about the size of a leopard, the honey badger or black huri ratel, elephant shrew, an antelope armed with tusks which dives under the water, a new black and white monkey, and a huge red buffalo. Resembling in this matter all other English travellers, I have not only seen a living live okapi—although I was once within twenty yards of one in the bush. I have sent home to the national collection, the skin and complete skeleton of an adult male okapi, which, I am informed, is the most perfect specimen of it yet brought to this country."

"After reaching Khartoum," Major Powell-Cotton continued, "I travelled to Lado and back to Kiro, the most north-easterly station post. At Wadi-lai, one of the officials told me a curious story of how the natives in the vicinity dispose of the old folk when they become a burden. As soon as the infirmities of age assert themselves, the old people are given a wooden draught and wrapped in a fresh antelope skin. Thus attired they are carried by members of their family to a spot some distance from the village and are abandoned in the grass close to a native track. The first person coming by sees what he thinks an antelope, and spears it, whereupon the victim's family emerges from their hiding-place and express horror and surprise at the unfortunate incident."

"We were marched to an almost impenetrable part of the Great Forest, where some four years previously a Belgian officer had been murdered by outlaws, who, owing to the nature of the country, have never been brought to justice. The place had become a rendezvous for these outlaws, who had assembled in great numbers, and simply over-ran the country in small bands. We took the greatest precautions, which we did not relax, even when we were informed on our arrival that they would not interfere with a British caravan."

Speaking of the pigmies Major Powell-Cotton said: "The excitement of these little people when they first saw my wife was extraordinary, for they had, of course, never previously beheld a white woman. Perhaps the chief source of wonder was her long hair, which, for the special benefit of the dwarfs, she would let down, while they crowded round our tent in speechless wonder."

"During our many months' stay we never had the least difficulty with the forest tribes, some of whom I employed as hunters. Occasionally when away I would leave my wife alone. She had learnt a little of their language, and did excellent medical work among them. In my absence she took charge of the caravan, and was always treated with the greatest respect by the people."

"During our wanderings in the forest we were told very curious little stories—diminutive dwellings, which we were told were ghost houses. These were built to propitiate the shades of departed chiefs, who, until a resting-place is provided for them, nightly disturb the pigmy villages."

On the conclusion of the work in the forest the expedition proceeded to Lake Albert Edward, where the explorer visited a tribe of lake dwellers—a little closed community, who spend their whole lives on the water. Their houses are all built on floating platforms, anchored to long poles. The main floating village consists of thirty huts, while two others comprise ten and seven respectively.
In October, while on the banks of the Sanga River, near Lake Albert Edward, Major Powell-Cotton had the narrowest possible escape from death. The expedition was in a country in-

NOW I AM WELL
THANKS TO "FRUIT-A-TIVES"



Ell, Manitoba.
I wish to state, for the sake of others who may be sufferers like I was, that I suffered from severe indigestion and constipation for years and that there was also much trouble with unpleasant pains in my back which made me miserable, constantly. I tried physicians and took many remedies but got no relief. I was induced to try "Fruit-a-tives" and I can truly say this was the first medicine that ever did me any good. "Fruit-a-tives" quickly relieved the constipation and indigestion and completely cured me of all symptoms of womb trouble. I cannot express too strongly my great gratitude to this medicine as I am well now in every way as ever I was, thanks to "Fruit-a-tives". I can strongly recommend "Fruit-a-tives", it is easy to take and the effect is always mild like fruit.

(Sgd) Mrs. M. BERLAND.
Many women suffer with what the doctors call "Womb Trouble"—"Disordered Ovaries"—"Female Complaints" etc.—when Constipation is causing all the pain. Cure the liver and make the bowels move regularly with "Fruit-a-tives" and the "Womb Trouble" will be cured at the same time. "Fruit-a-tives" or "Fruit Lax Tablets" are sold by dealers at 50c a box of 6 for \$2.50—or will be sent on receipt of 25c. Fruit-a-tives Limited, Ottawa.

Major Powell-Cotton, who was only a few yards distant. The latter instantly fired his barrels, but this failed to stop the lion, and the explorer, on turning to his bearer for another gun, found that he had bolted. There was no time to reload; Major Powell-Cotton hurled the gun into the lion's face and turned to run. As he did so, the wounded animal springing, and discharging his claws in Major Powell-Cotton's back and legs, bore him to the ground. The infuriated lion, which it was subsequently found had had its jaw smashed by one of the bullets, tore the victim's coat to shreds and vainly endeavored to raise his head and get at the eyes. It then attempted to tear open the abdomen, but owing to a folded copy of "Punch," which Major Powell-Cotton had in his pocket, the brute's claws were unable to penetrate to the flesh. While Major Powell-Cotton lay almost crushed under the animal one of the porters rushed at the lion and hit him on the head with a stick. At the same time the Waganda headman with great pluck ran up and slashed the animal across the eyes with a whip. This diverted the beast's attention, and at that moment an Askari shot him dead. It was then found that Major Powell-Cotton had received several wounds. He, however, rode to the nearest Belgian camp, where he was nursed back to health by Commandant Bastien. This incident happened on a Friday and it was the explorer's thirteenth lion.

Refining Influences.
"Apropos of nothing," began the girl. "will some one tell me why some people, whom I should say (for the man who never gets past it eventually drifts to the club-house or the saloon), find their idea of home centered in the kitchen?"
"Illustrate your remark," suggested the man from Ohio, "and we may be able to throw some light on the problem."

"The other day a matter of business took me to the home of a woman whom I had met on several occasions. She presents quite an appearance, you know, just the sort of a mistress you would expect to find in the pressed-brick house in the refined neighborhood to which her street address brought me. She met me at the door, but under her own-roof somehow, the dignity and self-possession which I had so much admired in her abroad had abandoned her, and she stood, instead, a fussy, inconsequential housewife, less at home in her tastefully furnished parlor than a stranger. I was. Scarcely was I seated when her hospitality drove her to the kitchen to make me a cup of tea. But she was loquacious as well as hospitable, and as we could not very well carry on a conversation with the reception hall and dining-room between us, she invited me to come to the dining-room. Still she seemed to be out of her element in this well-equipped apartment, and then she asked me if I would not put formality aside and come to the kitchen."

Chronic Coughs Cured
Mrs. Joseph Eccles of Dromore, says: "I took 4 or 5 bottles of Psychine, and a cough I had continually since my childhood disappeared. It is the best remedy for chronic coughs that I ever used."
Thousands of living witnesses pronounce Psychine the greatest medicine in the world. It is not a patent medicine, but a prescription of a great physician. Put it to the test in any case of throat, lung or stomach trouble or any run down or weak condition. At all druggists, 50c and \$1.00, or Dr. T. A. Stocum, Limited, Toronto.

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The new English Spray Fluids for Orchards and Fruit trees.
Cleans trees of Lichen, Moss & Fungi, including Black Spot, destroys Mussel Scale and American and other blight; Cankerworm and Bunchworm at two sprayings per annum.
For full details apply to
G. W. SHIPTON,
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N. B.—The advertiser having undertaken work in England wishes to dispose of one or both of his farms ONE A.T.M. schelle including 17 acres of good dyked marsh and orcharding up to 500 barrels;
One at Bridgetown with 8 acres good dyked marsh and orcharding up to 150 barrels.

"And you went?" asked the Man, lazily.
"I hope I have too much good breeding to refuse, if she asked me to go to the cellar!" exclaimed the Girl.
"It was a clean kitchen, a model kitchen in fact, still, it was the kitchen. But I saw that at last the woman was perfectly at her ease. She sat on the cane-bottomed chair with a grace she had not been able to assume in the parlor, and I found myself thinking that she was growing quiet and dignified. When the tea was ready she threw the folded tablecloth across the table—then I saw the tragedy of it all!"
"And you couldn't drink the tea?" inquired the Man.
"No, I swallowed it, hot as it was, but my empty cup did not suggest a return to the parlor. We sat there so long! And while she talked, all the life of that household seemed to fold itself to me by means of that folded, untidy tablecloth. Here in the kitchen, was all they knew of home. The meals for the day were good, and were cooked in this spotless apartment; then came, amid the clutter of pans and skillets and pans (for the better the meal the more of utensils are required) from a carefully set table. While the dishes were being washed, the husband would read the evening paper, the children study their lessons; then the man would wander out to meet his friends, and the woman would read the news, sew and talk with the children until bedtime. The upstairs chambers, well and daintily furnished, were only known as places to sleep in; the parlor and dining room were only entered when company came or on special occasions, and the others were as much strangers there as the mother-in-law in the closet were pretty china, silver, napkins, and many table-cloths—I know not if they were ever used."

"Yet in this house were the means for refined living. Both mother and father were fitted to enjoy it, and a little willingness on their part would have drawn to them congenial people. The result to the children would have been of untold benefit. Instead of growing up without the ease which we give, they would be accustomed to beautiful things in their own home, and would not have to grow acquainted with them elsewhere. Eating in the spacious dining-room, at the well-appointed table, would be something more than the mere gratification of appetite. The entire tone of the family would be raised by simply coming to enjoy the little luxuries and many comforts that abounded in the house."

"And, most important of all, the father might spend his evenings with his family," observed the Man. "We don't say much, but we do like to enjoy all of the home we have built. Again, it is the children, to see that any one thinks things like carpets and chairs and silver are too good for our daily use. The entire trouble, my dear Girl, is that you women think too much of things. What is a carpet, that a man and his children should be interested in placing a foot upon it? save in the awful presence of visitors?"
"Perhaps," said the Girl, defending where she had been blaming, "if you had to sweep a carpet after a man and his children had spent an evening on it, you would find how momentous a thing it can be."

"Sweeping is good exercise," he rejoined. "I read the other day that a celebrated actress says the best ardevelope is the use of an old-fashioned broom."
"But the actress doesn't have to bake and brew, make and mend, and do a thousand and one things besides," observed the girl. "If she did, what is the use of arguing! But I do wish every woman would determine to enjoy every bit of beauty, comfort, and happiness her home affords, and train up her children to do likewise."

—Rosary Magazine.

Stop an Earache
—or any other kind of ache or pain.
Use a remedy that you can depend upon.
You don't take any chances with **Johnson's Anodyne Liniment**—it has a 97 years' record of successful cures to prove its reliability. If you have an earache, headache, or stiff neck, just apply **JOHNSON'S ANODYNE LINIMENT** and see how quickly it will relieve. It's just as effective in healing cuts, burns, scalds, bruises and contusions—just as sure in curing lame backs, muscular rheumatism, sciatica, lumbago, stiff joints, strained tendons and all the other outside aches the body is heir to. Don't delay—apply at once—the sooner you do it the quicker you are well. Get a bottle now—have THREE TIMES AS MUCH ANODYNE. Act. June 30, 1906. Serial Number, 512.
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Health in every cup of
COWAN'S PERFECTION COCOA
Very nutritious and very digestible. Give it to your children and drink it yourself.
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Spring Millinery Opening.
Miss Ethel Saunders, late of one of the leading Millinery Rooms in Boston, has taken charge of Miss Lockett's Millinery Store and will show American and English Pattern Hats on April 10th to 18th, and following days.

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I have bought a carload of first class carriages direct from the factory of A. S. Fillmore, South Hampton, N. S. and I have a number of styles to select from including several up-to-date cushion rubber tired carriages. These goods are thoroughly built by competent workmen in our own province and deserve your patronage. Give me a call and look over the goods and I think you will be satisfied.

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