

"I HAVE GAINED FIFTEEN POUNDS

Since Taking "Fruit-a-lives" And Feel Like A New Person"

DRYSDALE, ONT., June 15th, 1913. "I am a general storekeeper at the above address and, on account of the great good I have experienced from using "Fruit-a-lives", I recommend them strongly to my customers. They were a great boon to me, I can tell you, for about two years ago, I was laid up in bed with vomiting and a most terrific pain at the base of my skull. This pain nearly drove me mad. Doctors feared it would turn to inflammation of the brain, but I took "Fruit-a-lives" steadily until I was cured. I have gained fifteen pounds since taking "Fruit-a-lives" and I verily believe they saved me from a disastrous illness".

J. A. CORRIVEAU.
50c a box, 6 for \$2.50, trial size, 25c. At all dealers or from Fruit-a-lives Limited, Ottawa.

Handy Shipping Box

For shipping poultry, fruit and vegetables an inventor has patented a crate that folds completely for shipping when empty.

Uses Lots of Leather

Although the United States has more cattle than any other country except India it is the world's greatest importer of hides and skins.

Grain Storage Capacity

The grain storage elevator of Fort William and Port Arthurs is 41,935,000 bushels, and ranks second among the cities of the world as a grain storing centre, exceeded only by Chicago, Ill., with elevator capacity of 45,360,000.

Produces Much Mica

Canada is one of the three principal mica-producing countries of the world, the others being India and the United States. The average value of the mica produced annually in Canada during ten years was about \$185,000.

The Orb of the Earth is Far Flung Foster's Field

Mr. H. F. Gadsby Presents a Striking Pen Picture of Canada's Minister of Trade and Commerce---Has Been Gadding About Like a Wandering Jew---Has as Much Red Blood as a Preserved Fish---His Sad Whiskers

(Canadian Liberal Monthly)

Introducing the Minister of Trade and Commerce, better known as Far Flung Foster.

The British Empire is far flung, but it is not far enough flung for George Eulas Foster to fling himself in. The orb of the earth is his field. One of his first acts when he became Minister was to dismiss Mr. P. O. Larkin and appoint himself Canada's representative on the Imperial Trade Commission which was to be a non-political body. One reason for dismissing Mr. Larkin was that he is a Liberal; another was that Foster needed a roving charter that would take him away from Ottawa; still another was that it would give him an opportunity for globe-trotting and sight seeing at the public expense while calling the Junkets by the name of duty.

Any one of these three reasons would have been enough for Foster, but three reasons of a kind beat two pairs so the result is that he has been away from Ottawa in distant parts of the world for three-quarters of his time, and his Department of Trade and Commerce, which might have been made a fine instru-

ment of Canadian expansion, is a standing joke. The office gives him a place to hang his hat, a chair to sit in, an excuse for foreign travel, monuments of ten thousand a year and a prince's expense account. That's about all Foster wants out of it. As far Cabinet meeting they can go hang, Foster's away in far Cathay, avoiding the Canadian winter.

At the back of this wander lust is pique. You will remember that Foster had his fling once before in the 'Nest of Traitors.' He had it again in the affairs of the Union Trust Company which were the subject of a legal investigation. So when his party came to power, instead of making him premier, they side tracked his spotted past in the Department of Trade and Commerce and Far Flung Foster instead of trying to live it down by good deeds flung out in a rage and has been circling round and round the world like a maddened equator ever since. The only time he cares to be on the spot is when his leader Borden is seeking health in Virginia and then he loves to be Acting Premier on the off chance that the dear

fellow will not get better. Speaking generally, however, Foster's motto is that you can always go home when there's no place else to go to.

A GREAT TRAVELLER

As far as the cartoonist can do it in a one column cut, he has pictured Far Flung Foster with the graces of travel still clinging to him. You notice the cap with the button, the badge of a mandarin of the first class—he picked that up in China. The kimono is the result of his sojourn in Japan. The boomerang is a souvenir of his Austral visit. He is playing on a samisen. The pine apple typifies his West Indian triumphs. The cross-legged attitude is a prevailing Eastern custom. These and a few literary impressions of Korea and other countries with which he entertains Canadian Clubs here and in the United States are about all Foster brought home with him. Trade and things like that he leaves to professional drummers he scorns to soil his hands with it. They say travel is a great educator and yet with all his travel Far Flung Foster has not learned to have a meek and lowly spirit. He hates his colleagues like cold boiled veal.

Since he foreswore reciprocity in 1911, he has been telling audiences that he saw the Underwood tariff coming and that's why he behaved as he did. Without confronting him with his speeches of 1911 or calling him a liar, we will say that he has a useful gift of talking his memory to sleep, and let it go at that. Recent utterances indicate that even now he has only a stepmother's love for lower food taxes, his idea of helping the cost of living being almost anything so long as it does not interfere with the tariff.

He has not had the nerve to deny what he said about the Canadian navy in 1909, when he spoke and voted, as did Premier Borden and the Conservative party in the House of Commons, as in fact Parliament did unanimously, in favor of what afterwards became the Laurier policy. Faced with his words the best this brazen old cynic can do is shrug his shoulders and say he has had a change of heart.

HIS SAD WHISKERS

This brings us back to his picture again. Did you ever see sadder whiskers? For a time while hope beamed and there was a chance that Premier Borden would not fit there was a hectic flush on Far Flung Foster's cheeks and a bright light in his eye and he took to trimming his whiskers to a point, but as hope faded he grew careless, his whiskers reverted to type, so to speak, and presently he began to gad about like the Wandering Jew. Poor Foster! He started as a free trader and he swallowed that. He rose to notice as prohibitionist and he had to swallow that to get into Sir John Macdonald's Cabinet. He had some business scruples and he had to swallow them in the course of a short, but disastrous business career. All the way through the

The bright, cheerful appearance, free of dust and sediment in a cup draw, is in striking contrast to many other Teas on sale

"SALADA"

THE FLAVOR IS DELICIOUS } SEALED
THE PURITY ABSOLUTE } PACKETS
ONLY

Black—Mixed or Natural Green.

E66

wretched man has had to swallow his own opinions. Eating crow is no fun. If the man looks sick put it down to that.

The trouble with Foster is that he has about as much red blood as a preserved fish. His party stands for him because he is a fluent speaker. Being a voice and nothing else he has the same influence in the party as a good phonograph. If the party were so unfortunate at this moment as to lose Premier Borden and had to choose between Bob Rogers and Far Flung Foster as his successor I think Bob would land it.

LOWER QUEENSBURY.

Dec. 12—The weather for the past week or so has been very warm for the time of year.

Some of the young people of this place, attended a pie social and entertainment at Lower Line/Queensbury. All reported to have been well pleased with the entertainment.

Our teacher, Miss Mary J. Scott, and the young people of this place, are practising for an entertainment which they will give at a basket social which will be held in the school house on the 17th.

Quite a number of the young men of this place are working for Murray Murch in the lumber woods.

Miss Bertie Cliff, who has been on the sick list, is improving, we are glad to say.

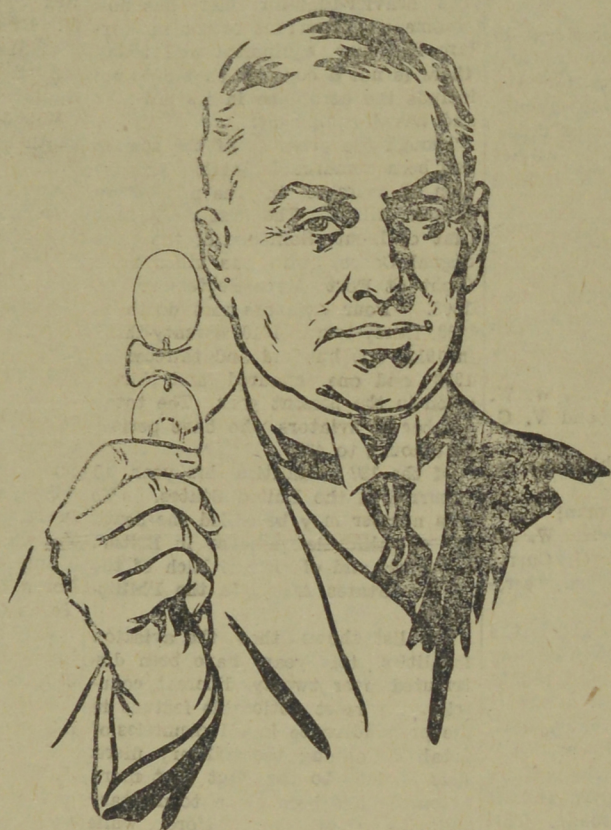
Mrs. Eunice Moore, who has been confined to her bed of late, is improving somewhat.

Miss Grace Gunter, who has been visiting at her sisters at Four Falls, has returned home.

Miss Ruby Jordan has also been on the sick list but is now able to be around again.

Nature has at last made a bridge across the river and if it keeps cold we will soon have good crossing.

We are beginning to hear wedding bells quite plainly in the very near future.



Some Can

And Some Cannot

Drink Tea and Coffee Without Dangerous Results--

But if you intend to win out in life you will need a clearer head and steadier nerves than the tea or coffee drinker usually has.

Tea and coffee contain caffeine, a subtle, poisonous drug, and the use of either as a daily routine beverage causes more or less disturbance of the nerves, heart stomach, liver, or some other organ. This may not show for a time, but the drug, caffeine (from 11-2 to 3 grains to the cup) is a cumulative poison and, for most persons, a day of reckoning will surely come.

But why wait until Nature drives home her arguments against tea and coffee? Try this easy rest---quit tea and coffee 10 days and try POSTUM.

After a few days the habit-forming drug, caffeine, will be eliminated from the system and the gradual return to old-time comfort will be the best evidence that tea and coffee were "getting you"

There's no headache or pains of any kind in Postum. It is a pure food-drink made only of choice wheat and a little New Orleans molasses, and is absolutely free from caffeine or any other drug.

Postum now comes in two forms.

Regular Postum---must be well boiled to bring out its delicious flavor and food value.

Instant Postum---(the new form) is a soluble powder. A spoonful stirred in a cup of hot water, with sugar and cream added, makes a perfect cup, instantly.

The person who has to bother with aches and pains from tea and coffee is badly handicapped, but it is easy to shift to

POSTUM

And the change works wonders---

"There's a Reason"

CANADIAN POSTUM CEREAL CO., LTD., WINDSOR, ONT.



"In the Case of MY Little Girl--"

In choosing and using a soap for your "Little Fairy" you will find no soap so mild, so neutral, so agreeable to tender skins as FAIRY SOAP.

Being made from products that you could eat, FAIRY SOAP agrees with even the tender skin of a babe.

FAIRY SOAP

is white—pure—floating. It comes in a handy oval cake. We could charge you five times the price asked for FAIRY SOAP and we could add nothing to its quality.

In higher-priced soaps you are paying for high-priced perfume and fancy wrappers—not better soap.

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THE N. K. FAIRBANK COMPANY
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