

HER LITTLE SON WAS DYING

Gave Him "Fruit-a-tives" And Saved His Life.

CAMPBELLVILLE, ONT., May 5th, 1913. "Our little boy, Lawrence, was sorely affected with Chronic Indigestion, and the doctor did not think he would recover. He started with a sore mouth and it developed into this other trouble. Everything he ate just passed right through the system without change. He cried incessantly and life was a misery to him. My husband had been using 'Fruit-a-tives' for indigestion, getting much benefit from them, and I thought what did him good, might help our boy. We tried 'Fruit-a-tives' giving Lawrence 1/2 a tablet at a dose, and the result was marvellous. Today, he is the picture of health, and he is perfectly well."

MRS. J. VANFLEET.

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

THE LAND OF PROMISE

Canada has good land, free land, and cheap land.

Canada offers a man and his children each a chance to make a living.

Canada's laws and institutions are based upon those which have proved beneficial to the British Empire, and they are enforced.

Canada's wages are higher than the higher cost of living.

Canada is near enough to allow anyone to go to the Mother Country for a brief holiday.

Canada already grows sufficient foodstuffs to feed the British Isles, and she intends to eliminate the foreign supply in the British market.

Canada's resources have only been scratched in a few places, and her natural wealth is largely undiscovered and unmeasured in value and extent.

Canada's railway mileage already exceeds that of Great Britain.

Canada gives the poor man a chance of being his own master, denied him elsewhere.

Canada offers safe and profitable returns on the investment of capital.

Canada is the land of sunshine.

Canada's flag is the Union Jack.

Canada's cereal crop of 1912, loaded in 30-ton goods trucks, in one continuous train, travelling at 30 miles an hour, would oblige a person to stand on the station platform six days and nights to see this train pass by.

Canada is the land for the fit, and needs no workhouse, nor does she tolerate the wastrel.

Canada will always find work at good wages for the capable worker.

The demand for workers always exceeds the supply.

Canada has invigorating winters, full of healthy recreation.

Canada produces men that have a mighty respect for women.

Canada is a land still in the making, profiting by the mistakes and wisdom of older peoples.

Canada can supply all the bread and cheese the Old Land wants any year.

Canada has a magnificent educational system under which public control from kindergarten to university.

THE MEN WE NEED

The Farmers Advocate says: "From experience we believe that it is not profitable for the man from the country to try and persuade an immigrant, to whom the very mention of the country is distasteful, to go with him to the farm. Such men are usually failures as farm helpers, and after a short period of from a few days to a few weeks or months shake the country clay from off their hob-nailed boots and hurry back to city rooming houses. If the man loves the city and despises the country leave him there. But this is not the main question. Are we getting the right class of immigrants? We know that some of them are what this country most needs, but are the majority of that class? There is room and to spare in Canada, but at the present stage of her development she needs men willing and ready to get out and till her broad acres. Our great industrial enterprises have taken all the available men, and many a community has been stripped of its native born as well. Canada needs farmers and farm laborers far more than she requires city loafers."

CAPE TOWN TO CAIRO

This Road When Completed Will be 7,774 Miles Long

The announcement that the Belgian Government has ceded Great Britain a strip of land in the Congo marks an important step towards the completion of the Cape-to-Cairo Railway. This strip will make it possible for the railway to traverse British territory over the whole of its length of 6,944 miles, that being the distance from Cape Town to Cairo, or 7,074 miles, if we include the journey to the sea at Alexandria. The astonishing progress which is being made with this scheme for opening up "darkest Africa" to civilization and commerce may be gauged from the fact that rails have already been laid to Bukama, right in the heart of the Congo, though at present passengers can only travel as far as Elizabethville, some 2,325 miles north of Cape Town.

Feeding Brood Mares

An interesting experiment carried out by G. L. Carlson in connection with the feeding of brood mares seems to show that oats are better than corn for breeding mares; that oats and bran are better than oats alone, that hay without grain is better than with grain, and that natural conditions on grass beat everything. The following table gives the results:

Feed	Breed Age	No. of	%
Range feed	468	10	425
Grass in summer	183	9	161
Hay, oats, bran	208	9	147
Hay and corn	398	8	195
Corn, bran, hay	231	3	117
Corn, alfalfa, or clover	306	8	177
Hay, oats	418	9	284



SLAPPED LION'S FACE

Amazing Adventure of English Football Player in the Jungle

Perhaps the most amazing episode in the career of Richard Corfield, who it will be remembered, was killed in Semalland not long ago, while acting against raiding Dervishes, and the story of whose life is told by Mr. Prevost Battersby in a memorial volume published by Arnold, concerns an occasion when Corfield was hunting lions single-handed, as was his habit.

A lion had charged Corfield, and a scene ensued which provided, "probably, the only instance on record of a football player using the 'hand-off' to prevent his being collared by a lion." The fact that the lion missed his first grip," continues Mr. Battersby, "and got a poor hold with his second, may have been due to the surprise he experienced at receiving a slap in the face from the man he was chasing, owing to which, Corfield, getting hold of a tree trunk in lieu of a goal post, was able literally to wrench himself out of the lion's jaws."

Again the lion, which was badly wounded, dashed at him. He fired and missed. "The next thing Corfield knew was that he was dodging round a small tree with the lion grabbing at him, while he was trying to hae him off. The lion missed him first only succeeding in tearing his coat but soon got Corfield's right hand in his mouth, biting it badly, while pursuing him round the tree."

Fortunately, at the critical moment a comrade intervened and shot the lion dead. Corfield, however, had to spend the night in his zereba, crippled, and unable to use his rifle, guarded only by huge fires, while his companion went for the nearest doctor. It was not long after, however, that Corfield was out again hunting lions single-handed.

OUR HANDICAP

W. H. Ellis, a naval architect of the Scotch firm that built the Aquitania, was praising America,

"I have come to admire America tremendously since my arrival in New York," he said. "You are a wonderful country. But then you have so many natural advantages, haven't you?"

"The River Clyde with us has been brought up to its present draught by means of dredging, and so the French are very proud of it."

"Well, a party of American sight-seers turned up their noses at the Clyde one day."

"Call this a river?" they said. "Why it's a mere ditch in comparison with our Mississippi or St. Lawrence or Delaware."

"Aweel, mon," said a Scotch bystander, "you've got Providence to thank for your rivers, but we made this oursel's."

SEWS HAIR TO SCALP

Remarkable Cure For Baldness—Gold Wires For Anchor

A method of sewing hairs to the human scalp in cases of baldness has been successfully used by Dr. Szekely at the Hospital of Saint Stephane in Budapest. The number of hairs planted in the head of one patient was as high as 50,000. One hundred hairs are drawn through punctures in the scalp in every square centimeter, and as both ends are left free this makes over 1,000 hairs to each square inch.

In the operation very fine gold wires are used 1-500 of an inch in diameter and fine long hairs from a woman's head are attached to these. The gold loop acts as an anchor, which after sterilization is introduced into the subcutaneous tissue, where it is slightly twisted, thus holding the hair in permanent position. It is claimed that 500 hairs can thus be planted in three-quarters of an hour. A special instrument has been designed by Dr. Szekely for planting the gold wires, which are so fine that after the work is completed for planting 50,000 hairs there is only one gramme of gold left in the scalp. The hair becomes perfectly natural after a capsule of tissue forms around the gold knot. The inflammation entirely disappears within ten days after the operation and no evil results have ensued from any of the planting. The doctor's earliest patient, who underwent the operation seven years ago, now has a beautiful head of glossy hair.

COMPULSORY TRAINING

Advocated by Preacher as Best Means to Secure Peace

"I look forward to the day when compulsory military training will be enforced throughout Canada. Military organizations and military training are one of the strongest agencies for the upbuilding of a strong, virile manhood," said Rev. T. Crawford-Brown, chaplain of the 48th Highlanders, addressing Toronto's citizen soldiery.

"To be prepared for war is the best security for peace; to be armed to the teeth and to be prepared for every emergency is the best course to take to maintain the honor and prosperity of a nation. Has not British prestige done more to maintain peace than any other force in the world? Where there is of security there cannot be national prosperity."

"How can we go on enjoying this security without assuming our part in the maintenance of that security? No British subject is worthy of the name of patriot who is not willing to aid in upholding this prestige which has so long protected us. The soldier is actuated by the highest ideals of citizenship."

The dangers which he might be called upon to face for the sake of his country were described. True patriotism was never ostentatious. It was necessary to have discipline developed, for even God himself could not lead a mob to victory.

CANADIANS IN NAVY

Eight Graduate Cadets Per Year Admissible to King's Ships

Arrangements have been made by the Dominion Navy Department with the British Admiralty whereby not more than eight graduates of the Royal Canadian Naval College at Halifax, N.S., will be taken every year into the British navy as cadets.

For some time the Admiralty has not been taking any young men from the college at Halifax, and, as the number of the ships in the Canadian navy is very limited, the prospects were not encouraging for lads who desired to go to sea. Cadets in the British navy get very small wages, so that young men thinking of going as such need to be assured of an allowance from their parents.

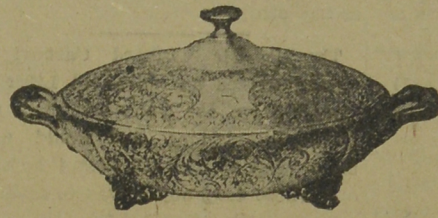
Lights For Mayor's House

The position of Mayor of New York has a curious privilege attached to it. It has long been customary to erect two street lamps out of the city fund, in front of the mayor's private residence, and to keep them alight at night, not only during his term of office, but during the remainder of his lifetime should he so desire. The practice originated in the days when New York was little more than a village and the mayor was its only magistrate.

Big Money In Fruit

A dispute between two Greeks, who had been joint owners of a fruit stand at Vancouver, which was carried to court, revealed the fact that splendid profits had been made by the partners. The evidence showed that for a long time each drew about \$700 a month as profits from the business.

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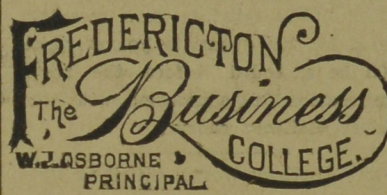
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"Tea and Coffee

are just as harmful to children as alcohol is to grown-ups," says Dr. Charlotte Abbey, superintendent of the Women's Directory.

The reason why tea and coffee injure anybody is because these beverages contain the poisonous drug, caffeine, [from 1-12 to 3 grains to the cup], which physicians have long known effects the heart, stomach and liver.

Children especially, with their delicate nerves, are susceptible to the action of caffeine, and should never be allowed to have tea or coffee or any other beverage containing drugs.

Thousands of adults have found that their headaches, nervousness, indigestion and sleeplessness have vanished when a change was made from tea and coffee to

POSTUM

"There's a Reason"

Postum contains no caffeine or any other injurious substance. Made from whole wheat and a small per cent of molasses, it is a pure food-drink, having a delightful flavour, and containing the nutritive values of the grain. That's why it is good for both children and grown-ups.

Postum now comes in two forms:

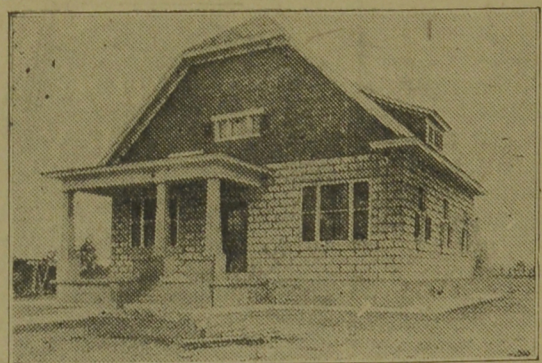
Regular Postum--must be well boiled. 15c and 25c packages.

Instant Postum--a soluble powder. Made in the cup with hot water. No boiling required 30c and 50c tins.

The cost per cup of both kinds is about the same.

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