

OWES HER LIFE TO "FRUIT-A-TIVES"

Cured Both Stomach Trouble
and Headaches

PALMERSTON, ONT., JUNE 20th, 1913.
"I really believe that I owe my life to 'Fruit-a-tives'. Ever since childhood, I have been under the care of physicians and have been paying doctor's bills. I was so sick and worn out that people on the street often asked me if I thought I could get along without help. The same old Stomach Trouble and distressing Headaches nearly drove me wild. Sometime ago, I got a box of 'Fruit-a-tives' and the first box did me good. My husband was delighted and advised a continuation of their use.

Today, I am feeling fine, and a physician meeting me on the street, noticed my improved appearance and asked the reason. I replied, 'I am taking Fruit-a-tives'. He said, 'Well, if Fruit-a-tives are making you look so well, go ahead and take them. They are doing more for you than I can'.

MRS. H. S. WILLIAMS.

"Fruit-a-tives" are sold by all dealers at 50c. a box. 6 for \$2.50, trial size 25c. or sent postpaid on receipt of price by Fruit-a-tives Limited, Ottawa.

DEATH KISS GIVEN CHAUFFEUR BY GIRL

Seattle, July 28.—The sudden impulse of Bessie C. Holmes a Ballard girl, to kiss and embrace Joseph J. Taylor, chauffeur, on an automobile ride, cost her life and that of Wellwood, Murray, a young lawyer, when the machine crashed into a fence and overturned. Irene Helliwell, daughter of the auditor of the National Bank of Commerce, the other woman of the party, is lying in the receiving hospital dangerously injured. Taylor escaped with bad cuts and bruises.

Cook's Cotton Root Compound.
A safe, reliable regulating medicine. Sold in three degrees of strength—No. 1, \$1; No. 2, 50c; No. 3, 25c per box. Sold by all druggists, or sent prepaid on receipt of price. Free pamphlet. Address: THE COOK MEDICINE CO., TORONTO, ONT. (Formerly Windsor.)

METAL PRODUCTION IN OREGON

Washington, D. C., July 30.—The mine output of gold, silver, copper and lead in Oregon in 1913, according to a report made public today by the United States Geological Survey, was valued at \$1,746,202 compared with \$849,886 in 1912 an increase of more than 100 per cent. With the exception of copper all these metals showed an increase in output. There were fewer mines in operation in 1913 than the year before but the tonnage from deep mines was materially enlarged, and the placer mines, including one new dredge property, made a record year.

PEOPLE SHOULD GUARD AGAINST APPENDICITIS

Fredericton people who have stomach and bowel trouble should guard against appendicitis by taking simple buckthorn bark, glycerine, etc., as compounded in Adler-ika, the German remedy which became famous by curing appendicitis. JUST ONE DOSE relieves sour stomach, gas on the stomach and constipation INSTANTLY because this simple mixture draws off such a surprising amount of old foul matter from the body. George Y. Dibblee.

CANADIAN TEACHERS ARE ENJOYING THEIR TRIP

Brixham, Devon, July 15, 1914.

A delightful sail over Torbay in charge of a number of guides brought us to Brixham, a town of great antiquity. Upon landing on the pier we had great difficulty in reaching terra firma so great was the crowd and so persistent was the individual to obtain a nearby look at the Canadians. No wonder, for some of the lady teachers were attractive-looking and winsome. At the head of the pier space was made for the visitors, after some difficulty and a warm welcome was extended by the mayor and other officials. The greeting was warm and the welcome most hearty. For several days we had been traversing historic ground but here was the very spot upon which King William of Orange, away back in the sixteenth century, landed in Brixham and the spot is marked by a circular stone two feet high and three feet in diameter. But further up in the city the guides brought us to a large statue of King William, whose carved features are claimed to be a life-like portrayal of his expression. While listening to the mayor's eulogy of the great king, I could not help regretting that among the crowd of Canadians my own section was not more largely represented, to wit, the M.P. for York and P. G. Master Thomas would have done justice to the occasion had they been with the party.

HOLIDAY PROCLAIMED.

The Brixham Education Board proclaimed a holiday in the schools, greatly to the delight of the children who followed us through the streets, and windows of the houses were filled with women and children all surprised to find that we looked and dressed much like themselves when they expected to see Indians with tomahawks. After a tramp over hills we came to the veritable landing place of Napoleon just previous to his banishment to the Island of St. Helena. A little farther up the ramparts we came to the historic home of the late Rev. F. J. Lyte, the author of the world renowned hymn, "Abide With Me." His aged daughter, who still resides there, as a very great favor, showed the Canadians the original copy of the hymn written in a neat hand on a sheet of note-paper. We were not allowed to handle it, but by passing in line we all saw the well preserved document and before leaving the premises the first and last verses were most heartily sung. Our next move was up the downs to the military ramparts and naval signalling station several hundred feet above the sea, where sailors freely explained the working of the signals. Here the local teachers provided the hungry party with a most appetizing repast. People from miles around assembled on the grounds and many enquiries were made about sons and daughters who had gone to Canada. It seemed to be a great satisfaction to meet a teacher from the town where their boy resides. One gentleman and his daughter travelled from Bristol to learn of a loved boy in a certain town in Saskatchewan and while their boy was unknown, they learned of a neighbor's boy, son of a doctor in Bristol.

The fish market, the costermonger and the peculiar people about the city cannot now be described. We hastened to the steamer and returned to Torquay to accept the seats reserved for us at a delightful entertainment arranged for us in the Pavilion. Next morning it was all aboard for Exeter.

MR. NEY'S GOOD WORK.

After breakfast big vans were loaded with grips, suit-cases and trunks

(most of the trunks were forwarded to London from Plymouth) and we crowded into big tallyhoes for the depot. The convenience of a trip like ours is shown by the fact that we do not think of ticket office. We have not seen a steamship or railroad ticket since we left Montreal. Our trains are all special and en route from one city to another we are furnished with a souvenir guide-book and given a card indicating the name of the hotel we are to go to and the number of the room of the hotel we are to occupy. This excellent system is all worked out by Mr. F. J. Ney, the honorary organizer, and his brother Frank, both of whom are very popular.

We eventually reached the staid city of Exeter with its fifty thousand population, its scores of churches, hotels and public buildings and monuments. After luncheon we were welcomed by His Worship the Mayor, a typical Englishman, and by the aldermen. The mayor expressed regret at the inability of the lady mayors to be present owing to indisposition. This welcome took place in the Guildhall. The common seal of Exeter is one of the oldest in the realm and is still in use. It dates from 1170. Many important and interesting articles and documents were shown us. In the evening each member of the party received an official invitation from the mayor and lady and the high sheriff and wife to attend a garden party next day. We were all there but perhaps not in regular dress but the officials and the English ladies and gentlemen were most kind in their efforts to make the Canadians feel at home. The grounds were simply magnificent and the Canadian flag was prominent here as well as a Guildhall. The band of a British regiment furnished a good musical program. Another event of unusual interest was the visit to the famous Cathedral where we were received by the archdeacon, who spoke appreciatively of Canada, then led us about the beautiful edifice and was most happy in describing details. I cannot attempt any details. Tablets of record abound on its walls and massive windows.

We visited the schools at their work and were most favorably impressed. In fact, the children in several respects I fear would down our pupils.

A statue of Sir Redvers Buller, on horseback, as well as that of other heroes of the Boer war, were of interest to us.

We are now ordered to pack our grips for Oxford.

Chas. D. Simpson.

DR. DEVAN'S FEMALE PILLS Reliable monthly medicine for a Female Complaint. 50c a box, or three for \$1.00, at drug stores. Mailed to any address on receipt of price. THE SCORRELL DRUG CO., St. Catharines, Ontario.

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AUNT CHLOE'S SAFETY

"Auntie," he said, "do you think you are a christian?"
"Yes, brudder, I 'spects I is."
"Do you believe in the Bible?"
"Yes, brudder."
"Do you know there is a passage in the Scriptures that declares that nothing unclean shall inherit the Kingdom of Heaven?"
"Yes, I 's heard it."
"Well, you smoke, and there is nothing so unclean as the breath of a smoker. So what do you say to that?"
"Well, when I go there I 'spects to leave my breff behind me."

The Oldest, Simplest, Safest and Best Remedy

For **Diarrhoea, Dysentery, Cramps or Pain in the Stomach, Colic, Cholera Morbus, Cholera Infantum, Summer Complaint and all Looseness of the Bowels is**

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When you ask for Dr. Fowler's be sure you get the genuine, as some of these no-name, no-reputation, so-called strawberry preparations are being palmed off on the public on the reputation built up by "Dr. Fowler's."

Manufactured only by The T. Milburn Co., Limited, Toronto, Ont.



MRS. JEAN KANE FOULKE

Mrs. Jean Kane Foulke is Pennsylvania's woman farm adviser. A part of her duty is to talk to and with farmers' wives for their own welfare and interest.

"Any woman on a farm," says Mrs. Foulke, "be it wife, mother, sister or housekeeper, ought to know all the business that is going on around the farm. Too often I find they do not know. My idea is that every woman ought to know how to run her husband's farm. Then, if he dies, and she is left with children, she can bring them up. As it is, generally she has to sell out and go to some city, where nearly everybody in the family almost starves."

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