"Fruit-a-tives" Brought Him Perfect Health

Avon, Ont., May 14th. 1913. "I am younger since I have been taking "Fruit-a-tives". I was troubled very badly with Piles, Constipation and Stomach Disorder, but I found "Fruit-a-tives" was the panacea for the whole

three.

Now I am free of all those diseases and enjoying perfect health, and able to work whenever I like. Five years ago, I started taking "Fruit-a-tives". I took two every night and they worked wonders for me.

No other medicine I could get was so good and I took lots of different remedies before I found out how good "Fruit-a-tives" were.

dies before I found out how good "Fruita-tives" were.

I keep "Fruit-a-tives" on hand all the
time, and am never without them. I
even take them with me when I go
motoring, so I can have them handy.
"Fruit-a-tives" are worthy of every good
word I can say about them. The fact
that they cured me of Files, was something to be everlastingly thankful for"

CHOP CAN LAUP GEORGE LAUR.

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

An Anelent Epitaph

To a Western art museum an Reyste logist presented the manumy, 3,000 years old, of a man who dwelt in Thebes in the time of Rameses II. and III. and held the official post of keeper of the scales. The epitaph reads:
"I have done good upon earth. I

honored my mother. I level my father. I was loved by my brothers and sisters. I was a friend to the weak. I collected corn for the poor. I gave clothes to the naked. I have harbored projudice ner erashed those over whom I was master. I have not said an evil word against anyone. I made sacrifices for others.

In an age whose materialistic ideas we. 9 set by oruel and rapacious rulers each bent upon aggrandisement and tame, no matter what the toll in human lives, it is something to find this simple-minded Theban merchant of the eighteenth dynasty upholding the prin-

King George's

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ciously sweet and non-irritating.

It surpasses all others in quality and flavour because the process by which it is made differs from others.—It is deli-

SUCTION COTTON PICKER

Vacuum Apparatus Straps Across Back of the Werkman

Several hand devices in the term the vacuum principle to this work. try's mineral production. A glance at the illustration tells the



DOES WORK OF MANY WANDS

acress the shoulders of the eperator In this easing is also a screening de vice, and from it a tube leads up and over the user's shoulder. This tube has a flaring noszle. To plok the cot ton the warkman sets his suction fan in operation and moves the nozzie of the tube from plant to plant, the fluffy particles flying into it and into the reservoir, where the screen prevents them from elogging the movement of the fan. From time to time, of course, this reservoir must be emp

Keeping Tab en Rallwaymen

The "Brewn system of discipline" will be introduced on the intercolonia: ciples of kindliuess and benevolence in his personal example. Could a modern man desire or deserve a nobler record than that of Ankan Peta Hetep's sarcophagus?

merit marks and demerit marks will be kept for each employe. When the number of demerit marks exceed the number of merit marks by 60 the employe will be discharged from the

COLL M CARADA

Nova Scotta Leade in Jutput of This Mineral Production

Coal is by far the most impertant product of the Canadian mines, as of gloves have been invented to the value of the yearly output of coals facilitate catton picking, but it re- and lignites reaches thirty-five per mained for a southern man to apply cont. of the total value of the coun-

Coal is abundant and extensively stery. A reservoir containing a suc-worked on both the Atlantic and tion fan is mounted on a leather plate, Pacific coasts, and its occurrence which straps around the waist and greatly facilitates over-sea trade and local traffic on both occans.

Canada's production of coal in 1998 reached mearly 11,009,000 tons; whereas in 1866 it was only slightly over 2,000,600 tons. This is a very signifleant fact, for to a great extent the consumption and production of coal furnishes a measure by which to judge of the development of a country. In this cornection it must be remembered that Canada consumes about as much imported coal as it does of demestic product.

From the Neva Scotia fields is produced about three-fifths of Canada's total cost preduction. The main centres of production are in Cape Breton in Cumperland, in Pictou and in Inverness sounties, in all of which are very extensive collieries.

In 1902 to the total Canadian production of 11,009,000 tens Neva Scotia contributed 6,540,000 tons.

NOT IN SEISMIC AREA

Danadians Need Not Fear Banger From Earthquakes

Over the greater part of Canada, says a report of the Dominion Obserratory, we need have no fear of any hieastrous earthquakes; we are too gear the primeval reak: we have too lew formations beneath us in which the compression and adjustment take place. The weak line of the surface lous. Portions of the intestines have old wound that would be the first been taken from the leg of a patient some exceeded, is the Great Cham. Split arm bones that would not knit plain fault running down the bed of have been pinned together by silver

Mild quakes which are sometimes experienced in the Dominion are desombod as very minute manifestations although to us, small crawlers on the pierced. By brain operations upon surface, they arouse four and tremb ting in some quarters. The earth is always under strain and from various

PRIMITIVE ACCOUNTS

Knots in a String Were Probably the Earliest Reserds

counts on a plank and receipted them with a plane, was hardly equal in Ingenuity to the Antecs, who managed with string. The numbers were indicated by knets. A single knet was ten, two single knots 20, and so on The hundreds were indicated by double knots. The color of the mica produced annually in Canada during ten years was about string indicated what the numbers \$185,000. referred to. Seldiers were red, gold yellow, silver, white and corn green. This method is still in use on the sierras of the Argentine, where the herdamon keep tale of their charges in a similar way. Several strands depend from one, the first of these strands being reserved for bulls, the next for cows, the milch and dry baing differentiated, the next for sheep and so ex.

Knets were probably among the first methods of man to record figures—the knot or the mark on a bit of stick. And in the hop gardens the callyman (generally the local schoolmaster) goes around with the tally and its mark, and the most civilized excellent these persons proved it in of us still the a knot in the handker-chief when we are asked "to be sure and remember."

How A Clever Girl Helped Her Mother



DELORAINE, MAN. I must tell you about my mother, She thinks there is no other medicine, as good as GIN PILLS, for Backache. She tried a lot of other medicine for her back. Sometimes she would get a little better, and then be as bad as ever.

Then a friend advised me to get GIN PILLS. Mother tried them and has not been troubled with backache since.

Backache is the surest sign of Kidney
Trouble—and GIN PILLS are the surest
cure for weak, sick Kidneys. If you are troubled with backacha, don't hesitate a moment but get QIN PILLS and you will get relief. If QIN PILLS do not do all that we say they will—let us know, and we will cheerfully refund you your money. 5ec. a box, 6 for \$2.50. If your dealer does not handle them, write us for tree sample have write us for free sample box.
National Drug and Chemical Co., of Canada, Limited, Terente. 204

SURGICAL MARVELS

Some Results of Study and Expert ments by Enthusiasts

Modern surgeens perform operations which seem little less than miracuof the earth in Eastern Canada, an been removed. A piece of bone has : epen afreed, if strains were to be and used to would a diseased spine the St. Lawrence from Levis to the nails and screws. The entire lung of a dor has been removed and replaced as a hint of what may be the future treatment of tuberculesis. The calloused skin on the eyes of a child peat up energy of the earth, thus blinded from birth has been prisoners the surgical cure for crim faals has been demonstrated. Patients under a new ansisthetic method have actually watched an operation performed unpon themselves.

A generation age many of these operations which have come into actual and assured practice would have been deemed chimerical and im possible of achievement.

Produces Much Mion

Canada is one of the three prin-

ZAM-BUK IN THE HOME

Read How Useful It Proved in These Widely Different Cases

Zam-Buk's strongest point is its effectiveness in all kinds of skin diseases and injuries. Just note how widely different directions.

SORE HEEL-Mrs. C. A. Campbell of Powassan, Out., writes: "One of my heels was very badly blistered by a pair of new shoes and the poisonous dye from my stocking got into it and made a bad sore. For a week could not, put on a shoe and suffered great pain. I applied Zam-Buk and in a few days it drew the poison out

and healed the wound. BAD DUT-Mrs. J. Virgint of Onon-daga, Ont., writes: "Zam-Buk houed a bad cut which I sustained. I was hurrying across my yard one day when I slipped and fell heavily, my knee striking a sharp stone. At the moment I did not realize how hadly I was hurt but I found I had a had cut and applied Zam-Buk. This stopped the smarting very quickly and in a few days it had healed the wound completely. For cuts and bruises Zam-Buk is a splendid remedy."

ECZEMA CURED-Mrs. Antoine Arsenault of Maxiamville, P.E.I., writes: "I can highly recommend Zam-Buk to anyone suffering from eczema. I had this disease and was under doctors' treatment for two years, without any good result. then tried Zam-Buk and in the end it

Zam-Buk is just as good for piles blood-poison, festering sores, pim-ples, eruptions, cuts, burns, bruises and all skin injuries and diseases. 50c. box all druggists and stores, or post free for price from Zam-Buk Co. Try Zam-Buk Soap, 25c.

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