

STOMACH MISERY

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MR. ALCIDE HEBERT

Stratford Centre, Wolfe Co., Que.

"I have been completely cured of a frightful condition of my Stomach through the wonderful fruit medicine 'Fruit-a-tives'. I could not eat anything but what I suffered awful pain from indigestion.

My head ached incessantly. I was told to try 'Fruit-a-tives' and sent for six boxes. Now I am entirely well, can eat any ordinary food and never have a headache."

ALCIDE HEBERT.

50c. a box, 6 for \$2.50, or trial box, 25c. At all dealers or from Fruit-a-tives Limited, Ottawa.

THE S. S. LESSON

INTERNATIONAL LESSON,
JULY 10.

Review. Golden Text, John 6. 63.

QUESTIONS FOR INTERMEDIATE SCHOLARS.

Lesson I.—The Power of Faith—How were Jesus and his disciples met on their return to Capernaum? Who was Jairus? How did Jesus answer the request of Jairus? On the way to Jairus's house, whose faith did Jesus reward? What message did they receive by the way? What did they find on their arrival? What did Jesus do and say? What was the result? Tell how some others on that day had great faith, and how Jesus helped them.

Lesson II.—The Mission of the Twelve.—How long had Jesus and his disciples been traveling about together? What were some of the things he had tried to teach them? What was it now time for them to do? How did Jesus send them forth? What was their message, and what power did they have? Name the twelve and tell what you know about them. What were some of the directions Jesus gave them? How can we help to give Jesus's message to the world?

Lesson III.—The Question of John the Baptist.—How had John the Baptist angered Herod and Herodias? How had they punished him? Where was his prison? What question did the two disciples of John ask of Jesus? How did he answer them? What message did Jesus send back to John?

Lesson IV.—Warning and Invitation.—What change in Jesus's preaching is shown in this lesson? To whom had Jesus given the most of this time and labor? What then was expected of them? What caused the grief and sadness of Jesus's words? What invitation did he give? What did he mean by his "yoke"? Have you accepted this invitation?

Lesson V.—Two Sabbath Incidents.—What miracle did Jesus perform at Bethsaida? What effect did this have on the Jews? How did Jesus and his disciples again arouse their criticism? Why did the Pharisees say that this was unlawful? Where did the next discussion of the Sabbath take place? What question was asked of Jesus? What miracle did he perform before them? How do you keep the Sabbath day?

Lesson VI.—The Temperance Lesson.—What do you know of the authorship of the book of Proverbs? What is the character of the book? What are our lesson verses said to be? What results follow the use of intoxicating liquors? What is the only safe rule for us to make? What is our duty to our neighbor in this connection? Where do you stand in the battle to-day against intemperance?

Lesson VII.—Growing Hatred to Jesus.—What miracle is related in the verses just preceding this lesson? What did the people in general say of it? What was the criticism of the Pharisees? Give some arguments of Jesus. Against what did Jesus warn them? For what did certain of the scribes and Pharisees ask? Why was this a wicked demand? What was the great sign that would finally be given them?

Lesson VIII.—The Death of John the Baptist.—What was the cause of John's imprisonment? Why did not Herod kill him at once? Who was most anxious for his death? What happened on Herod's birthday? What foolish promise did he make to Salome? For what had she planned with Herodias to ask? How did Herod fulfill his promise? What did John's disciples do?

Lesson IX.—The Multitudes Fed.—Where did Jesus and his disciples go for rest? Who followed them, and why? At evening what happened? How were they fed? Where did Jesus again seek to go to rest with his disciples? How long did the multitudes remain with Jesus? How did he care for them?

Lesson X.—Jesus Walks on the Sea.—What did Jesus do after the feeding of the five thousand? What did Jesus wish to do? What occurred when the disciples were on their way? How did Jesus go to help them? How did this affect the disciples? Tell about Peter and the trial of his faith. When Jesus and Peter were in the boat, what happened? How was Jesus welcomed when they reached the shore?

Lesson XI.—The Canaanitish Woman.—What were some of the reasons why Jesus wished to go away? Where did he and his disciples go? How did they live while there? Who sought them and asked for help? How did Jesus test her belief? What did he say of her faith finally? What did he do for her? What lesson did the disciples learn from this incident?

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IN ANY QUANTITY**

For making SOAP, softening water, removing old paint, disinfecting sinks, closets and drains and for many other purposes. A can equals 20 lbs. Sal Soda. Useful for five hundred purposes.

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E. W. Gillett Co., Ltd.
Toronto, Ont.

GILLETTS
PERFUMED
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MADE IN CANADA

Lesson XII.—The Parable of the Sower.—Where did Jesus tell this parable? In what way did Jesus preach at this time? Tell the parable in your own words. Who was the "sower"? The soil? What four kinds of hearers did it illustrate? What is the "seed"? What sort of a "hearer" are you?

Lesson XIII.—Parable of the Tares.—To what group of parables does this belong? When did Jesus tell it? Why was it necessary? What is the story about? To whom did Jesus explain it later? What were the "tares"? How did Jesus explain the parable? How are you preparing for the great "Harvest Day"?

Lesson I. (Third Quarter.—Pictures of the Kingdom.—How did Jesus continue his teaching? What parables did he tell to the multitude? What did they illustrate? Where did Jesus go to explain some of the parables to the disciples? What other parables did he tell them? What was taught by the story of the finding of the treasure? How was the "pearl of great price" to be obtained? What was illustrated in the parable of the drag-net?

A flea without a dog must be awfully lonesome.

W. A. MACKENZIE & CO.

Own and Offer at Par and Accrued Interest, to Yield 6%, Payable Half-yearly

\$500,000.00

First Mortgage 6% Sinking Fund Gold Bonds

OF THE

International Milling Company

MOOSE JAW, Saskatchewan MINNEAPOLIS, Minnesota

Dated July 1st, 1910, Maturing July 1st, 1930

Redeemable at 105 on any interest date after July 1st, 1915

Principal and Semi-annual Interest payable at BANK OF MONTREAL, in Toronto, Montreal, New York and London, England.

DENOMINATIONS \$500 AND \$1,000

The Mortgage and Trust Deed securing the Bonds and the regularity of the issue have been approved by
MESSRS. BLAKE, LASH, ANGLIN & CASSELS, TORONTO

TRUSTEES

National Trust Company, Limited, Toronto. Minnesota Loan and Trust Company, Minnesota

CAPITALIZATION

| | |
|------------------------|-------------------------------|
| Stock authorized | \$2,000,000, issued \$725,750 |
| Bonds authorized | \$1,500,000, issued \$500,000 |

The Capital Stock and Bonds issued represent an actual cash investment.

EARNINGS

Average Net Earnings Last Three Years, \$176,325 Per Annum.

Net Earnings for Six Months Ending February 28th, 1910, \$204,634.20

or at the rate of 80 per cent. of present bond issue, or nearly fourteen times the interest charges.

BALANCE SHEET

| | |
|---|----------------|
| Present value of Mills and Equipment..... | \$ 725,751.33 |
| Real Estate | 30,181.04 |
| Current Assets, Wheat, Cash, Current Accounts, etc..... | 997,418.31 |
| | \$1,753,350.73 |
| Deduct Current Liabilities | 780,516.50 |
| Net Assets | \$ 972,834.17 |

IN ADDITION TO THE ABOVE THERE WILL BE THE INCREASED SECURITY FROM THE PROCEEDS OF THE PRESENT ISSUE OF \$500,000.

Present Daily Capacity - - - 6,000 Barrels of Flour

The Statement of Earnings and Balance Sheet have been confirmed by Messrs. Marwick, Mitchell & Co., London, England.

PURPOSE OF PRESENT ISSUE

The present issue of Bonds is to provide for enlargements to the Moose Jaw Mill, the establishment of an oatmeal mill at that point, and for the purpose of additional elevators.

SECURITY FOR BOND ISSUE

The Bond Issue is a First Mortgage on all the property of the Company now owned, or hereafter acquired. The Company now owns five mills: one in Saskatchewan, three in Minnesota, and one in Iowa, with a combined capacity of 6,000 barrels per day. The property of the Company has been appraised by the American Appraisal Company, and the property is carried in the Balance Sheet at the depreciated value.

ADDITIONAL SECURITY

In addition to being secured by a Mortgage on the Company's assets, the Bondholders also have the security of a double liability attached to the Capital Stock.

FUTURE ISSUES

It is the intention of the Company to largely increase its milling capacity in Canada by the establishment of additional mills at points to be selected, and Bonds may be issued for the purchase of, or the construction of, these mills, but only to the extent of 75% of the actual cost, and then only if the net earnings of the Company for the previous year are equal to twice the total charges for interest on Bonds issued or to be issued. The Mortgage is closed at \$1,500,000.

SINKING FUND

Under the Trust Deed a Sinking Fund is provided to be deposited with the National Trust Company, Limited which will redeem before maturity 75% of the outstanding Bonds at 105 and accrued interest, or at current market price.

Present Bond Issue Represents Only About One-third of Company's Assets

Terms of Subscription:—10% on Application, balance on delivery

Special Circular and Application Forms Sent on Request.

Subscriptions will be received by any Branch of the following Banks:—

**THE METROPOLITAN BANK,
THE STANDARD BANK OF CANADA and**

W. A. MACKENZIE & CO.

38 CANADA LIFE BUILDING. TORONTO

DON'TS FOR SWIMMERS

AND ALSO FOR THOSE WHO CANNOT SWIM.

List of Precautions Given by Members of Royal Life Saving Society.

Here are a list of very sensible do's for swimmers and also for those who don't swim by T. W. Sheffield, honorary member of the Royal Life Saving Society, of Regina. They have been published before, but the dangers they warn against are again to the fore. Mr. Sheffield would have them posted up at every bathing place or summer resort:

FOR SWIMMERS.

Don't bathe in unfrequented or secluded parts.
Don't swim away from shore, always along the shore.
Don't bathe alone if subject to giddiness or faintness.
Don't swim against the stream if you come across weeds.
Don't bathe shortly after dining; wait at least two hours.
Don't swim near dams, waterfalls, or where reeds are growing.
Don't dive into the water without first ascertaining the depth.
Don't swim without protecting your ears if subject to ear trouble.

Don't sit in a boat or stand about undressed after being in the water.

Don't swim too far out in the sea or lake unattended by a boat or an expert swimmer.

Don't swim without company if you have a weak heart, and only after consulting a doctor.

Don't swim far after a hard day's work, or over-exertion after other forms of exercise.

Don't dive out of or try to get into a boat from the side; dive from the stern and get in from the stern, but only then from a boat with a broad beam.

Don't take fright if you fall into the water with your clothes on; remember, clothes float, and assist you to float. Make for the shore, swimming with the tide or stream.

Don't swim without some recognized signal to give your fellow-swimmers, if subjected to cramps, such as lifting one arm out, shouting for help. Don't abuse this; leave the water as soon as possible.

Don't take fright if seized with cramp; keep cool; turn on the back and endeavor to rub the place affected. If the leg is drawn up with pain, swim slowly with the arms only. All swimmers should practice this.

FOR NON-SWIMMERS.

Don't throw the hands or arms out of the water.

When canoeing take a life belt if you are not an expert.

Don't go beyond the depth of your hips if you can't swim.

Don't plunge or struggle when you find yourself in deep water.

Don't grasp any person who approaches you; do what he tells you.

Don't attempt to get into a boat coming to your rescue; catch hold of the stern until assisted to get in.

If you follow out these directions when in distress in the water you will help yourself and others coming to your assistance.

Tread water by keeping the legs moving up and down, as in walking upstairs. Hold an oar or canoe paddle, plank or branch of a tree in the middle when thrown to you; an oar or paddle with the blade flat on the water will keep you up if you don't struggle. Take in long breaths through the mouth and inhale through the nostrils; this makes the body more buoyant and keeps you warm.

PLENTY FOR TWELVE.

After the fish dealer had named every fished thing in his stall, young Mrs. Maydew decided to take swordfish.

"Yes'm; about how much?" asked the dealer.

"Oh, two or three, I should say," replied Mrs. Maydew; "or perhaps you will tell me. I'm giving a luncheon to-morrow to twelve of my classmates, and you can calculate from that, can't you?"

"Yes'm."

"Oh, and, Mr. Jenkins," as she was about to turn away, "won't you see, please, that all the swords are left on?"

THE TROUBLE HUNTER.

The man who by habit
Hunts trouble each day
Will run like a rabbit
When some comes his way.