

Aged People

sometimes forget that poor teeth and improper mastication prevent sufficient nourishment from ordinary food and burdens the digestive organs, but if every man or woman past fifty would fully realize the bountiful, sustaining nourishment in **Scott's Emulsion** they would take it after every meal.

Scott's Emulsion contains the renowned body-building fats of pure cod liver oil, so medically predigested that it distributes energy, power and strength all thru the body and simplifies the stomach's work.

To people in declining years we say with unmistakable earnestness—**Scott's Emulsion** will add years to your life and life to your years.

AVOID ALCOHOLIC SUBSTITUTES

OLD TOPER BAULKS ON WINEAPPLES

"When you feel the thirst for booze coming on, eat a wineapple." This is the advice of G. A. Huron, police judge of Topeka, Kansas. This plan of satisfying the desire for liquor is proclaimed by a man who fought through the civil war, and who has lived in Kansas through the thirty-five years of prohibition. It was promulgated to Muskogee Red, who, perhaps, is in greater need of the panacea than any other man living within the boundaries of the States that once composed the Louisiana Purchase. Red, in his wanderings over this territory, has slept in printing offices in nearly every county seat.

Muskogee Red, as is his custom, made his semi-annual visit to Topeka. On previous occasions he used one of the editorial rooms of the Topeka Daily Capital for sleeping purposes. The friendly editor, who had known him in other days is out of the state. So Muskogee Red drifted into the police station and was locked up two weeks on the charge of drunkenness.

It was at the expiration of his term when he and Police Judge Huron sat down at a little table to talk about the frailties of the flesh. Red explained the matter of his failing for liquor, and told how it was hereditary, gloomy and peculiar to his individual case, and rested upon the mercy of the court.

Then it was that Judge Huron gave to the world the new cure for the liquor habit, gravely telling Muskogee Red that hereafter when he felt the gnawing desire coming on to eat a wineapple.

The famous old traveller gasped for breath, and all his powers failed him. For thirty years Red had ranged the Mississippi Valley country on foot and on box cars. During that time he has consumed much strong drink.

He has survived storms, pestilence, famine, rock piles and bondage in a hundred falls. He has been repotted dead in six different wrecks, and has three times outlived pneumonia and fevers.

"And now," said Muskogee Red, as he took passage over the Santa Fe right of way for Emporia, "at my time of life, and with my habits fixed by a hundred barrels of whiskey, this wineapple judge tells me to eat an apple when I want a drink."

Then Red lifted up his voice and spoke feelingly against courts of law and judges of courts. The recall was not enough for Red. He wanted the inquisition, the rack and the gibbet.

It was not the ten days' servitude upon which the old red headed printer from Muskogee dwelt with the utmost protest, sorrow and indignation. It was the advice regarding the apple.

"It was a wineapple he wanted me to eat, not a Ben Davis. Get that straight. And he went further; he urged me to buy half a bushel of them and carry 'em around with me. Think of that if you can—me carrying half a bushel of apples around over the country like a blooming comacopia."

RE-FORESTATION IN EUROPE

Those who plead for the conservation of Canadian forests may well point to the example of the nations of the old world.

Throughout Europe the forests have been cared for with the greatest attention for centuries until today they constitute an immense source of the national wealth of many countries.

The best developed forests in the world are those of Germany. The public and private forests of Germany are at present valued at \$4,500,000,000. In Austria the state forests comprise 2,000,000,000 acres.

The French government also derives immense wealth from the state forests and controls at present some 1,500,000 acres.

In Great Britain private enterprise and the love of sport, making extensive coverts to be necessary, has caused the preservation of noble woods, which are of immense pecuniary value on most of the larger estates.

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Progress

"I think the discussions we have had concerning sex are beginning to have their effect. People are no longer so foolishly prudish."

"I guess you're right. I heard Miss Doylston, of Boston, speak of the legs of a tripod yesterday."

For Headaches Here's the Reason and the Cure

Most people at some time or another suffer from headaches—disordered stomach, liver or bowels is the cause—any one can be cured—one woman says: "Chamberlain's Tablets did more for me than I ever dared hope for—cured headaches—biliousness—and toned up my whole system—I feel like a new woman."

No case too hard for these little red health restorers. 25c. a bottle. Chamberlain Medicine Company, Toronto

CHAMBERLAIN'S TABLETS YOUR BEST FRIEND

VISITORS FROM NORTH DAKOTA

Messrs John, Martin, Stephen and Edward Welsh, of North Dakota, and formerly of Lindsay, are in town visiting their sister, Mrs. John McAvoy, Lindsay-st south.

They left Lindsay about twenty seven years ago and have prospered in the American West, as has been the case with all those who possessed thrift and enterprise.

They found many changes in the old town, but nothing gave them more delight than the permanent roadways, which was quite a change from the muddy thoroughfares of the early eighties. They were pleased to learn that their old friend, "Dick" Kylie, was instrumental in a great measure in bringing about such a desirable change. The Messrs Welsh are being greeted by their many old friends. They will visit in Lindsay and Bobcaygeon until after Christ, mas.

PARCEL POST FURTHER DELAYED

Ottawa, Dec. 5—The parcel post system will not be inaugurated on January 1 next, as was tentatively announced some time ago. There will be a further delay of at least two months, owing principally to the difficulty of reaching an agreement between the Postoffice Department and the railway companies in regard to the increased remuneration to be paid the latter. Negotiations are now in progress, but no agreement is yet in sight. Meanwhile the Department is going ahead completing plans for the working of the system. It is now hoped to have the system inaugurated by the end of February.

FORTY WOMEN DINE FOR 98 CENT

Chicago, Dec. 5—An anti-high-cost-of-living dinner was given by the Gray's Lake Women's Club. Forty members were served. The club spent time and 96 cents thus:

Meat—Two pounds of beef (neck), 25 cents.
Bread—Two loaves, 10 cents.
Cake—20 cents.
Coffee—Three-quarter pounds at 25 cents per pound, 12 cents.
Cream—10 cents.
Celery—9 cents.
Sugar—9 cents.
Total—26 cents.

The remaining 4 cents of this "dollar dinner" went for paper napkins.

NEW COUNTY JUDGES TO BE CHOSEN

Ottawa, Dec. 4—Rumor associate the names of two former members of parliament with the coming appointment to the County Court bench of Ontario. Under the new law a number of county judges who have reached the age limit will vacate their positions. Among them are Judge Morgan, of York, and Judge Benson, of Durham-Northumberland. In connection with the York County appointment the name of Mr. Emerson Coatsworth, who sat for East Toronto prior to 1896 is being mentioned, and there is a general feeling that Col. Harry Ward, former member for Durham, will succeed his Honor Judge Benson.

LLOYD JONES TAKEN TO MINDEN

Constable Walsh, of Minden, who was in town on Wednesday, having in custody Lloyd Jones, real estate agent, well known to many Lindsay people, returned to that village today with the accused.

It is understood that the charge against Jones is obtaining money under false pretences, in a sale of lots in the west to one Thos. Preston, of Haliburton.

Mr. G. H. Hopkins, K. C., is representing the accused, while Mr. I. E. Weldon is looking after Mr. Preston's interests. A hearing will take place before Police Magistrate Delamere at Minden Friday.

For certain reasons the Post refrained from mentioning this case in Wednesday's issue.

ABSOLUTE SECURITY

Genuine **Carter's Little Liver Pills.** Must Bear Signature of *Wheat*

Very small and as easy to take as sugar.

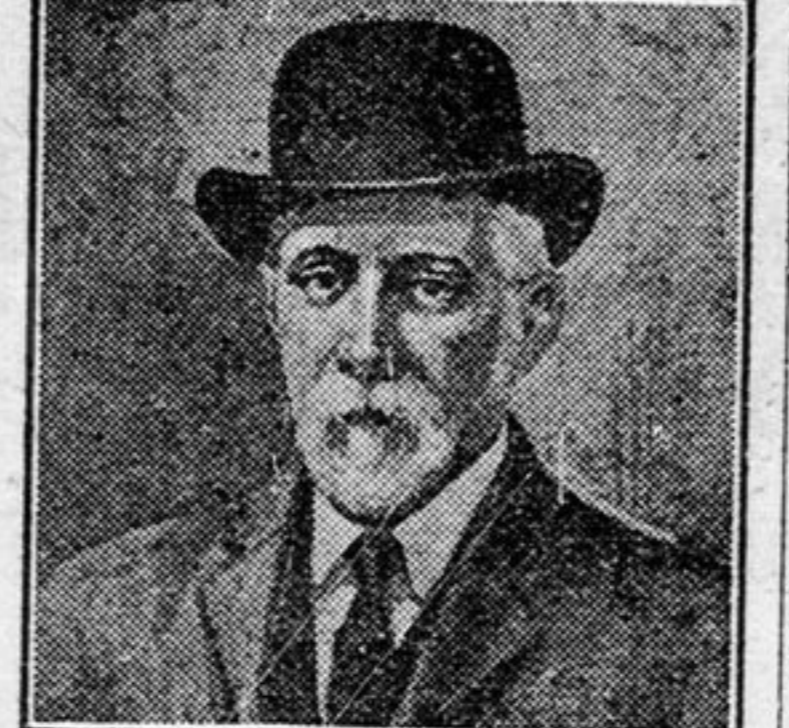
CARTER'S LITTLE LIVER PILLS. FOR HEADACHE. FOR DIZZINESS. FOR BILIOUSNESS. FOR TORPID LIVER. FOR CONSTIPATION. FOR SALLOW SKIN. FOR THE COMPLEXION.

First Suffragette—I voted the right ticket.
Second ditto—I didn't. I wore mine.

COULD NOT EAT—FAILING FAST

Captain On Great Lakes Restored To Health By "Fruit-a-lives"

For thirty years, Captain Swan followed the Great Lakes. He has now retired and lives at Port Burwell, where he is well known and highly esteemed.



PORT BURWELL, ONT., May 8th, 1913.

"A man has a poor chance of living and enjoying life when he cannot eat. That was what was wrong with me. Loss of appetite and indigestion was brought on by Constipation. I have had trouble with these diseases for years. I lost a great deal of flesh and suffered constantly. For the last couple of years, I have taken 'Fruit-a-lives' and have been so pleased with the results that I have recommended them on many occasions to friends and acquaintances. I am sure that 'Fruit-a-lives' have helped me greatly. By following the directions and taking 'Fruit-a-lives' according to directions, any person with dyspepsia will get benefit."

H. SWAN

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

Lindsay y Honored in West

The Saskatoon Daily Star of Nov. 28th contains an account of the annual banquet of the Order of Railway Telegraphers in that city, at which Mr. M. McGeough, son of Mr. M. H. McGeough, officiated as toastmaster. The Star also contains the following paragraph of interest:

"As a mark of their esteem and regard the telegraphers of the city last night presented M. H. McGeough, chairman of their association, with a handsome leather club bag. The presentation was made immediately after the banquet by Despatcher Merkley, who in a few words expressed the best wishes of the telegraphers. Mr. McGeough is one of the leading men in the ranks of the telegraphers of the province. He has been selected as representative of the men at the Dominion Parliament and will go to Ottawa at the commencement of the session. He at present resides in Saskatoon."

OPS RESIDENT FINED FOR AS'A

A session of the county police court was held on Wednesday when a resident of the south-western corner of Ops township charged another resident of that section with assault.

The offence was committed on Monday last. The accused was found guilty and was fined \$5.00 and costs \$10.45 in all.

The parties are respectable residents of the township, and as this is their first appearance in court, their names are not published.

FLATTERY PLEASES A WOMAN EVEN WHEN SHE KNOWS IT IS FLATTERY.

While at the county council last week, Reeve Devitt obtained the appointment of a committee to inspect Prescott's bridge in North Verulam, and report as to whether it came under the conditions of a county bridge. Messrs. Rogers, Fee and McNeill arrived on Tuesday and drove out with Warden Bottom to see the structure, returning in time to catch the train. Their report will be presented to the council in January.—Independent.

NINE CENTS FOR BEST SPRING FOWL

Kingston, Dec. 3—The Standard quotes the following letter, which was sent to a Toronto firm:

Kingston, Ont., Nov. 24, 1913.

Dear Sirs,—We have a customer, who has about 50 spring fowl, crate fattened and milk fed of the Rhode Island strain—the finest for table use. What can you allow for these?

To this communication he received the following reply:

Toronto, Nov. 26, 1913.

Dear Sir,—Yours of the 24th inst. to hand. We beg to quote you nine cents a pound, F.O.B. shipping point for this lot.

The Standard comments as follows:

"Now here is a case where the primary producer is offered NINE CENTS A POUND for fowl of the best table quality, crate fattened, and milk fed, WHILE PRODUCT OF THIS KIND IS MARKETED AT FROM TWENTY TO THIRTY CENTS A POUND. With a lesson of this character staring us in the face it is difficult to diagnose the cause of the high cost of living?"

FAIRVIEW FARM'S FOURTH TRIUMPH

(Special to the Post.)

CHICAGO, Dec. 4.—Canada won again yesterday. After capturing the World's Grand Championship steer prize Tuesday it was expected that the Dominion would submit to a relapse yesterday and give the Stars and Stripes a chance at the International Live Stock Show, but such was not the case.

It was announced by the horse show judges in the Arena that Canadian exhibitors had captured four firsts in the Clydesdale classes to the Americans' three. Up to late in the afternoon the race between the two countries had been close. Hopes of rosters of the States, however, were downed when it was announced that Colony Lady Begg, owned by the Colony Farm, Coquitlam, B.C., had taken the blues in her class, making the score four to three for the Canadians.

Of the Canadian winners for the day, British Columbia carried off two firsts, one second, one fourth, and one sixth; Saskatchewan, one first, two seconds, one third and one fifth; and Ontario, one first and two thirds.

The Canadian awards in their classes follows:

Aged stallions—Prince Rupert, second, owned by High McLean, Arcola, Sask.; sixth, Bow Hill Baron, owned by Colony Farm of Coquitlam, B.C.

IT PAYS

Why did those old Egyptian kings build pyramids and other things? Why did they proudly carve or paint an obelisk with figures quaint? Why did some Roman monarch raise a circus in those good old days? Or keep a poet under hire, To sound a complimentary lay? Why did old Caesar late at night Sit up describing every fight? Or Alexander make that bluff And say, "the world's not big enough." To us who view the modern game And see how wealth is wrung from fame, The answer need not cause surprise, It always pays to advertise.

—Roy K. Moulton.

DEATH FOLLOWED HIS BLINDNESS

(Special to the Post.)

Toronto, Dec. 6.—Capt. J. D. Varcoe, of 854 Manning avenue, Toronto, died at his home early yesterday morning from acute apoplexy. Just prior to his death the captain was taken stone blind. Wednesday evening he came in the house and went upstairs to his room. Shortly afterwards his wife was startled by a fall and she went up to find him crawling on the floor, stone blind.

The captain was well known in marine circles around Lindsay, where, in the neighboring rivers, he for years piloted his little steamer, "The Maple Leaf." He is survived by a widow, two brothers and a sister. He was born in Mariposa township 66 years ago.

The news of the death of the late Capt. Varcoe will be received with regret in Lindsay and district where he was well and favorably known.

He is an uncle of Reeve Varcoe of Mariposa, and W. W. Varcoe, Adelaide-st.

The deceased is survived by two brothers, John of Mariposa, and Samuel in the United States, and one sister, Mrs. Synick, in the States.

Children Cry FOR FLETCHER'S CASTORIA

ADVISED IN THE POST

Children Cry FOR FLETCHER'S CASTORIA

NAUTICAL SONGS

Thomson's Rule, Britannia was not composed till 1740, but before that time (says a writer in the London Spectator on Songs, Naval and Military) the heroism displayed both by the navy collectively and by individual sailors was frequently celebrated in popular verse. The death of Admiral Benbow, who continued to give orders after his leg had been carried off by a chain-shot at the battle of Farthagna in 1702, is recorded in the lines:

While the surgeon dressed his wounds Thus he said, thus he said. While the surgeon dressed his wounds thus he said—

"Let my cradle now in haste On the quarter-deck be placed, That my enemies I may face Till I'm dead, till I'm dead."

But it was more especially the long struggle with Napoleon that led to an outburst of naval poetry. It is to the national feelings current during the period that we owe such songs as The Bay of Biscay, O, by Andrew Cherry; Hearts of Oak, by David Garrick; The Saucy Aretausa, by Prince Hoare; A Wet Sheet and a Flowing Sea, by Allan Cunningham; Ye Mariners of England, by Thomas Campbell, and a host of others.

Amongst this natural choir Charles Dibdin, who was born in 1745, stands pre-eminent. Sir Cyprian Bridge, in his introduction to Mr. Stone's collection of sea-songs, tells us that it is doubtful whether Dibdin's songs

"were ever very popular on the forecastle." The really popular songs, he thinks, were of a much more simple type, and were termed "Fore-bitters" from the fact that the man who sang them took his place on the fore-bits, "a stout construction of timber near the foremost, through which many of the principal ropes were led."

However this may be, there cannot be the smallest doubt (declares the Spectator) that Dibdin's songs exercised a very powerful effect on landsmen, and contributed greatly to foster national pride in the navy, and popular sympathy with sailors. It was presumably a cordial recognition of this fact that led Pitt to grant him a pension. It would, indeed, be difficult to conceive poetry more calculated to make the chord of national sentiment vibrate responsively than Tom Bowling.

W. R. WIDDESS, Agent for Lindsay and Victoria County

JAMES KEITH Seed Merchant and Dealer in the most Improved Poultry Supplies

including all kinds of remedies for diseases among poultry; also on hand Bone Cutters for poultry.

William-St., Lindsay, Ont.

Who is Your Optician?

Welsman JEWELER OPTICIAN

Eye-glasses artistically fitted with mountings best adapted to your features are a facial ornament. To you who require glasses the newest and most up-to-date are preferred. In our optical department eyeglass mounting all the latest designs for comfort and elegance, accurate lenses and successful fitting are the secret of our success.

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DR. J. M. RICE Veterinary Surgeon

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is successfully practicing at the old stand, over Sprat & Killen's store, consultation free. Phone 410.

MONEY TO LOAN AT LOWEST CURRENT RATES

We are prepared to make loans on town and farm property from either private persons or loaning companies, as may be desired, and in sums to suit borrowers, with special privileges. You may pay in instalments without increase in rate of interest. Interest and instalments payable at our office.

STEWART & O'CONNOR, Barristers, Lindsay

HOPKINS & HOPKINS

Barristers, Solicitors, Notaries, etc. Solicitors for the Bank of Montreal. Money to loan at lowest rates. Offices, 6 William-st., South, Lindsay, Ont. Branch office at Woodville.

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BARRISTERS Etc

LEIGH R. KNIGHT, Barrister, Solicitor, Notary Public, Commissioner Etc. Successor to McDiarmid & Weeks, having removed their business to my own office, opposite Watchman-Walker, Kent Street, Phone 41. Insurance and Real Estate in all branches.

MOORE & JACKSON, BARRISTERS, Etc

Solicitors for The Canadian Bank Commerce. Money to loan on mortgages lowest rates. Offices William-st., Lindsay, F. D. MOORE, K.C. ALEX. JACKSON

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BARRISTERS, SOLICITORS AND NOTARIES Money to loan. Special attention given to investments. Offices, Dominion Bank, corner of William and Kent Streets, Lindsay. R. J. McLaughlin, K.C., A. M. Fulton, B.A. James A. Peel T. H. Stinson Woodville office open every Friday at office of C. E. Weeks

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DR. F. BLANCHARD Graduate Toronto University Coroner for Victoria County. C. P. Railway Surgeon Office—Kidport-st., cor. Kent and Lindsay

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The Largest Fire Insurance Office in the World.

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Accumulated Funds.....30,500,000
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Rates and premiums as low as any other respectable company. The settlement of cases is prompt and liberal. The resources and standing of the company afford those insured in it perfect security against loss.

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