

GIVEN UP BY HIS PHYSICIAN
"FRUIT-A-TIVES", THE FAMOUS
FRUIT MEDICINE, SAVED HIS LIFE.



JAMES DINGWALL, Esq.
Williamstown, Ont., July 27th, 1908.
"I suffered all my life from Chronic Constipation and no doctor, or remedy, I ever tried helped me. 'Fruit-a-tives' promptly cured me. Also, last spring I had a bad attack of BLADDER and KIDNEY TROUBLE and the doctor gave me up but 'Fruit-a-tives' saved my life. I am now over eighty years of age and I strongly recommend 'Fruit-a-tives' for Constipation and Kidney Trouble."
(Signed) JAMES DINGWALL.
50c a box, 6 for \$2.50—or trial box, 25c—at dealers or from Fruit-a-tives Limited, Ottawa.

FROM BONNIE SCOTLAND

**NOTES OF INTEREST FROM
HER BANKS AND BRAES.**

**What is Going On in the Highlands
and Lowlands of Auld
Scotia.**

Troon town council have decided to proceed with the erection of a refuse destructor for the town. It has been decided to take a plebiscite on the question of the erection of a town hall at Airdrie.

The Ayr assessments for the year show an increase of two cents per \$5 on owners and one cent on occupiers.

A life and death struggle between a crow and a rat at Galashiels the other day ended in a victory for the rodent.

Greenock autumn holiday was observed recently. The weather was dull, with an overhanging mist, but the rain kept off.

The 38th annual conference of the Scottish National Union of Young Men's Christian Associations was held at Hamilton recently.

Arbroath Town Council have resolved to ask the Secretary for Scotland to limit the speed of motor cars to 10 miles over the whole burgh.

A successful demonstration was held at Kirkealdy recently in aid of the Lifeboat Saturday Fund. The collection amounted to about \$375.

James Matthew, a fish vendor, near Aberdeen, while throwing the hammer for amusement, struck his little boy, aged 7, on the head, causing the child's death.

The wedding has just been celebrated at Killylea of Thomas McMurray, of Lisdown, and Susannah Scott, of Drumsollen, the bridegroom being eighty years of age, and the bride seventy.

The annual excursion of the members of the Mining Institute of Scotland took place to Broxburn, where they inspected the Broxburn Oil Works and the electric installation in Dunnet Mine.

Motor mail services have been inaugurated to take the place of the mail gigs between Aberfeldy, Kenmore, and Acharn, Pitlochry and Kinloch Rannoch by Strathtumer, Pitlochry and Foss, and Kinloch Rannoch and Struan.

Following the custom observed by the late King Edward and Queen Alexandra, the King and Queen have made extensive purchases of Scottish tweeds, tartan rugs, Highland ornaments and cairngorm jewellery since their arrival at Balmoral.

It is learned that a Dunfermline gentleman has arranged for a lease of the minerals on the Blairingone estate, near Dollar. The field is to be bored for the purpose of proving the lower coal seams, which have never been pierced in that district.

A public fountain erected in Kirk square, Arbroath, was inaugurated by Provost Alexander. The fountain is the gift of Mr. Alexander Ruxton, bankers, New York, a native of Arbroath.

A good start has been made with the excavation of the ruins of the old kirk of Southdean, lying on the northern slopes of the Carter Fell, in Jedforest, the object being to preserve what remains of the walls as an historical memorial of the famous battle of Otterburn. The church was the headquarters of a large Scottish Army encampment there in the summer of 1388.

THE S. S. LESSON

**INTERNATIONAL LESSON,
OCT. 16.**

**Lesson III. The Last Judgment,
Matt. 25. 31-46. Golden
Text, Matt. 25. 40.**

Verse 31. The Son of man—What he did in his humiliation was done in humanity's stead, and what he claims in his glory he claims as humanity's Head. He is the "Race-Man."

All the angels with him—The doctrine of angels is full of comfort. Nothing is taught more explicitly than that there is a "family in heaven" as on earth, who "behold the face of our Father," who are moved to joy by the penitence of the sinner, and are models in the performance of the Father's will (Matt. 6. 10). In connection with Christ's coming in judgment, they are represented as a kind of court surrounding the throne and giving majesty to the scene.

On the throne—We must do our best to rid our minds of the idea of a judicial seat which shines with material splendor. This is a picturesque way of setting forth the real triumph of Christ reigning as King and declaring judgment upon the deeds of all men of all time. However many seed may have been lost in the sowing, and however deeply entangled the roots of the good seed may have become in their fight for their life, the good is at last regnant, and the evil is to be expelled forever.

Shall come in his glory—There is no doubt that Christ has come already—after the resurrection at Pentecost, in the destruction of the Holy City—and that he comes still. But a moral view of the universe demands a personal return of Christ in judgment, for the consummation of his kingdom, the establishment of righteousness, and the casting out of wrong. This will be his true glory.

32. All the nations—This is a disputed point, upon whose meaning depends the interpretation of what follows. It is significant that the "end" has come, and that therefore the gospel of the kingdom has been preached in the whole world for a testimony to all the nations (Matt. 24. 14). This does not necessarily mean that all have heard the name of Christ, but it does mean that all have had the opportunity to know their obligations to their fellows, and in this account that is the decisive test. We have here, therefore, a description of universal judgment.

Ho shall separate . . . the sheep from the goats—The latter bear a bad character in most legendary tales. This seems to be due to their color, they being covered with long jet-black hair, and to their habits. Their browsing upon tender twigs and shrubs works great mischief. They pasture with the sheep, but there is no intimacy, and when they are folded at night both seek their own kind. Sheep, being for the most part white and harmless, represent people of good character. Similar separations into two classes are common in Matthew (compare wheat and chaff, wise and foolish builders, wheat and tares, wise and witless virgins, good and bad fish, etc.).

33. Right hand—The position of honor. The King could bestow upon them no higher token of approval than to give them a place at his right hand.

34. The King—The change from "Son of man" is noteworthy. Seated upon his throne, in glorious majesty, with all people before him, his state is kingly. "This King not only comes in his kingdom (Matt. 16. 28), but has kingdoms to bestow, which have been waiting throughout all time for their proper sovereigns." Compare Dan. 7. 27.

Inherit—Receive as the rightful portion of sons.

37. When saw we thee?—Some have professed Christ and thought to be judged by that profession, whereas their deeds of kindness have been taken as a test of the sincerity of their profession. Others have never known Christ, but, having exercised themselves in Christ-like charity, have proven themselves to be his friends. Both classes are surprised. But we need not be. The ultimate test is not some artificial conformity to a creed, but the exhibition of love which is the rarest fruit of the Spirit of Christ.

40. Ye did it unto . . . my brethren . . . ye did it unto me—The words in Heb. 2. 11 come to mind. This is perfect brotherhood.

41. Note the changes in this address to the wicked from that to the righteous. They are cursed, not of my Father (34), but as an inevi-

table outcome of their wilful life. Their doom was prepared, not from the foundation of the world, nor for them, but for the devil and his angels. The power and opportunity of escape, therefore, was ever theirs.

Eternal fire—There are here two questions of interest: (1) What is the nature of this fire, or punishment (46)? That it is prepared for the devil and his angels, spiritual and not corporal beings, precludes something like remorse, which connotes the possibility of its being material. smokes the soul like a fire, must be meant. (2) What is meant by "eternal"? The authorized version gives no help here, for it translates the same word in two ways: "everlasting fire," "eternal life" (46). The word in the New Testament is qualitative rather than quantitative. It does not refer to an indefinite continuance of time, but to a certain kind of experience. Endless punishment and eternal punishment are not of necessity the same, though they may be. However, the loss or suffering involved is irreparable.

**WOMAN'S HEALTH
WHEN FORTY-FIVE**

A Critical Period When Dr. Williams' Pink Pills are a Real Blessing.

Dr. Williams' Pink Pills are absolutely the finest medicine that ever a woman took. At special periods a woman needs a medicine to regulate her blood supply or her life will be a round of pain and suffering. It is at such times that Dr. Williams' Pink Pills are worth their weight in gold, for they make new, rich blood, that banish the secret symptoms of distress that only women and growing girls know. They strengthen every vital organ for its special task, and bring rosy cheeks and shapely forms that tell of womanly health and happiness. Mrs. Richard Lobb, Red Deer, Alta., says: "At that critical period in my life known as the change I suffered so much that I hardly hoped to pull through. I doctored for months, but did not get any relief, and I grew so weak that I could hardly walk about, and it was impossible for me to do any housework. Only women who have suffered similarly can tell how much I endured—the constant misery, the dragged out feeling and the terrible backaches that beset me. No woman could have been in a more wretched condition than I was at this time, and it was then that my attention was directed to Dr. Williams' Pink Pills. I got a half dozen boxes and before they were all gone there was a good improvement in my condition. Then I got six more boxes and before I had used them all I felt like a new woman and was enjoying better health than I had done for years. Not only have Dr. Williams' Pink Pills proved a blessing to me, but they also worked a great change in the case of my daughter, who was in a very miserable condition after childbirth. I know also of two young girls whom I believe would have been in their graves now but for the use of Dr. Williams' Pink Pills. Considering what they have done for me and what I have seen them do for others, I am justified in my enthusiasm for this medicine and I never lose an opportunity to recommend it."

Sold by all medicine dealers or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

DECREASE IN IRISH CRIME.

In 1909 Offences Were 3.8 Per Cent. Less Than in 1908.

Statistics relating to crime in Ireland show that during last year the indictable offences reported to the police numbered 9,873 for the whole of Ireland, showing a decrease of 3.8 per cent., as compared with 1908, but an increase of 4.8 per cent. compared with 1907.

The number of persons proceeded against for non-indictable offences was 1,479 more than in 1908, and 13,563 above the average for the ten years 1898-08. In this connection it is pointed out that there is no doubt the remarkable increase in the number of prosecutions against owners and drivers of carts under the Highways Acts is due to the operations of the "Light on Vehicles Act (1907). The number of cases of drunkenness in 1909 was less than in 1908 by 5,519. During 1909 there were 68,748 prosecutions for drunkenness. The average number for the previous ten years was 85,106.



DEATH-HEAD GIRL.

Upper Part of Body Restored by Remarkable Operation.

Six months ago Professor Hollander, M. D., of Berlin, Germany, introduced to a circle of medical men a girl with a death-head—the most awful example of that form of degeneration ever seen in this century. There was absolutely no flesh or fat on the bones of the face or the upper part of the body, not a half ounce, it was attested. The unhappy girl looked like a manikin used in the medical college to teach the play of the muscles—but only down to her hips. From the hips to the toes she was normally formed.

The death-head girl, it was shown was a chorus lady and originally she had been engaged for her beauty of face and figure. One day her father was killed in a street accident and the girl suffered a fearful shock when the bleeding body was brought to the house. From that moment on her flesh began to waste until finally it was all gone above the hips. Of course, she lost her job. The process of wasting was complete in six years.

Further investigation showed that the girl was not ill during any period of that time. There was no such or similar illness in the family and several sisters were exceedingly well developed girls.

The physicians decided that in this case, the introduction of paraffine under her skin would do no good, though such is known to produce fine necks and bosoms sometimes. The professor then decided to use the fat the girl still retained in her lower body to build up her upper parts. There was sufficient animal fat below the hips for the purpose. This was extracted, mixed with butter and olive oil and injected where it would do the most good. The cure lasted six months.

"The death-head girl," when she was reintroduced to the medical men that had seen her before, was a death-head girl no longer. While not plump by any means, she is now so presentable that she was again engaged as a chorus girl. But she wouldn't do exactly for low neck costumes.

KEEPING HOUSE IN PERSIA.

How Flour and Sugar are Obtained—Native Cookery.

Housekeeping in Persia is a more difficult undertaking than in western countries. The chief reasons for this are the lack of conveniences, and the fact that many things which in other countries can be bought ready for use must be prepared by the Persian housekeeper, says a writer in the Los Angeles Times.

Do you want flour? You must buy your wheat, clean and sift it and send it to the miller, who gives perhaps a day's journey from you. You must send with the wheat the most trusty servant you have, who will watch the miller day and night to see that he does not take too much toll. You ought of course to send a second servant to watch the first, but if you began that there would be no end to the number you would have to send.

Do you want sugar? Loaf sugar granulated sugar, powdered sugar—you cannot buy them. What you can buy is a cone of sugar, about ten inches in diameter and eighteen inches in height, which comes from Russia or France. If you want lumps of sugar for your coffee and tea this cone of sugar must be placed on the solid floor and by means of a strong knife and a hammer broken into pieces. If you

want fine sugar these pieces must be then ground with a mortar and pestle. If you wish powdered sugar the fine sugar must be sifted several times. Even in the kitchen of a European, where a table will be found, the cutting and pounding of the sugar must be done on the solid earthen floor.

The Persian "range" is merely a row of hollow boxes made of sun-dried bricks in which is built a charcoal fire. Over these boxes are placed strips of iron on which the kettle rests. Native cookery does not include many things that are baked, but if you, an eccentric foreigner, demand a cake or pie your ingenious cook will be equal to the occasion. He will prepare beds of glowing coals in two of the boxes. Over one of these he will place the articles to be baked. This he will cover with a copper pan and on top of the pan he will place hot coals. The object of the coals in the second box is that the cook may be able to renew the fire in the first box without putting on fresh coal, which might smoke.

Most Persian implements are very heavy and awkward to handle. For example, cooking utensils are of copper and bowls for washing clothes are of earthenware. The bowls are small and shallow. The washerwoman has no bench on which to place the bowl and no board on which to rub the clothes. Squatted on her heels, with the bowl on the floor, she wears out her hands and the clothes too at a marvellous rate. It looks rather primitive to see a woman sitting beside a watercourse pounding clothes with a stone, but I am not sure that this method, which is universally employed by the poorer people, is not to be preferred to the other.

**DELICATE BABIES NEED
BABIES' OWN TABLETS**

For the baby who is delicate, who suffers from constipation, stomach and bowel troubles, worms or difficult teething, nothing can equal Baby's Own Tablets. They are a positive cure for all the little ills of childhood and can be given to the new born baby with perfect safety. They are sold under an absolute guarantee of a Government analyst to contain no harmful drug. They cannot possibly do harm—they always do good. Mrs. Geo. A. Windver, Rockcroft, Ont., writes: "I would not be without Baby's Own Tablets. My baby was small and delicate and never grew till I began giving her the Tablets. She is nine months old now and thanks to the Tablets is well, fat and rosy. I will certainly recommend them whenever I get the opportunity." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

MILL GIRLS TAKE OPIUM.

After a thorough investigation, the Pall Mall Gazette has come to the conclusion that the opium habit is shockingly prevalent among the working classes of London. One phase of the evil is the impregnating of cigarettes with opium, which, the Gazette asserts, "is rampant, especially among the mill girls of Lancashire, who find it irresistible as a solace and means of obtaining temporary relief from the weariness and pain attendant on a life of toil."

Better the sure thing of to-day, than the uncertainty of to-morrow.

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