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"The Perfect Food"  
A perfect breakfast is impossible without it and it's just as good three times a day. It gives you real nourishment and renewed vitality. For Malta-Vita is rich in nutrition—every nutritive element of the best white wheat and finest barley malt extract. The malt extract, mixed with the flaked wheat, converts the starch of the wheat into maltose, or malt sugar, makes it easy for even the weakest stomach to digest and adds a pleasing taste which cannot be found in grain foods sweetened with sugar, glucose or syrups. Try Malta-Vita with cream or fruit. All grocers, now loc.



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Men of sedentary habits require exercise. The inventive genius with the physician's knowledge has invented. Exercises That will develop the muscles of almost any part of the body desired. For that tired, sluggish feeling, make a selection of some good Exercises from our stock of Sporting Goods.

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Just what you want for this time of year, something that will stand the wear and tear. Don't fail to see our Boys' before you purchase. Our Price \$1.50 and \$1.75

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You cannot possibly have a better Cocoa than **EPPS'S** A delicious drink and a sustaining food. Fragrant, nutritious and economical. This excellent Cocoa maintains the system in robust health, and enables it to resist winter's extreme cold.

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Sold by Grocers and Storekeepers in 4-lb. and 1-lb. Tins.

Appendicitis Less Fashionable. London, Feb. 16.—To a jury at Kingston-on-Thames, last night, Dr. J. J. Coroner, remarked that he was glad to say that appendicitis was now going out of fashion.

## INSURANCE COMPANIES LOOK ASKANCE

AT A MAN IF HE CANNOT ANSWER THE QUESTION, "HAVE YOU EVER HAD RHEUMATISM?" WITH A GOOD HONEST "NO!"

## South American Rheumatic Cure

is the effective means, and while lack of provision for your "loved ones" from such a cause may be counted secondary to a life of suffering to oneself, it is one of the many sides in the study of health that we should take in dead earnest. Every disease has its symptoms—every ailment that flesh is heir to has its note of warning, and it's for us to heed or suffer the consequences; and who does not know the signs by experience or observation?—fever, chills, sweating, shooting pains, numbness, aching muscles, stiffened and swollen joints. From the first dose the great South American Rheumatic Cure gives ease from the first dose. It and it gently and effectually eradicates the trouble from the system. It gets at the root of the evil and it gets there quickly—most stubborn cases cured in one to three days. Influential physicians prescribe it as the best and surest cure they know of.

ALL DRUGGISTS AND MEDICINE DEALERS SELL IT. SOUTH AMERICAN NERVEINE makes blood that is poor and pale rich and red—and that means good health.

"SOLD BY H. WADE."

## PLAYED CAT'S CRADLE

POPULAR SOCIAL DIVERSION OF PYGMIES OF SOUTH AFRICA.

Interesting Discoveries Made by That Enterprising Anthropologist, Prof. Frederick Starr of Chicago University, During His Recent Trip to the Very Heart of Darkest Africa.—Cannibalism Practiced.

The eminent scientist, Prof. Frederick Starr of Chicago University, says that one of the most important results of his visit to the Congo region of Africa was his discovery that the natives of that part of the world play the child's game of cat's cradle. The learned professor was in earnest too. His journey 22,000 miles was no joke, and he took his life in his hands when he went into the heart of the African jungle. He undertook the trip to study the pygmies of the Congo region, and he spent 15 months in his quest for information about these and other tribes of the dark continent, yet the distinguished anthropologist declares, without a smile, that he found nothing which interested him more than the fact that cat's cradle is the popular social diversion in the colored society of the Congo. Just why the professor attaches so much importance to this circumstance he does not explain. We must wait, he says, till he makes his report on the subject. It is known, however, that anthropologists have built theories upon the relationships between peoples or the mingling of races by tracing the history of familiar games through the centuries or the variations in a center of a game in widely separated nations.



CONGO PYGMIES COMPARED WITH AMERICAN INDIAN.



CONGO PYGMIES COMPARED WITH AMERICAN INDIAN.

The professor is not the first ethnologist who has noted the popularity of cat's cradle among primitive peoples. It is even said that pious missionaries while waiting to be chopped up and boiled for dinner by dusky savages whom they failed to convert have observed these simple-minded people killing the time before the feast by playing with loops of string and making the cat's cradles just as the very little folks do in Canada.

Approach of cannibalism it may be remarked that Prof. Starr found it to be practiced to a limited extent among the pygmies of the Congo. It would hardly be fair, however, to call it cannibalism of the same variety as practiced by the more savage tribes, says the professor. The pygmies do not kill other human beings in order to eat them, but sometimes eat the flesh of children or old people when they die. Cannibalism in times of famine is not peculiar to the tribes of Africa, but is found among many people. The Indians of this continent, who were not cannibals, as a rule, often in days gone by ate the hearts of captives taken in battle, the practice being more in the nature of an act of symbolism than of a feast, and having to do with their religious ideas.

Prof. Starr deems the natives of the Congo to be bright and intelligent. He visited the vicar of six tribes of them and, on the whole, had a fairly good time among both the big and the little people of the country. The latter are not so dark as the larger natives, and he thinks they are unrelated to the ordinary negroes and belong to a race which for many centuries, if not from its creation, has been distinct from the surrounding peoples. On the Kafai and Batua rivers, where he spent the most time, they grow the smallest, from three feet ten inches to four feet two inches. The professor explored many of the tributaries of the Congo river and was the second white man to ascend one of them, the Oiku river. For some months after his departure into the African wilderness nothing was heard from him, and it was feared he might have fallen a prey to the cruelty of the people he went to investigate, but in due time he turned up safe and sound, with the young Mexican, Manuel Gonzales, whom he adopted as a boy and who acts as his photographer. The adventurous ethnologist is a bachelor and could therefore follow the loadings of his scientific study without causing anxiety to a wife and family during his prolonged absence in the depth of the Congo jungles.

Simple Tests For Files. To test two flat files for their relative sharpness lay a small block of metal on the first, then upon the second, and try at what angle the file can be held without sliding off the block. The file which can be held at the greater angle is of course the sharper of the two.—Metalworker.

Up to 1859 postmen used to be sent out with a bell to collect late fee letters. The special fees were the petquisites of the postmen. Godard's first balloon, constructed in 1864, was heated by an eighteen-foot stove that weighed nearly half a ton.

## POPULAR DANCES.

The Origin Or the Significance of Their Names.

The names of popular dances have in most cases a very interesting origin or signification. The position taken up by the dancers gave the name to the quadrille, which is literal French for "a little square," while country dance has no connection with rustic gymnastics, but is simply a corruption of the French contredanse, which has reference to the position of the couples opposite to each other during the dance. The dancers derived its name from the fact that this variation of the quadrille was originally improvised by a company of dancers for their own amusement while seated in their audies.

The polka is a Polish dance, and its name comes from the Bohemian word polka, meaning half, and refers to the half step which occurs in this lively measure, of which the more graceful schottish is a variation, both names, like that of the national dance of Poland—the mazourka—being native terms. The short steps peculiar to the old time dancing of the minuet, gave the dance its name, the Latin for "small" being minutus.

The waltz, again, owes its name to its characteristic movement, the German waltzen, meaning to revolve, expressing the circling motion of the dancers. The Roger de Coverly is named after its originator, while the less familiar dance known as the tarantella is so called because its vigorous movements were supposed to be a certain antidote to the poison of a noxious spider at Taranto, in Italy, where the dance is highly popular.

The evolution of the dancer sufficiently explain the term reel. Jig is from the French gigue, and breakdown is a term from across the Atlantic and refers to the final rout before the breakup of a free and easy dancing party.—London Telegraph.

## Where Brides Are Hungry.

How would a bride in this country care to fast on her wedding day until after the sacred ceremony, and this after enduring the hardships of a matrimonial party given the day before? Yet this is what a Russian girl is supposed to do. As the marriage, to be fashionable, should not occur until evening, it may only be imagined in what an exhausted state she is to commence her new period of life. Besides bridesmaids, there are brides who are obliged to present the bridesmaids with sweetmeats. A personage follows the procession bearing an elegantly mounted picture of Christ and his mother, which is stationed against the altar. The bridesmaids do not all dress alike, and their number is unlimited.—London Answer.

The Rheumatic Group. When there is an excess of uric acid in the blood, one of the group of affections is bound to appear sooner or later: Rheumatism, Gout, Sciatica, Lumbago or Neuralgia. To expel any of these diseases the poison in the blood must be neutralized, and the disordered condition of the kidneys and digestive organs must be removed.

Practical Old Age Pensions. London, Feb. 16.—The Earl of Warwick presided, yesterday, at the sixtieth annual meeting of the Dunmow Friendly Society, which claims to be the pioneer of old age pensions to agricultural laborers. He said that if a society of the same kind had been established in every district the old age pension problem would never have arisen.

The Black Death of the fourteenth century killed 25,000,000 people in Europe alone. The total mortality in Europe and Asia is estimated at 70,000,000. Negro graves in South American are sometimes curiously garnished with the bottles of medicine used by the departed in their final illness. Brighton, Paris, Hamburg, and New York have the finest aquariums of any city. The Brighton aquarium has forty-one tanks.

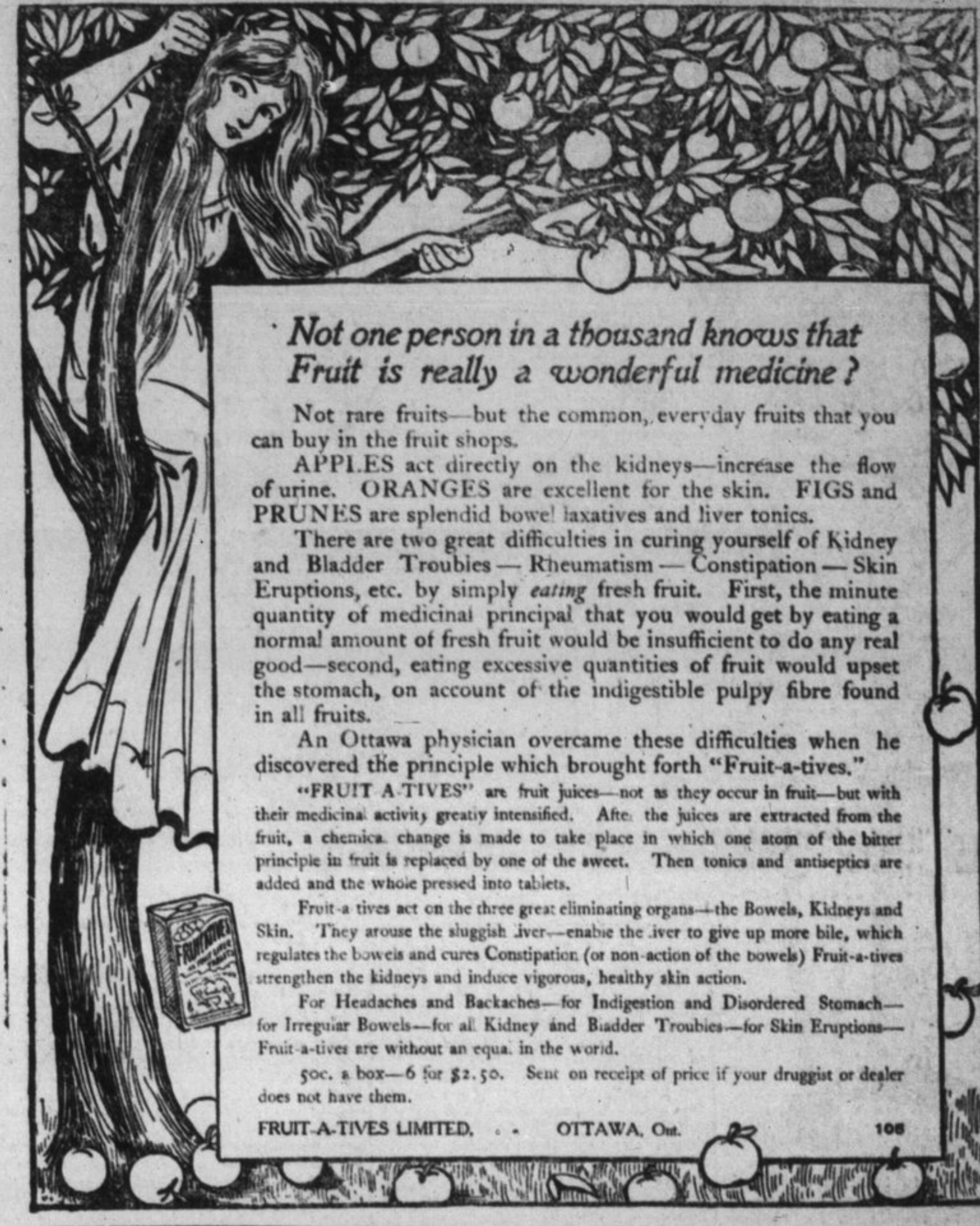
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Not one person in a thousand knows that Fruit is really a wonderful medicine?

Not rare fruits—but the common, everyday fruits that you can buy in the fruit shops.

APPLES act directly on the kidneys—increase the flow of urine. ORANGES are excellent for the skin. FIGS and PRUNES are splendid bowel laxatives and liver tonics.

There are two great difficulties in curing yourself of Kidney and Bladder Troubles—Rheumatism—Constipation—Skin Eruptions, etc. by simply eating fresh fruit. First, the minute quantity of medicinal principle that you would get by eating a normal amount of fresh fruit would be insufficient to do any real good—second, eating excessive quantities of fruit would upset the stomach, on account of the indigestible pulpy fibre found in all fruits.

An Ottawa physician overcame these difficulties when he discovered the principle which brought forth "Fruit-a-tives." "FRUIT-A-TIVES" are fruit juices—not as they occur in fruit—but with their medicinal activity greatly intensified. After the juices are extracted from the fruit, a chemical change is made to take place in which one atom of the bitter principle in fruit is replaced by one of the sweet. Then tonics and antiseptics are added and the whole pressed into tablets.

Fruit-a-tives act on the three great eliminating organs—the Bowels, Kidneys and Skin. They arouse the sluggish liver—enable the liver to give up more bile, which regulates the bowels and cures Constipation (or non-action of the bowels) Fruit-a-tives strengthen the kidneys and induce vigorous, healthy skin action. For Headaches and Backaches—for Indigestion and Disordered Stomach—for Irregular Bowels—for All Kidney and Bladder Troubles—for Skin Eruptions—Fruit-a-tives are without an equal in the world. 50c. a box—6 for \$2.50. Sent on receipt of price if your druggist or dealer does not have them.

FRUIT-A-TIVES LIMITED, OTTAWA, Ont.

## FASHION'S FORM.

Model For Street or House Dress.



Brown and black check serge was used for the model illustrated, although rajah pongee or taffeta silk would make an even more effective after this design. The bodice was trimmed with bands of tucking, brown crocheted buttons, with silk cord loose and tail or stitching, two-inch wide band of heavy cord lace, embroidered with threads of coarse brown silk, outlined the small vobe of this lace. The skirt was cut in panels and had pointed sections of tucking let in as explained by the drawing.

## THE MEANING OF A SMILE.

We speak in many tongues, we men Who do the work that men must do With sword and spade and plough and pen— My language may be strange to you; I may not know when you complain, Nor comprehend if you revile; Your preaching may be all in vain, But we are brothers when we smile.

The Malay may not understand When I explain to him my creed; The Mongol, all unmoved and bland, May think that I am mad, indeed; To them the words I use may be A jargon fashioned to beguile; But they extend their hands to me And know my meaning when I smile.

We speak in many tongues, we men Who do the work that men must do, And if, perchance some morning when The first beam blazed from the sun, A savage faced you where you woke Upon the farthest South Sea isle He might not know what words you spoke, But he would understand your smile.

The spoken word may not convey The slightest meaning to our minds, But from the coldest Lapland bay To frozen Magellan's channel winds, From Ganges to the Amazon, From frozen Yukon to the Nile, And from La Plata to the Don, There is one meaning for a smile.

Their gentle action and good effect on the system really make them a perfect little pill. They please those who use them. Carter's Little Liver Pills may well be termed "Perfection." Single women can, on an average live longer than single men.



FREE TO YOU—MY SISTER—FREE TO YOU AND EVERY SISTER SUFFERING FROM WOMEN'S AFFLICTIONS.



WOMAN'S OWN MEDICAL ADVICE. I am a sister who has suffered from women's afflictions. I will mail free of any charge, my home treatment with full instructions to any sufferer from women's ailments. I want to tell all women about this cure—yes, my reader, for yourself, your daughter, your mother, or your sister. I will tell you how to cure yourselves at home without the help of a doctor. Men cannot understand women's sufferings. What we women know from experience, we know better than any doctor. I know that my home treatment is a safe and sure cure for Leucorrhoea or White discharge, Uteritis, Displacement or Prolapse of the Womb, Prolapse, Scanty or Painful Periods, Uterine or Ovarian Tumors or Growths, also points in the breast; back and joints, bearing down feelings, nervousness, creeping crawling up the spine, indolence, desire to cry, hot flashes, weakness, kidney and bladder troubles where caused by weakness peculiar to our sex. I want to send you a complete 10 days' treatment entirely free to prove to you that you can cure yourself at home, easily, quickly and surely. Remember, that it will cost you nothing to give me a trial. I will mail free of any charge, my home treatment with full instructions to any sufferer from women's ailments. I want to tell all women about this cure—yes, my reader, for yourself, your daughter, your mother, or your sister. I will tell you how to cure yourselves at home without the help of a doctor. Men cannot understand women's sufferings. What we women know from experience, we know better than any doctor. I know that my home treatment is a safe and sure cure for Leucorrhoea or White discharge, Uteritis, Displacement or Prolapse of the Womb, Prolapse, Scanty or Painful Periods, Uterine or Ovarian Tumors or Growths, also points in the breast; back and joints, bearing down feelings, nervousness, creeping crawling up the spine, indolence, desire to cry, hot flashes, weakness, kidney and bladder troubles where caused by weakness peculiar to our sex. I want to send you a complete 10 days' treatment entirely free to prove to you that you can cure yourself at home, easily, quickly and surely. Remember, that it will cost you nothing to give me a trial.

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About thirty thousand 10 cent Cigars will be sold for 5 cents each, or \$5 a hundred. Club House Special, The Duchess, The Diploma Grand, San Toy, Lord Craines, Beekies, Craven Penalties, McKinley, Lord Russell, Olympia, Rothchild, de La Fremada, Lennox, Lord Tennyson, Grant, E. V. Maritans, 4 of any brand of other 10 cent Cigars for 25 cents.

About 100 Fountain Pens cheap. A lot of Pocket Knives, Pocket Books and Razors, those goods can be had at JOHN ROUTLEY'S, 173 and 175 Princess street, and 354 King street, Orwell's Old Stand.

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