Who Gets the Most Out of Life?

Not the wealthiest, not the most learned, nor the idler—but the man who has good health and works for his living. This truth is trite, but not trivial.

Every man should guard his health as his most valuable possession. The more so because health is easier to retain than regain.

Keep your grip on health by regular exercise, reasonable care in eating and requisite sleep. Take Beecham's Pills occasionally, to tone the stomach and keep the liver and bowels in good working order. And don't worry.

Observe these simple rules and you will agree that the one who gets the most from life is —

The Man Who Uses

BEECHAM'S PILLS

Prepared only by the Proprietor, Thomas Beecham, St. Helens, Lancashire, Eng.

Sold everywhere in Canada and U. S. America. In boxes 25 cents.

Anty Drudge at a Wedding.

Anty Drudge—"My present is a homely one, Dearie, just a box of Fels-Naptha soap. But if you use it in the Fels-Naptha way, it will lighten your work and bring more happiness than any silverware or bric-a-brac."

The Bride—"Thank you truly, Anty Drudge. I shall follow your advice faithfully."

Woman's work is being made easier. Take the weekly wash, for instance. It used to be an all day job, with the woman getting up at 5 o'clock in the morning to heat water for boiling clothes. Now, she washes with Fels-Naptha soap in cold or lukewarm water, and the whole washing takes little longer than half the time of the old way.

No boiling, no steaming suds, no hard-rubbing; and the clothes are cleaner and fresher than ever before. Then, too, the clothes last longer when washed with Fels-Naptha—a lot of mending saved.

Follow directions for using Fels-Naptha on the red and green wrapper.

Comment is sometimes made that Fels-Naptha soap will not wash greasy dishes, pots and kitchen utensils without hot water. But those who understand how Fels-Naptha is to be used do all their kitchen work regularly with lukewarm or cold water.

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

I am a woman.
I know woman's sufferings.
I have found the cure.

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—you, my reader, for yourself, your daughter, your mother, or your sister. I want to 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 Leucorrhœa or Whitish discharges, Ulceration, Displacement or Falling of the Womb, Profuse, Scanty or Painful Periods, Uterine or Ovarian Tumors or Growths, Also pains in the head, back and bowels, bearing down feelings, nervousness, creeping feeling up the spine, melancholy, desire to cry, hot flashes, weariness, kidney and bladder troubles where caused by weaknesses 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 the treatment a complete trial; and if you should wish to continue, it will cost you only about 12 cents a week, or less than two cents a day. It will not interfere with your work or occupation. Just send me your name and address, tell me how you suffer, if you wish, and I will send you the treatment for your case, entirely free, in plain wrapper, by return mail. I will also send you free of cost my book—"WOMAN'S OWN MEDICAL ADVISER" with explanatory illustrations showing why women suffer, and how they can easily cure themselves at home. Every woman should have it, and learn to think for herself. Then when the doctor says—"You must have an operation," you can decide for yourself. Thousands of women have cured themselves with my home remedy. It cures all, old or young. To Mothers of Daughters, I will explain a simple home treatment which speedily and effectually cures Leucorrhœa, Green Sickness and Painful or Irregular Menstruation in Young Ladies. Plumpness and health always result from its use.

Wherever you live, I can refer you to ladies of your own locality who know and will gladly tell any sufferer that this Home Treatment really cures all woman's diseases and makes women well, strong, plump and robust. Just send me your address, and the free ten days' treatment is yours, also the book. Write to-day, as you may not see this offer again. Address:

MRS. M. SUMMERS, Box H. 11, - - - - WINDSOR, Ont.

The St. Lawrence Sugar Refining Co., Ltd

MONTREAL

Manufacturers of the choicest

REFINED SUGARS

Granulated and Yellows. Made entirely from Cane Sugar. Be sure you ask for **"St. Lawrence."**

D. STEWART ROBERTSON & SON, Agents for Eastern Ontario.

A FINE INVENTION

NEW TELEPHONE MARVEL EXHIBITED IN LONDON

By Which Speaking and Handwriting May Be Transmitted Simultaneously and With Little Trouble.

London, July 24.—The marvel of the telephone has become commonplace through daily usage. Fresh interest, however, is likely to be aroused in its wonderful possibilities by a new invention, of which a demonstration has just been witnessed in this city.

The inventor is a German, Herr Gustav Grzanna, and his mission to this country is an outcome of the new patent laws. His marvelous apparatus has already been exhibited in Germany, where it has aroused profound interest.

Herr Grzanna can transmit handwriting, sketches, etc., over an ordinary telephone wire for very considerable distances and within the period of a few seconds, thus making a considerable advance on the old system of electric writing at a distance. He uses a low tension current—viz., twelve volts—in the transmitting and receiving boxes. His apparatus can be made an auxiliary of common telephonic communication, and, therefore, its commercial utilization is ready to hand.

Herr Grzanna's messages are passed through as fast as they are written, and the transmitter uses the pencil naturally. Other systems require somewhat laborious handling of the transmitting mechanism, so that it takes about half an hour to send and receive even a short sentence. In fact the Grzanna instrument is the autographic double of the voice in telephonic communication. One can actually speak and write or draw at the same time through the same wires, the telephone being connected with the apparatus through a condenser of two microfarads.

Say an engineer is ordering material by telephone from a manufacturer. He can furnish plans of the bolts, plates, rails, etc., which he requires. Similarly a newspaper artist can sketch an event on the spot—a railway disaster, for instance—and transmit it to his editor hundreds of miles away, accompanying it with a verbal description as he draws; or, if the correspondent be a reporter, he can make use of a photograph by tracing its outlines. In military operating the enemy's movements as they unfold themselves can be wired back to headquarters.

This wonderful system of telegraphy is accomplished by means of a light ray travelling over sensitised paper. The graphite pencil at the transmitter end has two electric contacts, one for horizontal and the other for vertical movement, a curve being made up of the component parts of one or the other. On taking the pencil from off its rest a tiny electric glow lamp in the receiver box is illuminated. The light from the lamp is conducted to a prism, from which it is reflected on to two little pivoted mirrors, one of which corresponds with the circuit of horizontal movement and the other with that of the vertical.

The light ray produced by the mirrors is absolutely identical with the movements of the point of the pencil, and it is thrown upon the section of a spool of sensitized paper, set to receive it. By unhinging the attachment to the receiver box containing the photographic film, and constituting a focusing glass, the evolutions of the light ray can be watched. It appears as a tiny pinhead, travelling in all directions over the glass—really imitating exactly the handwriting or drawing of the transmitter.

On laying the pencil down the lamp is extinguished, and a little electromotor pushes forward the sensitized paper on which the message has just been photographed; passes it through a chemical bath, in which it is developed, and in ten seconds the writing or sketch becomes visible; while another film is unwound from the spool and placed in position to receive the next message. All these processes are automatic. The receiver has now but to cut off the film bearing the message and "fix" it in the photographic sense.

He Grasped The Idea.

Youth's Companion.

"Tommy," said his teacher, "the words "circumstantial evidence" occur in the lesson. Do you know what circumstantial evidence is?" Tommy replied that he did not.

"Well, I will explain it to you by an illustration. You know we have a rule against eating apples in school. Suppose some morning I should see you in your seat with a book held up in front of your face. I say nothing, but presently I go round to where you are sitting. You are busily studying your lesson, but I find that your face is smeared, while under the edge of your slate I see the core of a freshly eaten apple.

"I should know, just as well as if I had caught you at it, that you have been eating an apple, although, of course, I did not see you do it. That is a case in which circumstantial evidence convicts you. Do you think you know what it is now?"

"Yes, ma'am," said Tommy. "It's eating apples in school."

Haste To A Wedding.

A romantic courtship came to a happy climax in Philadelphia when Lieut. William Fortescue Sells, of H.M.S. Wildfire, married Mrs. Alice Augusta Bayley. He had only two weeks' leave in which to make the Atlantic passage, marry, and return to his ship. The romance commenced in the lieutenant's boyish days, when he was a friend of Miss Alice Cornish, then a lassie in the Isle of Wight, where her home adjoined that of the lieutenant's parents. At eighteen, however, she married Col. Bayley, commanding an English cavalry regiment. A few years afterwards Col. Bayley was accidentally killed on a rifle range. At the end of a year Lieut. Sells pressed his suit and was accepted. The widow came to America and lived in Philadelphia with her brother, Henry H. Cornish, a well-known cricketer.

TORTURES WOMEN SUFFER

Can Be Relieved By Keeping Blood Rich With Pink Pills.

A woman needs a blood building medicine regularly just because she is a woman. From maturity to middle life, the health and happiness of every woman depends upon her blood, its richness and its regularity. If her blood is poor and watery she is weak, languid, pale and nervous. If her blood supply is irregular she suffers from headaches, backaches, sideaches and the other unspeakable distress which only women know. Some women have grown to expect this suffering at regular intervals and to bear it in hopeless silence. But women would escape much of this misery if they took a box or two of Dr. Williams' Pink Pills to help them over each critical period. These Pills actually make new blood. They help a woman just when nature makes the greatest demand upon her blood supply. They have done this for thousands of women throughout Canada, why not for you?

Mrs. Joseph Kinney, Giltert's Cove, N.S., says: "For ten years I suffered from nervousness and those troubles that make the lives of so many women one of almost constant misery. At times I would be confined to my bed for weeks. I spent sleepless nights and seemed to lose all courage. I tried several doctors but they failed to give me any relief. The last doctor I consulted told me frankly that he could not understand my case unless I would undergo an examination. It was then I decided to give Dr. Williams' Pink Pills a trial. After taking six boxes I was much improved in health, but I continued to take the Pills for a couple of months more when I felt like a new woman, and was enjoying such health as I had not experienced for ten years before. I have had no return of this trouble since, but I have used the Pills once since that timefor the after effects of la grippe and the result was all I hoped for. These are plain facts from my own experience and I have always felt that I cannot too strongly recommend Dr. Williams' Pink Pills to the many women who suffer as I did."

You can get these Pills from any dealer in medicine or by mail at 50c. a box of six boxes for $2.50 from The Dr. Williams Medicine Co., Brockville, Ont.

CLEAN WATCHES WITH BREAD

Forty Loaves Are Used Each Day at Elgin, Ill.

Perhaps the most novel use to which bread is put may be seen in the great watch factories at Elgin, Ill., where more than forty loaves of fresh bread are required each day. George E. Hunter, superintendent of the watch factory, is quoted in the American Food Journal as saying:

"From the earliest times in the history of watchmaking, it has been the custom of watchmakers to reduce fresh bread to the form of dough. This is done by steaming and kneading. They then use this dough for removing oil and chips that naturally adhere in course of manufacture to pieces as small as the parts of a watch. There are many parts of a watch, by the way, that are so small as to be hardly visible to the naked eye. The oils is absorbed by this dough, and the chips stick to it, and there is no other known substance which can be used as a wiper without leaving some of its particles attached to the thing wiped. This accounts for the continued use of bread dough in the watchmaking industry."

Banish Your Catarrh.

The comfort of having a clear head is worth while and to be entirely free from catarrh is much more important. Wade's Ointment gives quick relief in all catarrhal troubles and regularly used, will cure. Also cures eczema (salt rheum), boils, pimples, old sores, scald head, piles, dandruff and all scaly or itching eruptions of the skin. In big boxes, 25c., at Wade's drug store.

An Antidote.

Youth's Companion.

Martha's mistress often boasts of her readiness of resource. "The best nursemaid in town," she calls her. One day she came home from a drive, to be confronted with the startling news that the baby had swallowed a button.

"And what did you do, Martha?" she asked in some anxiety, although trusting that it had been the right thing.

"Why," said Martha, "I made him swallow a buttonhole right away!"

Use Them Together.

Always add a little Sovereign Lime Juice to your favorite Sovereign Fruit Syrup when making fruit punch, or any other cooling drink. Sovereign Lime Juice develops the fruit flavor of the syrup, and adds its own distinctive deliciousness to the blend. Half a teaspoonful of Sovereign Lime Juice, and two teaspoonfuls of Sovereign Fruit Syrup to a glassful of water and ice, make a cooling, refreshing drink.

Only One Requirement.

Illustrated Bits.

"Your love," he cried, "would give me the strength to lift mountains."

"Dearest," she murmured, "it will only be necessary for you to raise the 'dust.'"

You can give a man good advice till you are blue in the face, but give him a good scare and you will get results.

CHILDREN'S HAIR.

Keep It Clean and Free From Disease By Using Parisian Sage.

If you want your children to grow up with strong sturdy and vigorous hair, teach them to use Parisian Sage, the world-renowned hair tonic.

Parisian Sage is guaranteed by G. W. Mahood to cure dandruff and stop falling hair in two weeks. It grows new hair quickly in cases where the hair is "thinning out."

It is positively the most delightful, invigorating hair dressing on the market. It is not sticky or greasy and will make the coarsest hair soft, lustrous and luxuriant. Get a 50c. bottle from G. W. Mahood and watch how rapid its action. Giroux Mfg. Co., makers, Fort Erie, Ont.

CANTALOUPE GROWING PAYS.

Farmers of Rocky Ford Find It a Profitable Crop.

"Cantaloupe growing is one of the most independent branches of farming," said the owner of a small ranch in the celebrated Rocky Ford district of Colorado. "It is one of the easiest, too, for quite a considerable part of the year.

"Seed for the melon crop is planted from the 1st to the 15th of May, and after that with the exception of a couple of weedings and two applications of water, your work is done until the time for picking begins, about the latter part of July or the 1st of August.

"When the melons begin to be ready for shipment the planter has only to inspect his patches from day to day and select those which are in condition. The cantaloupes are quick ripeners and one might go through a patch one day and not find a single melon sufficiently advanced to be picked, and yet the very next morning the same patch might show enough ripe melons to fill thirty or forty crates.

"The principal harvesting time for Rocky Ford is from the latter part of August until the 1st of October, all depending upon the frost. Exposure to frost puts an abrupt end to the existence of cantaloupes. The melons are picked in the morning, crated and then removed to the refrigerator cars or place of shipment in the cool of the evening. When picked for the eastern market the melons are removed from the vines before they are fully ripe.

"While the Rocky Ford melons derive their name from the town of that name, yet as a matter of fact the melons are grown in many other sections of Otero county, irrigated by the waters of the upper Arkansas river. The principal point of shipment, however, is at Rocky Ford, and at the height of the season—the latter part of August—from forty to fifty carloads daily are sent away.

"But everybody who owns a patch of land in that vicinity devotes a certain part of it to the raising of the cantaloupe, and through the raising of this one kind of fruit the land along the Arkansas valley, which fifteen years ago was worth but from $6 to $10 an acre, has now advanced in value to $300 in certain cases.

"The soil is wonderfully productive, and in good seasons the average production of cantaloupes an acre will be from 100 to 125 standard crates, each of which will contain about forty-five melons. For these the producer will receive from 50c. to $1 a crate, and always reckons upon his acreage yielding an average of $75.

"Some years a cantaloupe grower will raise what he terms a seed crop, although the wise grower will always reserve his finest melons for seed. The growers, while all of them must buy seed for the first year, even afterward make it a point to save enough from each year's crop to answer the needs of the next year.

"A seed crop is by no means an unprofitable one. In one crate of melons there is at least one pound of seed, and so an average yield would represent from forty-five to fifty pounds of seed to the acre, which is worth at times as much as $1.50 a pound. One grower in 1906 planted five acres in cantaloupes for a seed crop and sold the product of his patch as it stood to a seed house at Rocky Ford for $500. There are three seed houses at Rocky Ford whose sole business consists of handling cantaloupe seed.

"Recently some of the cantaloupe growers started to raise a new variety of cantaloupe, which is a cross between a muskmelon and a canteloupe and bears the name of muskaloupe, or salmon melon, the inside of which is a red yellowish color. One grower, last year, near Rocky Ford, planted a patch of several acres in the new melon for a seed crop. This was done on the order of a Californian. Eight hundred pounds of the seed of the new melon were produced, for each pound of which the Rocky Ford grower received 40c. The Californian in return received $2 a pound for the seed the greater portion of which he disposed of in California."

Pharaoh The Oppressor.

Century Magazine.

Like a cloud, a great golden cloud, a glory impending that will not, cannot, be dissolved into the ether, Rameses looms over the Egypt of today. Everywhere you meet his traces. You say to a tall young Egyptian: "How big you are growing, Hassan!" He answers, "Come back next year, my gentleman, and I shall be like Rameses the Great."

Or you ask of the boatman who rows you, "How can you pull all day against the current of the Nile?" And he smiles, and lifting his brown arm, he says to you: "Look, I am as strong as Rameses the Great." This familiar fame comes down through three thousand two hundred and twenty years. Carved upon limestone and granite, now it seems engraven also on every Egyptian heart that beats not only with the movement of shadoof, or is not buried in the black soil fertilized by Hapi. Thus can inordinate vanity prolong the erue triumph of genius, and impress its own view of itself upon the minds of millions. This Rameses is believed to be the Pharaoh who oppressed the children of Israel.

Apple Land Of The Pacific.

From the Britannia.

Tasmania has long been known as the apple land of the south, but few at home have any real idea of the money that can be made, and is being made, out of apple growing in that island. Last year, for instance, there were many small orchards in the south which returned as much as 1,200 bushels to the acre, and one owner of four acres, who picked over 4,000 bushels of marketable fruit, which he sold at 4s. per bushel, reaped a gross return of £800. As his expenses at the outside would not be more than £100, his profit per acre worked out at something like £175. Of course this was an extreme case, but orchards of twenty acres and upward averaged fully 500 bushels per acre, and yielded a clear net profit of quite £1,500 in each case. The area actually planted at the present time in domestic and commercial orchard is about 20,000 acres, and upward of half a million cases of apples were exported to this country last year.

THE GREATEST FAMILY MEDICINE OF THE AGE

Based upon the Juices of Fruit—"Fruit-a-tives" Has Made a Name For Itself In Every Part of Canada at 50c. a box

ALSO PUT UP IN 25c. TRIAL SIZE

"Fruit-a-tives" is now a household word throughout Canada. From ocean to ocean these wonderful fruit liver tablets are used and praised in thousands of homes.

No other medicine, of late years, has made such an unqualified success with the whole Canadian people as "Fruit-a-tives," and in the comparatively short term of four years. As an indication of the way they are selling it may be mentioned that several of the large wholesale drug houses are ordering in 100 gross lots. That means 14,400 boxes of "Fruit-a-tives" to be retailed at 50c a box, amounting to $7,200.00.

No doubt there are thousands of people who have felt that they could not afford to risk 50c just to try "Fruit-a-tives." To meet them half way "Fruit-a-tives" are now put up in a special trial size which sells for 25c. In order that every man, woman and child may find out the benefit of these splendid tablets.

Whatever your trouble may be—Constipation, Biliousness, Liver and Kidney Trouble, Skin Diseases, Rheumatism, Sciatica, Neuralgia, Headaches, Indigestion, Dyspepsia,—"Fruit-a-tives" will surely help you.

Remember the new 25c trial size, in addition to the regular 50c boxes. Let us know if your dealer cannot supply both sizes. Fruit-a-tives Limited, Ottawa, Ont.

SUNSHINE FURNACE

And Coal Economy

COMBUSTION taking place in the dome or top chamber of furnace fire-pot is the result of air and heat mingling with fumes. This combustion produces heat-energy, which the radiating surfaces above and around fire-pot absorb or draw in and then deflect or throw off. Incoming cold air receives this heat-energy, the result being heated air. Now, if the combustion takes place at a faster rate than the radiating surfaces can absorb and deflect, the surplus heat-power will pass up the chimney or into cellar—*a waste of coal.*

There is no waste of coal in "Sunshine" Furnace. Circuit of radiator is so complete, and air-circulating space so large, that every bit of heat-energy is quickly absorbed and quickly deflected on the circulating cold air, which is thus quickly heated and ascends through the hot-air pipes to rooms above.

The check-draft of a furnace is situated on the smoke-pipe. When this draft is closed—especially on an "ordinary" furnace—heat particles can escape up chimney. When check-draft is opened the incoming cold air from the cellar drives all heat particles back into furnace proper. If the grates and fire-pot of furnace are not constructed properly, there's a clogging and gathering of ashes, and fire does not burn up readily. If no provision is made for gas escape, the check-draft must be left closed indefinitely—*a waste of coal.*

There is no waste of coal in "Sunshine" Furnace. No clogging can take place in the 4-piece grate, no ashes can gather on the straight fire-pot walls, and the Automatic Gas Damper makes every provision for the escape of gas; consequently, check-draft can be opened shortly after coaling and all heat-energy saved for radiation.

London Toronto Montreal Winnipeg **McClary's** Vancouver St. John, N.B. Hamilton Calgary

AGENTS TESTIMONY 3

We can vouch for the "Sunshine" virtues mentioned above. We have installed this furnace and kept records of its performances, and know it to be exactly as represented.

LEMMON & SONS.

This shows the Fused Joint idea in

"Hecla" Furnaces

No dust can escape through "Hecla" Fused Joints. They are absolutely tight and will remain so. That is what makes the "Hecla" the safest and most sanitary furnace to buy. It supplies only pure and fresh warm air, without a trace of gas or dust.

The "Hecla" is economical in the consumption of fuel. The Steel Ribbed (Patented) Fire Pots, which have twice as much radiating surface as any other style of fire pot, draw a great deal of heat from the fire that in other furnaces would be sent out of the chimney.

Our catalogue tells more about these and other exclusive features of "Hecla" construction. 59

Clare Bros. & Co. Limited, Preston, Ont.

KINGSTON AGENTS: ELLIOTT BROS.