SUFFERED TORTURES FOR 70 YEARS

Wife of a Prominent Physician Tells How She Was Cured.

Mrs. J. R. Flock is the widow of one of the best known physicians in London, Ontario. She was treated by her husband and many other medical men yet never received any lasting benefit. Just by accident, she tried a well-known remedy, and now, after 70 years of suffering, she is well. Read her letter to Fruit-a-tives Limited.

"Dear Sirs,—Since my early childhood (and I am now in my seventy-third year) I have suffered indescribable torment from stomach trouble and indigestion, complicated with liver disorders. Being the wife of a prominent physician (the late Dr. J. R. Flock), I, naturally enough, had a prejudice against proprietary remedies. I was, however, unable to benefit to any great extent through my lifetime, from taking the ordinary remedies of physicians, being constantly in delicate health from stomach disorder and vomiting. Accidentally I came into possession of a sample of "Fruit-a-tives"—tried them, and found myself wonderfully benefitted. I take them now as my only medicine and they are keeping me in the most satisfactory health.

After finding out the wonderful medicinal qualities of "Fruit-a-tives" I have recommended them to many of my friends and acquaintances, who have also had the best results from their use—and one lady friend that I have recently recommended them to, has used them for Sciatica, from which she suffered constantly and was unable to procure any remedy that would relieve her. She is now taking "Fruit-a-tives" and is cured.

I am glad to be able to recommend "Fruit-a-tives" and will be glad if you will use my name in any way that will be the means of bringing your remedy before the public."

(Sgd.) Mrs. J. R. Flock.
346 Dundas St

London, Ont., Feb. 28th, 1908.

Free—Teddy Bear—Free

This is a genuine, imported, woolly brown, Teddy Bear. His head, his arms and legs are jointed on to the body so that they can be turned in any direction, and you should see him shake his head and hear him grunt when you hit him in the stomach. "Teddy" is all the rage in the cities. The children carry him to school and even the grown up ladies carry him with them when they go out for a walk or ride, or to the theatre. The more costly "Teddys" sell as high as $25.00 each. We have picked out the one for you on account of his good size, his jointed head, arms and legs, his cute grunt and his fine cinnamon color.

Every Girl and Boy wants a Teddy Bear and you can get one very easy. Just send us your name and address and we will send you by mail 15 packages of our fast selling delicious perfumes, in six colors (rose, pink, violet, heliotrope, lilac and lily of the valley) to sell at 10c. per package. You can sell the perfume very quickly, as each person who buys a package of perfume is entitled to receive a beautiful colored picture, 16 x 20 inches, which are reproductions from some of the greatest paintings and are suitable for framing. As soon as you have sold the perfume and sent us the money ($1.50), we will promptly send you the Teddy Bear just as represented. Write to-day. Address

The Rose Perfume Co.
Dept. 26 TORONTO, ONT.

MANY DON'T KNOW HEART AFFECTED.

More People than Aware of It Have Heart Disease.

"If examinations were made of everyone, people would be surprised at the number of persons walking about suffering from heart disease."

This startling statement was made by a doctor at a recent inquest. "I should not like to say that heart disease is as common as this would imply," said the expert, "but I am sure that the number of persons going about with weak hearts must be very large."

"Hundreds of people go about their daily work on the verge of death, and yet do not know it. It is only when the shock comes that kills them that the unsuspected weakness of the heart is made apparent."

"But undoubtedly heart weakness, not disease, is more prevalent nowadays. I should think that the stress of living, the wear and rush of modern business life, have a lot to do with heart trouble."

There is no doubt but that this is correct, and we would strongly advise any one suffering in any way from heart trouble to try a course of Milburn's Heart and Nerve Pills.

Price 50 cts. per box or 3 boxes for $1.25, at all dealers or will be mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

FLUTTERING OF THE HEART.

Mrs. G. M. White, Williamstown, N.B., writes: "I was troubled with weak spells and fluttering of the heart. I was so bad I could scarcely lie down in bed. I procured a box of Milburn's Heart and Nerve Pills and they helped me so much I got another box and it has made a final cure. I cannot speak too highly of them. I think they are worth their weight in gold."

Dyeing with Soap!

Maypole Soap is the Household Dye that washes and dyes with one operation. Used almost exclusively in England. Yields fast, brilliant colors. Dyes to any shade. No streaks. And above all—*CLEANLY, SAFE, SURE.*

Maypole Soap

10c. for Colors—15c. for Black.

Frank L. Benedict & Co., Montreal.

65

There's much in learning to save instead of learning to waste.

It's grand to be sympathetic, but grander still to be of service.

Back up assurance with ability and you will get and keep the job.

Tips For The Farmers

BY UNCLE JOSH

The following statement concerning crop conditions on the 4th of November 1908, based on the returns of 2,000 correspondents, has been prepared by the Ontario Department of Agriculture.

FALL WHEAT.—Some of the grain sprouted in the stock owing to the warm, wet weather at harvesting, but taking the crop as a whole, fall wheat may be classed as generally plump and of good quality, and the yield is above the average.

SPRING WHEAT.—The average of the spring wheat is steadily decreasing. While there was an average yield, considerable shrunken grain was reported. Spring wheat, however, is becoming more popular in mixtures with other grains.

BARLEY.—A considerable quantity of barley was rather black in color although very good for stock feeding which is now the chief use of this grain in Ontario. In the western half of the province barley yielded well, and the grain was of fair weight. In the eastern counties early sown did well, but late barley was poor.

OATS.—Dry weather at the time of filling caused oats to be rather light in weight, while oats which were harvested late were caught in the rain, causing considerable rust and otherwise injuring the straw for feeding purposes. While the total yield of oats is larger than that of 1907 it is less than in any of the five years immediately preceeding.

PEAS.—Peas were poor on late fields, but where got in early they did well, although there were some complaints of the crop ripening unevenly. While the presence of the pea weevil was reported from differeent localities, the pest was not nearly as bad as in more recent years; but a green aphis attacked the vines and did considerable injury, more especially in the eastern part of the province.

BUCKWHEAT. — Notwithstanding the hot and dry weather during the growing period of the crop, followed by a heavy rain and hail storm in the second week of August which beat many fields down, buckwheat may be classed as a good crop, both as to yield and several correspondents are of opinion that it is going to be more largely grown next year.

The most of a horse's muscle is in its hind quarters. This may be a surprise to you, but the next time you have an opportunity to see a horse pulling a heavy load study him carefully. You will be impressed with the idea that most of the work is being done with the hind legs. When the hind foot is moved forward the toe rests on the grund and the leg is bent at the hock joint; if the toe does not slip, and the horse is strong enough for his load, the muscles above, pulling on the tendon fastened to the back and the upper joint of the hock, will loose the joint, or, in other words, straighten the leg and cause the body to move forward. It is by the performance of this act at every step that the horse moves, although, of course, the strain on all the parts is much greater when pulling very hard. This will also show the necessity of having large, broad, straight joints and legs, that give the horse the most secure footing. You have probably also noticed when driving that many horses put their hind feet on the ground in front of the mark left by the fore foot, and the faster they go the greater will be the distance between the marks made by the fore and the hind feet. This shows that the length of a step is determined by the hind quarters; it also explains the need of large, strong hocks and legs that are not so crooked as to seem weak or so straight as to lessen the leverage afforded by this very wonderful arrangement of the parts.

Bran is one of the softest feeds that can be fed to farm animals. It does not cause digestive disorders even when fed in large amounts. It can be combined with and made to improve any kind of food stuffs. It is invaluable as a component of a ration for milch cows, and can be fed to all classes of live stock.

The two main points in milking are gentleness and quickness. Of the two, quickness is the more essential, for a quick milker can seldom be a bad one. Few milkers are cruel; but the great number are slow. Experiments have been made regarding this matter of quick v. slow milking, which proves that dilatory milking has sometimes the effect of reducing the butter fat in the milk to the extent of 11 per cent. besides showing a decided diminution in the quantity. We do not yet know all about the secretion of the milk in the udder, but we know this much: that when milked by a slow hand, the cow becomes a dawdler also. And we know, further, that if the practise of slow milking is pursued for a length of time, the cow will soon go dry.—"Rural World."

Prof. Oscar Erf, in commenting upon agricultural conditions as he found them in his recent trip to Europe, says: "In the countries where the most milk is used there is the most civilization. In Spain, Italy and Roumania and other countries where dairy cows are scarce, I found that land was extremely cheap and the civilization not very far advanced. While in Holland, Denmark, Switzerland and the Island of Jersey, where dairying is the principal occupation, land was very often worth several hundred dollars per acre and in some cases $2,000 per acre. Upon inquiry, the people told me the dairy cows were responsible and I find the same thing to be true in the United States.

Produce And Prices.

Kingston, Nov. 28.—Prices were quoted to the Whig, to-day, as follows:

Flour and Feed—Flour, baker's, $2,-90 to $3.18; farmers, $2.80 to $3.10; Hungarian patent, $3 to $3.20; oatmeal and rolled oats, $4.40 to $4.50; cornmeal, $1.80 to $2.10; bran, $23 to $24 per ton; shorts, $26.50 to $27 per ton; straw, $10; hay, loose, $12 to $15; pressed, $14 to $15.

Eggs—New laid, 30c. per dozen.

Grains—Oats, 40c.; local wheat, 85c to $1; buckwheat, 65c.; barley, 60c.; rye, 80c. to 85c.; peas, 90c. to 95c.; corn, best, 80c.; mixed, 78c.

Butter—Choice, creamery, 30c.; farmers' butter, prints, 28c.; packed, 26c.; rolls, 26c.

Meat—Beef, carcase, $7 to $8 cwt.; choice cuts, 6c. to 15c. lb.; pork, 9½c. per lb.; veal, by the quarter, 8c. to 9c. per lb.; cuts, 7c. to 15c., by carcase, 5c. to 8c. per lb.; outlets, 12½c. to 15c.; spring lamb, 12c. lb.; chops, 15c. to 18c. a lb.; mutton, 10c. per lb.; live hogs, $6.50.

Fish—Salmon trout, 12½c. a lb.; skinned digby herring, 20c. per lb.; whitefish, 12½c. a lb.; pike, 10c. a lb.; chinook salmon, 30c. a lb.; kippered a lb.; perch, 30c. a doz.; frogs' legs, herring, Yarmouth bloaters, 40c. a doz.; Atlantic salmon, 30c. a lb.; salt codfish, 7c. to 15c. a lb.; halibut, 20c. a lb.; fresh haddock, 10c. a lb.; bullheads, 10c. a lb.; red herring, 15c. a box; mackerel, 15c. a lb.; trout, 12½c. 10c. a lb.; ciscoes, 15c. a lb.; bluefish, 15c. a lb.; lake herring, 10c. a lb.; finnan haddie, 10c. to 12½c. a lb.; red snappers, 15c.; flounders, 10c.; fresh salt water herrings, 40c. to 60c. a doz; fresh lobsters, 30c. a lb.; sea bass, 12½c. a lb.; smoked salmon, 30c. a lb.;

Poultry—Chickens, 50c. to 75c. per pair; turkeys, 15c. a lb.

Fruit—Lemons, 20c. per doz.; oranges, 40c. to 60c. pet doz.; bananas, 20c. to 30c. per doz.

Vegetables—Potatoes, 90c. to $1 per bag; cabbage, 75c. to $1 a doz.; celery, 30c. to 50c. a dozen; beets, 20c. per peck; onions, $1 per bush.; green onions, 40c. a doz.; carrots, 30c. a doz. bunches; turnips, 75c. a bushel; tomatoes, 30c. a bushel.

Wool, washed, 15c. to 16c. per lb.; sheep skins, fresh, 75c.; tallow, rendered, 5c. per lb.; deakins, 50c.; veal skins, 7c. per lb.; hides, No. 1, 4c. per lb.; hides, No. 2, 3c. per lb.; horse hides, $2.50 each.

The Archbishop's Nerve.

T. P.'s Weekly.

Athol Forbes tells a good story about the late Archbishop of Canterbury, Dr. Temple, in the current issue of the Young Woman. The archbishop had officiated at a society wedding, and promised to propose the health of the bride at the breakfast. A few minutes after they were seated, Dr. Temple rose: "Ladies and gentlemen," he began, "I must claim your indulgence for proposing this toast now instead of later, but, as you know, I am an old man, and one of my legs has been giving me trouble lately and cause for grave anxiety. You will excuse me leaving you when I tell you I have been pinching my knee for the last five minutes, and cannot find any sensation there at all——"

"Pardon me," interrupted the Duchess of ——, who sat at his right, "but it was my knee that you were pinching."

For once in his life the archbishop looked confused, and sat down without a word.

The Pathos Went Wrong.

Irving Bacheller, the novelist, is of unusually agreable appearance and address. Once, when he was a reporter on a New York morning paper, the Sunday editor said to him:

"I want you to write me a good story about the trials and discouragements of men who are looking for work in a big city. Get up early to-morrow, put on some old clothes and visit all the places that advertise for male help in the morning paper. Give an account of the number of applicants and the kind of men they are, and describe vividly the feelings of a poor devil who, perhaps has had no breakfast and has walked miles because he hasn't got car fare, and then meets disappointment after disappointment. Draw it good and strong on the pathos. People like to read that sort of thing."

At noon the next day Mr. Bacheller appeared at the office crestfallen.

"I'm afraid I can't make anything out of that story," he said to the Sunday editor.

"What's the trouble?"

"I've got three jobs already and a promise of two more."

Happy Ignorance.

Washington Star.

Francis Wilson, the noted comedian, apropos of certain curios whereon he believed he had been duped, said with a light laugh:

"The collector, as he pursues his hobby, grows in knowledge. Then, reviewing his collection, he sadly finds many an instance where he has been duped.

"The one drawback to knowledge is that it reveals so many dupes and swindles to us. One summer, for instance, I was doing Switzerland.

"In the neighborhood of Geneva, where the Swiss talk French, I climbed a little peak one fine morning, and on my arrival at the chalet at the top I heard the pretty handmaiden call into the kitchen in excellent French:

"'Quick mother, quick! Here's a tourist. Put some milk on the fire. You know they always like it warm from the cow.'"

Death or Insanity

Nervous. Sleepless. Worn Out.

Expected to Die or Go Crazy With Nervousness,

"I could not sleep—I could not rest—was ready to cry on the least occasion—yet I was plump and fat. Can you imagine a more distressing condition than weakness of body and mind?" writes Mrs. Wensley, of Halifax. "I lost myself in a sort of self-pity because health seemed so shattered, and with the mental distress that grew with my bodily weakness, I was a burden to myself and a greater burden to my family.

"Though I sought and really needed pity I got very little, for I did not look so very sick. It was only my nerves that were sick, and anyone who has sick nerves knows too well how awful a sickness it is.

"From the first Ferrozone strengthened my nerves, and it seemed to help them for I became stronger, more composed, slept more and grew more hopeful. When I had taken Ferrozone for about two months I lost that miserable sense of dread. I never could tell what I was afraid of, but expected something dreadful was going to happen me. Ferrozone gave me the strength to throw aside all these fansies and make me well again."

Go at once to any druggist, get a few boxes of Ferrozone—start right on the road to health and vigor. Ferrozone will keep you there—will show you what it means to be healthy, vigorous, full of nerve energy. Once you're braced up and energized with Ferrozone you'll never again be content with ill health.

All dealers sell Ferrozone, 50c. per box or six boxes for $2.50.

DOINGS IN STAGELAND

DE KOVEN ABANDONS WRITING COMIC OPERA.

Madame Albani to Sing in Glasgow—Maude Fealy is Leading Lady in Nat Goodwin's New Play.

"The Merry Widow" is now in the fourth month of its Boston engagement at the Tremont Theatre.

"The Gay Musician" will be produced at the Kingston Grand Opera House on Tuesday, January 5th next.

William Archer, the well-known dramatic writer, is to be the London representative of the New Theatre in New York.

An international theatrical exhibition is to be held at Milan in 1913, in celebration of the centenary of Verdi's birth.

Aimee Angelis will again tread the boards of musical comedy as Gertie Millar's successor in the "Girls of Gottenberg."

Nat Goodwin's new play, "Cameo Kirby," made its bow in Columbus this week. Miss Maude Fealy is the leading lady this season.

Alice Nielsen leaves for Mexico City in January to give ten special performances. Lina Cavalieri will sing all the dramatic roles with her in Mexico City.

Next January will be celebrated the tooth anniversary of Edgar Allan Poe's birth. A play called "The Raven" has been written by George Hazelton, which treats with the poet's eventful life.

In "The Third Degree," the latest play from the pen of Charles Klein, hypnotism plays a large part. The plot treats of a man who is willed into confessing to a murder of which he is innocent.

Mischa Elman, the youthful Russian violinist, is on his way to New York, where he makes his first appearance December 10th; after that follows a tour which will extend to the Pacific Coast.

Madame Albani will appear for two weeks at the Pavilion Theatre of Varieties, Glasgow, receiving $5,000. Afterwards she will visit the leading vaudeville theatres in England, Scotland, and possibly America.

Elsie Ferguson, leading woman with Edgar Selwyn in "Pierre of the Plains," has made all arrangements to spend her summer vacation in Japan. While there she will be the guest of Sada Yacco, the Japanese Bernhardt.

Miss Henrietta Crosman is to appear for ten weeks in vaudeville, and after that will return to the legitimate stage with "The Bargain Counter." This is a remodelled form of "Sham," which Florence Roberts played for a short time.

Nexet Monday night there will be four additions to New York's theatrical bill of fare, to wit:—"The Patriot," at the Garrick; "The Stronger Sex," at Weber's; "Mary Jane's Pa," at the Garden; and the Sicilian players at the Broadway.

"I am done with comic opera forever," says Reginald De Koven. "I shall never again touch my pen to the score of one. I shall try to compose a grand opera worthy of name. Maybe I shan't succeed, but at least I shall try my best. Even should I fail I shall not return to the lighter scores. There's nothing in them."

On Monday Philadelphia should be thoroughly wakened up, as on that night Anna Held's new show, "Miss Innocence," will have its first performance, and it is said to be even more so than the "Parisian Model." Lawrence D'Orsay, Emma Janvier and Chas. Bigelow are only a few of the familiar names in the caste.

Preston Kendall, the actor who plays "The Devil" in Kingston next week, says that in many towns in which the piece has appeared clergymen have called on and written him to state that they considered that "The Devil had changed the tactics usually attributed to the name and was weaning many back to the family pew on a Sunday. It reads funny to have "The Devil" make a man go to church.

Benjamin Chapin, whose impersonation of Abraham Lincoln in the one act play entitled "At the White House" has won for him distinguished consideration, is again playing the vaudeville houses under the direction of Jesse L. Lasky and Company. Mr. Chapin, elaborated this sketch into the three-act play, which ran for some time at the Liberty Theatre, New York.

Robert Edeson has notified the members of his company who are supporting him in "The Call to the North," that they must send their dogs back to New York. This edict came about by the fact that eleven dogs of different breeds were being "toted" around the country, and on the arrival of the company in Hartford, Conn., a man at the depot remarked that it appeared to be a dog show.

What Man Writes First.

New York Sun.

About the first thing that the average man will do in testing a new pen is to write his name. That is as common as the habit of writing "Now is the time for all good men to come to the aid of their party" on the typewriter. The man who sells fountain pens knows the custom well.

One dealer said the other day that he couldn't account for it on the basis of egotism, but explained it simply because a name was one thing most folks expected to have to write a great many times with a pen and therefore wanted to try it out on that.

"If I only had a blotter for each of the many signatures I have seen written and if I had criminal instincts I could make good money as a forger with some of the names that have been written in my place," he said.

Buttons.

"Who's got the button?"

This game now requires no skill.

For every woman in the land has got—

Not it, but many of the object of this ancient quest.

For tailor-mades, cloths and silk-covered buttons are more used than anything else.

However, braid and silk piping buttons are also enjoying favor among these, cone-shaped ones having a decided run.

Jeweled buttons, handmade and in Oriental effects, are extensively used on fur coats and wraps; the hand-beaten patterns of Russia and Turkey are conspicuous among these.

Where an accessory color is used on a gown the centre is often of this contrasting color, while the rim is of the cloth used in the gown; or else this order is directly reversed.

Canada Life Assurance Company

"The Sixtieth Year's Business of the Company—the best yet."

Insurance in force (over)	$117,000,000.00
Assets (over)	34,000,000.00
Paid profits to Policyholders during the last 5 years (over)	1,500,000.00

This company has six prominent business men on the Board of Directors representing the policy holders, and by reason of its strong reserves will not be obliged to use profits in future for the purpose of increasing the reserve fund, and in the transition to its high reserve did not pass over a division of profits to its policy holders.

The Canada Life

Since inception has paid or credited to its policy holders $115 for every $100 paid by them.

A few illustrations of profits paid to Kingston policy holders.

Policy No. 17 960	Last 5 years Cash Profits were	$ 299.30
" No. 18 208	" 5 years " " "	161.30
" No. 26 135	" 5 years " " "	141.05
" No. 42 483	" 5 years " " "	149.65
" No. 31 006	Bonus Addition (Profits)	1,437.50
" No. 37 557	" " "	2,250.00
" No. 13 623	Profits reduced the original Premium of $55.00 to $1.78	
" No. 10 465	Profits extinguished the premium and pays the assured a surplus of $7.46	

The Old Quinquennial Policy

OF THIS COMPANY

Has always been popular with the insuring public—the new will be more popular as the assured has the option of using the profits each five years either by taking cash or reduction of premium the succeeding five years, or by taking a bonus addition, which if left with the company increases at not less than 3 pea cent compound interest, and every policy issued becomes an Endowment as soon as the profits plus 3 per cent. plus the reserve equals the face of the policy.

To have such results you must have "Canada Life Policies."

Next Division of Profits, December 31st, 1909

Apply now and participate in this division.

The Imperial Guarantee and Accident Insurance Company of Canada : :

issues the **"Imperial Protection Policy,"** which covers all accidents and sicknesses, including smallpox and quarantine, also insures the beneficiary named in the policy. Every citizen should have one of these policies.

The Western Fire Assurance Company

Incorporated 1851, hopes to secure a fair share of the Fire Insurance business in Kingston.

Office always open to give information and do business.

Agents wanted with a view of making a permanent position.

J. O. HUTTON, Manager

18 Market St., Kingston.

James Thomson, Special Agent

REG. U.S. PAT. OFFICE.

Receipt That CURES Weak Men FREE.

Any man who suffers from nervous debility, loss of natural power, weak back or failing memory, brought on by excesses, dissipation, unnatural drains or the follies of youth, may cure himself quickly and quietly right in his own home with a simple prescription which

I Will Send FREE, in a Plain, Sealed Envelope.

This prescription comes from a physician who has made a special study of men, and I am convinced it is the surest acting combination for the cure of deficient manhood and vigor failure ever put together.

MR. A. E. RICHARDSON,
838 Lack Building. Detroit, Mich.

It is not considered good form to borrow the neighbor's ash sifter until after you have returned his lawn hose.

"STOVES."

We carry in stock one of the largest assortments of Cooking Stoves, Ranges and Heaters in the city, and invite you to ex-examine before purchasing. See the

"Art Garland" and "Art Treasure" Heaters.

The "HAPPY HOME" Range has a large ventilated oven, handsome in design, economical in fuel and a perfect baker.

ELLIOTT BROS., 77 PRINCESS ST.