

A LONDON DOCTOR

Tells How to Cure Stomach and Liver Troubles.

A distinguished London physician during the course of a recent lecture on stomach and liver troubles, gives the following advice:—

"Be moderate in the use of heavy, rich foods. Do not eat hurriedly, and thoroughly masticate the food. If your habits are sedentary, take a moderate amount of exercise before retiring and immediately upon arising. Do not use strong cathartic pills, many of which are advertised as sure cures, but in reality do injury by weakening the system. If you find it necessary to use any laxative, stick to the old-fashioned vegetable matter, viz:—

- Extract Cascara..... 1/2 oz.
Rhubarb..... 1 oz.
Senna Compound..... 1 oz.
Compound Syrup Sarsaparilla 5 oz.

Take one teaspoonful after meals at bedtime. This acts in a gentle, natural way, is free from the weakening effects of strong purgatives. The ingredients can be bought separately, and anyone can mix them home. This information will be of benefit to our readers and is worth repeating.

THE CARBO MAGNETIC RAZOR

PRICES: Hollow Ground \$2.00 Double Concave for Extra Heavy Beards \$2.50 Pair in Leather Case \$4.50 Carbo-Magnetic Strip \$1.00

No More Razor Troubles Possible

365 Clean Shaves Every Year Get one from your dealer on 30 days trial, with no obligation to purchase.

Firm of A. L. SILBERSTEIN, 478 Broadway, New York, N.Y. For sale by McKelvey & Birch, 69-Brook St., Kingston, Ont.

You cannot possibly have a better Cocoa than

PEPP'S COCOA

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.

à la Grâce Corsets

Extra Long Back, Dip Hip Models for that stylish smooth figure effect

Every Woman is interested and should know the new Marvel Whirling Spray. The new Yagatal Hygiene. It cleanses delicately.

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call is invited for all kinds of general machinery and machine repair. Sewing machines, guns, phonographs, razors, edged tools, dies, brass model and pattern making. Best of attention given all work. Repairs made before leaving shop. Work correct. Work outside city promptly added to. Charges moderate.

I Keep the Newest in WALL PAPER at lowest prices. E. FRASER'S, Phone 373. 78 William St.

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Murray Auctioneer 27 BROCK ST. Carriages, Cutters, Harness for sale. Sale of Horses every Saturday.

will want some Home-Made Mince and here is the place to get the old-fashioned kind that mother used to make. Also, our Pork Sausage is just the dressing you need. 570, St. J. BUREAU.

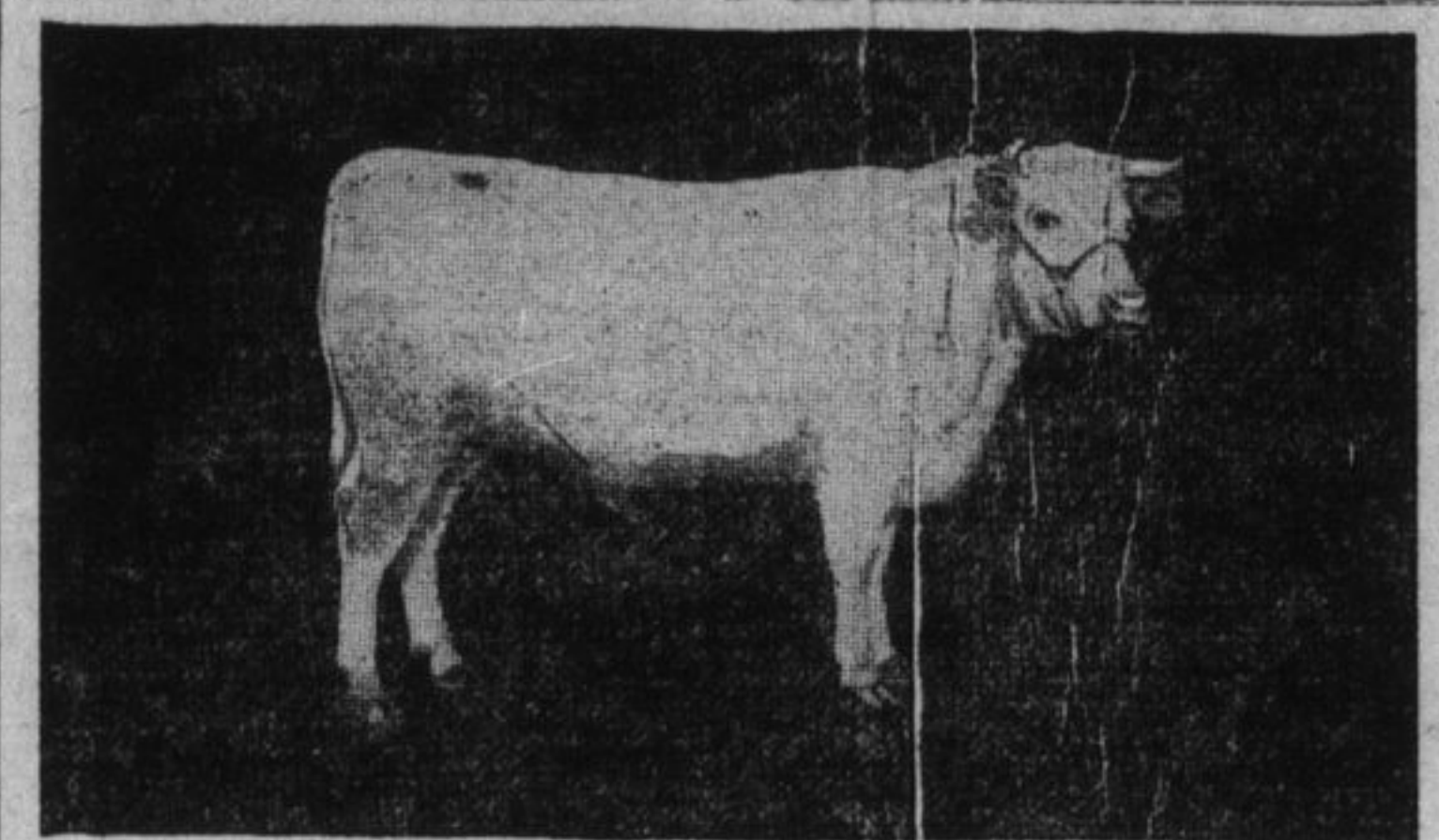
politics ought to be as pure as religion.

HOW TO WORK ON FARM

Suggestions on Matters of Agricultural Interest

These are the days of agricultural education in the land, and in a very few years to come the farms of the country will be worked by men having a fuller knowledge of what can be obtained from the soil; what crops will give the best results according to the nature of the ground in which they are sown, and how best they may be garnered. In the past most of the farm knowledge has been handed down from father to son as the generations have gone, with results that cannot be said to have been of the best. Sometimes the father has been a good task-master with a son that was not worthy of being taught; then again there has been the opposite case, when the father with little knowledge could not impart even that to an over-zealous boy whose whole ambition would be to know all that was possible regarding the calling. What was a boy to do in a case like this? Educate himself as best he could by reading such books and papers he could get possession of. To-day all this is changed, and we find the schools paying attention to the elementary principles of an agricultural education. This is but the stepping stone to the agricultural colleges which are springing up, and these, it is confidently hoped, will in the future lend such a stimulus to farm knowledge that we will not only receive from the land the product that is expected of it, but a very much improved product. Nature does much for the farmer in gaining him his livelihood, but nature cannot do everything. The farmer must needs do a great deal himself, and the more

aptly stated in the following paragraph penned by a poultry man of wide experience. Our readers would do well to take a hint from what he says:— "Immediately preceding the Thanksgiving market a turkey buyer drives up to the farmer's door. He wants to know how many turkeys will be ready for the coming holiday. The flock is rounded up, and inspection proves that all the early-hatched ones will do possibly some of the old birds being included. In the flock there are some late-hatched runts, too small and too thin to be of any value for market. The buyer disposes of these, so far as he is concerned, by saying that, while they are too small to be available now, they will grow so as to be good breeders for next year. So the deal is made, all the early hatched, large, strong, vigorous birds are sacrificed to the greed for gold, and the young, puny ones kept to be the parents of the flock the coming year. If there any other branch of the live stock business in which the breeder would be so foolish? But I believe that is just the reason why a one-time profitable industry on many a farm has been destroyed."



"DOC," THE GRAND CHAMPION STEER AT RECENT SHOW OF THE NORTHWESTERN LIVE STOCK ASSOCIATION, ST. PAUL, MINN.

he knows of his calling the more profitable can he make it. Education is a valuable adjunct, and it behooves the agriculturist as well as the manufacturer to see that his son receives the best his purse can afford.

How have you stored your farm machinery for the winter is a question which suggests itself at the present time. Has it been properly cared for so that the best results may be achieved when next it is put into commission. To allow valuable labor-saving machinery to rust its life out is not one of the things that is going to add money to the farmer's bank account. To neglect giving it proper attention means fresh outlay when the time comes around and it is found wanting; nay it is useless, and must be replaced if the crops are to be properly husbanded. If you have not looked after your machinery, do it now. It is not too late in the season. Whenever a shelter can be provided there is no good excuse for neglect of this part of the farm equipment. Such a shelter need not be expensive, but should be proof against rain and snow. If it adds twenty per cent. to the life of machinery—a moderate estimate—it is a big money saver. There are many who cannot house their machinery. The average tenant cannot afford to build the necessary sheds, and the new settler, burdened with debt, is forced to leave such matters to later and better times.

At any rate, take off all canvases, reels and rickles. Protect binder and mower guards, so that chance injury to stock will not occur. Clean all bearings, take off all chains, clean out tool boxes, put everything in shape to hitch the team on in the spring. Make out a list of new castings needed, get and put them on. Go over all the burrs and see that they are tight.

Be Sure Do not trust too much to your own judgment in medical matters. Consult your doctor frequently. He knows best.

Ayer's Cherry Pectoral REVISED FORMULA Hard colds, hard coughs, severe bronchitis, weak throats, weak lungs. We wish you would ask your doctor if he knows of anything better for these troubles than Ayer's Cherry Pectoral. We believe it is the best medicine you could possibly take. But ask your doctor, and thus be sure to make no mistake. Free from Alcohol J. C. AYER CO., Manufacturing Chemists, Lowell, Mass.

creamery, 30c. lb.; farmers' butter, prints, 25c.; packed, 20c.; rolls, 25c.; tubs, 25c. Beef-Meat, by carcass, 5c. to 7c.; cuts, 6c. to 15c. lb.; pork, 9c. lb.; cutlets, 12c. to 15c.; lamb, 12c. lb.; mutton, 8c. by carcass; live hogs, 3c. turkeys, 25c. to 30c. a lb.; chickens, \$1 to \$1.25 per pair; geese, \$1.50. Fish—Salmon trout, 12c. a lb.; skinned digby herring, 20c. per lb.; whitefish, 12c. a lb.; lake, 10c. a lb.; chinook salmon, 30c. a lb.; kippered herring, Yarmouth blotters, 40c. a lb.; perch, 30c. a doz.; frogs' legs, 40c. lb.; Atlantic salmon, 30c. lb.; salt codfish, 7c. to 15c. lb.; halibut, 20c. lb.; fresh haddock, 10c. a lb.; bullheads, 10c. a lb.; red herring, 12c. lb.; mackerel, 15c. a lb.; trout, 12c. lb.; cicoes, 15c. a lb.; bluefish, 15c. a lb.; lake herring, 8c. a lb.; finnan haddie, 10c. to 12c. a lb.; red snappers, 15c.; flounders, 10c.; fresh salt water herring, 40c.; fresh lobsters, 30c. a lb.; sea bass, 12c. a lb.; smoked salmon, 30c. a lb.; smelts, 15c. to 20c. Vegetables—Potatoes, 90c. to \$1 per bag; cabbage, 75c. to \$1 doz.; celery, 30c. to 50c. doz.; onions, \$1 bush; turnips, 50c. bush. Wool—Washed, 12c. per lb.; sheep skins, fresh, 75c.; tallow, rendered, 5c.; deskins, 75c.; veal skins, 10c. per lb.; hides, No. 1, 8c. per lb.; horse hides, \$2.50 each.

WOLFE ISLAND AFFAIRS.

The Municipal Doings—Will Be Dull This Winter.

Wolfe Island, Dec. 29.—Standing was at a premium in the town hall on Monday. The hall was packed to the doors by ratepayers, anxious to hear ferry boat and township matters discussed. After the following had been nominated, ex-Reeve Briceland, who has the capacity of making an efficient chairman, was moved to the chair.

For reeve—Romain Mosier, John Spoor, Duncan McRae, and Hiram Davis.

For councillors—Grant Grimshaw, Stewart Armstrong, William Fawcett, John Niles and Joseph Greenwood.

John Laughlin was nominated and his many friends were anxious for him to accept the nomination, but he declined. Reeve McAllister, who is retiring, has proven to the people who had the pleasure of listening to him on Monday by the clear and straightforward manner in which he laid everything before them, that he was worthy of the highest gift in their power, that of reeve and chief magistrate. George Keys, one of the oldest and most capable councillors, is also retiring. He has been a representative in the council for three years. In a few well-chosen words he thanked the electors for their past support and also took occasion to speak when on the platform in glowing terms of the efficient and accommodating crew that manned our steamer the past year.

An extra ballot will be furnished this election to find out whether the majority are in favor of a five cent raise in ferry tariff or not.

A masquerade ball is booked for the 14th of January in the C.M.B.A. hall. Joseph Yott, Sacramento, and his brother, Alexander, Toronto, spent Christmas with their parents, Dr. W. A. Kingsley, who has spent the past six months in British Columbia, and is now on his way to Europe, to walk one of the leading hospitals, spent Christmas at home, as did his brother, Edward, of the Bank of Commerce, Toronto. James Davis, who has conducted a general grocery store for some time past, is going out of the business and is moving into Allan McLaren's house. It is not yet known who will occupy the store.

It promises to be very dull on the island this winter, owing to the prohibitory measures that are being enforced by the dominion government, caused by the prevalence of the foot and mouth disease in the States. Other winters large numbers of United States visitors our island and much money changed hands.



Geo. W. KYTE, M.P., Of Richmond County, N.S.

One Fisherman's Luck.

Indianapolis Star. Charles B. Riley, secretary of the State Railway Commission, has a new fish story which he told the other day to Union B. Hunt, chairman of the commission.

"When I was a boy," said Riley, "I was awful fond of fishing. My father had a rule of letting us go fishing on Saturday afternoon—provided we split up enough cordwood to do over Sunday."

"I shall always remember one particular Saturday afternoon when the sport was the finest I ever had. The water was blue under the June skies, and you could look into the limpid depths and see the big bass moving about just aching for a hook to strike them. I never knew the fish to bite better in my life. Why, they actually—"

"But what did you catch?" asked Hunt, impatiently.

"Who, me? Oh, I caught a fishing—you see, I failed to chop the wood."

Parental Love.

One story, which for grimness has rarely been beaten, and for the truth of which a colonel of a Sikh regiment in India has vouched is the following: "The officers," he said,

EFFECTIVE EVENING FROCKS.



Evening gowns modelled like either of these two designs illustrated would be effective if the material used were soft and the applied trimming in a sharply contrasting color. The latter may be of net worked in gilt or of silk with a raised floral device. As to the styles, with the exception of the decoration, they are perfectly plain and decidedly smart.

A BOY'S STRUGGLE FOR LIFE TWICE DELIVERED FROM DEATH

Mr. S. J. New of 154 Baldwin St., Toronto, says: "I can trace my son Harold's trouble to when he had the measles five years ago, from which he never really recovered. Some of the best physicians attended him, but with months of suffering he in turn contracted whooping cough, bronchitis, and then pneumonia."

"MY POOR BOY WAS REDUCED TO A SHADOW." "Month after month went by that we shall not soon forget; months of sleepless nights, fearful coughs, weakening night sweats, left my boy a mere shadow. He had no appetite, and my heart ached to see how he was wasting away. He spent one whole summer at the Lakeside Home for sick children, and came home greatly improved, but the cold winds of October took him off his feet again. The doctor advised me to send him to Muskoka, but heavy doctor's bills had depleted my financial resources and such a step seemed out of the question. Scores of friends advised the use of PSYCHINE, but I was inclined to place PSYCHINE on a par with many advertised remedies and cheap nostrums. However, my friends proved such strong advocates of it that I at last consented to try it."

"HUMAN LIPS CANNOT DESCRIBE THE CHANGE." "We tried PSYCHINE and human lips cannot describe the change that took place. No words can express the thankfulness of his mother and myself when we saw the crisis was over and realized that our boy was fighting his way back to life and health. PSYCHINE had mastered that which all the doctors' prescriptions had failed to check. Day by day Harold grew stronger and all through the winter of 1906 although continually out of doors he failed to take cold, and he put on flesh very quickly. By the spring my son was completely cured, and developed into a strong, sturdy lad."

HAROLD AGAIN FALLS A VICTIM TO DISEASE. "About last Christmas he was again attacked, this time with diphtheria; and had this dread disease very badly. After spending some time in the Isolation Hospital he returned home cured of his illness, but oh! in such a pitiable estate of emaciation. The last struggle with the grim monster death had reduced him to a skeleton almost, and the boy could scarcely stand, he was so weak."

PSYCHINE AGAIN GIVES GOOD SERVICE. "Again we began to give him PSYCHINE and before one bottle had been used he showed a marked improvement. We continued the treatment, and in a very short time Harold was as strong as ever and able to go to school. We haven't any need for a doctor in our home since we started using PSYCHINE. It is certainly a wonderful remedy. Can you wonder that I am never tired of proclaiming its merits?"

"Though not in such a marked degree, I may say that my other children have been greatly benefited by this medicine. It saved my boy Harold's life without doubt, and no sufferers should despair until they have given PSYCHINE a trial."

PSYCHINE is the greatest strength restorer and system builder known to medical science. PSYCHINE regulates and tones up all the vital organs. It cures stomach troubles, aids digestion, destroys disease germs in the system. The greatest of tonics, it makes the blood pure, rich and healthy, giving renewed vigor and energy to those who are weak and tired and run-down. It revitalizes every part of the system, and cures when all else fails. At all Druggists, 50c. and \$1.00. DR. T. A. SLOCUM, LIMITED, Slocum Building, Spadina Avenue, Toronto.

Use Psychine for Coughs, Colds, Weak Lungs and Throat Troubles.

PSYCHINE TRIAL OF PSYCHINE FREE Send this coupon with name and address to Dr. T. A. Slocum, Limited, Toronto, and a TRIAL BOTTLE OF PSYCHINE will be mailed you FREE.

were much annoyed by some natives soldier, and said he wanted a squad hanging about the mountain above to go over the mountain that night their camp and sniping them with a and catch the miscreant who was rifle. Bullets occasionally came annoying them. The orderly saluted, through the officers' tents and render, and begged to be allowed to act alone matters somewhat alarming. The assuring his colonel that he would colonel sent for his orderly, a native soon catch the culprit. The officer, admiring his pluck, agreed, and the next morning the soldier walked in with the head of the sniper. The officers were loud in their praise of the soldier's valor. "Oh, sir, I had no difficulty," he said. "You see, I knew his way. He was my father."