

THE FRUITS OF THE EARTH

Seem To Be Nature's Provision For Keeping Man Healthy and Warding Off Disease.

Cereals, vegetables and meat supply the elements needed for man's nourishment. Yet fruit—though it has very little food value—has proved to be absolutely necessary for perfect health.

Careful investigation has shown that all the common fruits act on the Liver, Kidneys, Bowels and Skin. These are the organs that rid the body of dead tissue and waste products.

And the fruit juices stir them up to more vigorous action, thus keeping the whole body clean and healthy. But few people eat enough fruit.

Realizing this, after several years of experimenting, a prominent Canadian physician succeeded in combining the juices of apples, oranges, figs and prunes in such a way that the medicinal action is many times multiplied.

Then he added valuable tonics and made the combination into tablets called "Fruit-a-tives." They are really Nature's cure for Constipation, Indigestion, Biliousness and Stomach Troubles. Mild as Nature itself—but more prompt and effective. Sold by dealers at 50c. a box—4 boxes for \$2.00—trial size box 25c. Fruit-a-tives Limited, Ottawa.

With 3 Words

BEST PLUMBING DONE

WE TELL OUR STORY.

David Hall
66 Brock St. Phone 335

A SURGICAL OPERATION

If there is any one thing that a woman dreads more than another it is a surgical operation.

We can state without fear of a contradiction that there are hundreds, yes, thousands, of operations performed upon women in our hospitals which are entirely unnecessary and many have been avoided by **LYDIA E. PINKHAM'S VEGETABLE COMPOUND**

For proof of this statement read the following letter.

Mrs. Letitia Blair, Canifiton, Ont., writes to Mrs. Pinkham:

"I was sick for five years. One doctor told me it was ulceration, and another advised an operation. No one knows what I suffered, and the bearing down pains were terrible.

"I wrote to my sister about it, and she advised me to take Lydia E. Pinkham's Vegetable Compound.

"It has cured me of all my troubles, and I did not have to have the operation after all. The Compound also helped me to pass safely through Change of Life."

FACTS FOR SICK WOMEN.

For thirty years Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, has been the standard remedy for female ills, and has positively cured thousands of women who have been troubled with displacements, inflammation, ulceration, fibroid tumors, irregularities, periodic pains and backache.

Mrs. Pinkham invites all sick women to write her for advice. She has guided thousands to health. Address, Lynn, Mass.

THE FRONTENAC LOAN AND INVESTMENT SOCIETY
ESTABLISHED, 1863.
President—Sir Richard Cartwright.
Money loaned on City and Farm Property. Municipal and County Debentures. Mortgages purchased. Deposits received and interest allowed.

S. C. McGill, Managing Director.

NEWS OF NEIGHBORS

WHAT WHIG CORRESPONDENTS TELL US.

The Tidings From Various Points in Eastern Ontario—What People Are Doing And What They Are Saying.

At Business College.

Ameliasburgh, Jan. 13.—G. Mackenzie and family have arrived home after a three weeks' holiday at his father's, in Picton. Mr. and Mrs. Morgan, Belleville, spent New Year's at Mrs. J. I. Coleman's. Mr. Muirhead, junior banker from Toronto, has coached our village boys so that they were able to defeat Redversville at hockey, seven to nothing. Harry Graham is attending business college at Belleville. The mill is grinding regularly. The buckwheat process will soon be ready. The Masons held their annual supper last week.

Sealey's Bay Doings.

Sealey's Bay, Jan. 14.—The hockey game to be played between the Sealey's Bay and Athens teams, at Lydiate on Wednesday last did not materialize, the Athens team failing to put in an appearance. The large crowd present were much disappointed. E. W. Moore is taking a course in

THE QUEEREST COLONY

SOUTH GEORGIA MOST UNIQUE OF BRITAIN'S POSSESSIONS.

Tiny Community of British Subjects in Antarctic Regions Number One Hundred, of Whom Nearly All Are Men—Nova Scotian Skipper Pays Profitable Visit to the Ice-bound Whale-Fishers.

The barquentine Stranger, of Lunenburg, N.S., came into port the other day carrying in her signal locker a house flag with a red ground and a white whale in the centre. This is the flag of the Argentine Fishing Co. It was a flag obtained on a trip to a British colony situated as far south as men live.

In the South Atlantic, just outside the Antarctic Circle, 1,700 miles to the southeast of Buenos Ayres, lies the island of South Georgia. It is 900 miles east southeast of the Falklands, contains about 1,100 square miles, and is a British crown colony belonging to the Falklands.

Capt. A. P. Strumm, a well built, fine-looking man, told how he happened to go to South Georgia on a voyage strewn with icebergs and field ice, fogs and whales, and succeeded in getting away with the charter safely and clearing \$5,500 for his owners in two months. The Stranger, with nearly the last of her load of lumber from Bridgewater, N.S., out of her, lay at the Boca, Buenos Ayres, waiting for a cargo of hay or ballast to come north again.

His ship broker told Capt. Strumm that the Compania Argentina wanted to charter for South Georgia, and side of an hour and a half the charter was the Stranger's, while three Norwegian barquentines, afraid of the ice, lay idle in the Platte. The barquentine took aboard 100 tons of coal as ballast, 840 empty barrels and a nine-ton boiler for the steamer and most distant whaling station. There ice and whales were found as plenty as stones in a Connecticut pasture.

Arrived at the island, the Nova Scotian found a colony of sixty men ashore and forty men afloat, manning a fleet of three small steamers engaged in whaling. The governor of South Georgia is Capt. C. A. Larsen, who was the commander of Dr. Nordenfalk's exploring ship, the Antarctic, which was lost in 1902. Capt. Larsen, whose commercial instinct has been aroused by the unlimited possibilities of profit in the whale industry in the near Antarctic seas during his adventures, Capt. Strumm found a most fascinating host. It was by Capt. Larsen's persuasion that the Argentine Fishing Co. was organized.

There is only one woman on the island, the wife of Capt. Larsen's brother, with the exception of a few weeks in each year when the captain's wife comes to pay a visit. Mrs. Larsen has in her home a piano, an organ and a graphophone, besides books and plenty of fancy work. Nominism among the employes prevails, and so far as Capt. Strumm could learn most of the men on the island and steamers are related in some way. In addition to his monthly wage every man receives a bonus of half a cent of every cask of oil.

Whales, whales! It is nothing but whales in these waters. There are narwhales, or unicorn whales; right whales and humpbacks, and while the Stranger lay in the bay one blue whale was taken that measured ninety-five feet. The oil is sent to Buenos Ayres, whence it is transhipped to Europe and to some extent to the United States. The plant on South Georgia has been established for many years. It turns out 200 barrels a day of whalebone from the right whale, which is worth \$7,500 a ton, and from the narwhal \$3,800. The product for this year will be 20,000 barrels. It sells for \$20 a barrel.

The steamers are built in Norway and have three masts on each side for towing the whales to the island. Next year a floating station, consisting of a large steamer equipped with plenty of boats and a trying-out plant, will be run in connection with the land station. While Capt. Strumm carried a blubber cutter in, towing two right whales. "Here's your freight," said Capt. Larsen to Capt. Strumm. "Those two whales are worth just \$5,500."

Right whales are the most rare. There are so many "hairs" and humpbacks that only one steamer is sent after these, while the other two steamers go to the north end to shoot right whales, whose whalebone is always worth the cleaning. No steamer is allowed to bring in more than six whales at once. If a captain brings in more he is reprimanded. Sixteen right whales were shot the first year, the second and seventh year the last year. Whale meat, if pickled in order to take out the taste of the oil, can hardly be distinguished from beef.

The Norwegians talked of annexing South Georgia, but this made the Argentines jealous, and Great Britain settled the question by sending a warship the first year and planting the British flag on a snow-covered mountain 2,800 feet high. The British Government made Capt. Larsen resident governor, with strict orders not to allow the seals, sea lions, sea leopards, sea elephants or other animals of their kind to be wantonly killed. A seal may be killed only for food.

The mean temperature of South Georgia is about 34 degrees, and on the whole island there is not enough grass to cover the deck of the Stranger. The wind blows at the rate of nearly seventy miles an hour.

Advance in the Price of Whisky. London distillers of grain spirits gave notice recently of an advance of two pence per gallon in the price of whisky. The reason given for the advance is the great increase in the cost of production, owing to the higher prices of raw materials.

Alaskans are to race dogs for a \$10,000 prize. The distance is 440 miles, and ten teams will enter. The event is set for April. Longboat run in New York, caught a fleeing thief, and turned him over

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A FAMOUS REGIMENT.

The Early History of the Black Watch—Guard to Watch on the Braes.

By far the most famous of the Highland regiments is the 42nd, otherwise known as the Black Watch. The date of its origin, says a writer in Blackwood's, is uncertain. The author of "A Short History of the Black Watch," recently published, a history in which the achievements of the Royal Highlanders are set forth in a modest and business-like simplicity, declares that the regiment came into being at least as early as 1725. Mr. Andrew Ross, in the "Military History of Perthshire," gives it a far earlier birth. He dates its "historic succession" from the 3rd of August, 1667, when Charles II. issued a commission under the Great Seal to John, second Earl of Atholl, to raise and keep such a number of men as he should think fit "to be a constant guard for securing the peace in the Highlands," and "to watch on the braes."

The chief duties of these men were to suppress the drivers of creachs, "thieves and broken men" as they were called, and to bring to justice blackmailers and blackmailed, doubtless on the sound principle that the pigeon is not much better than the rock. That they performed these duties efficiently is certain, and they may have been drawn from the same classes from which the Highland regiments were presently recruited. A stern contrast to the red coats of the regular troops, gave them the name of the Black Watch, were enrolled for the plain purpose of guarding the highlands against disaffection. Though the officers were Whigs, the gentry of Perthshire and the neighboring counties eagerly enrolled themselves glad that they were permitted once more to bear arms. Many of the privates were gentlemen-soldiers, who, to the surprise of the English, "had gillies or servants to attend them in quarters, and on a march to carry their provisions, baggage, and firelocks."

A farmers' club was organized in the South Bay school Jan. 8th. Officers elected: President, Peter Coffey; vice-president, Harvey Gimmon; secretary, S. S. Farrington; directors, Stephen Dulmage and Irvine Hicks.

TO CURE DANDRUFF.

It is Necessary That the Dandruff Germ Be Eradicated.

"Destroy the cause, you remove the effect. Kill the germ that causes dandruff, falling hair and baldness, you will have no more dandruff and your hair must grow luxuriantly. Herpicide not only contains the dandruff germ destroyer, but it is also a most delightful hair dressing for regular toilet use. No other hair preparation is on the scientific basis of destroying the dandruff germ and none other claims to be for the simple reason that it is only recently that a destroyer of the germ has been discovered—Newbro's Herpicide, the only hair preparation that actually kills dandruff.

Sold by leading druggists. Send 10c. in stamps for sample to The Herpicide Co., Detroit, Mich. Two sizes, 50c. and \$1.00. G. W. Mahood, special agent.

To Be Dyspeptic Is To Be Miserable.

Dyspepsia is the prevailing malady of civilized life. It is largely due to gross errors in diet, over-eating, too free indulgence in stimulants and over-taxing the stomach with indigestible food, eating too rapidly without chewing the food sufficiently, indulging in hot biscuits, pastry, pickles, confectionery, etc.

Constipation, headache, heartburn, sour stomach, distress after eating, belching of wind, faintness, and fullness and distention of the stomach are a few of the many distressing symptoms of the poor, weary dyspeptic. Burdock Blood Bitters regulates the stomach, stimulates the secretion of the saliva and gastric juice to facilitate digestion, removes acidity, purifies the blood, and tones up the system to full health and vigor, and thereby cures dyspepsia and all its tributary diseases.

Mr. Amos Sawler, Gold River, N.S., writes:—"I was greatly troubled with dyspepsia, and after trying several doctors to no effect, I commenced taking Burdock Blood Bitters and I think it is the best medicine there is for that complaint."

For Sale at all Druggists and Dealers.

Apollinaris

"THE QUEEN OF TABLE WATERS."

As supplied to the Emperor of Germany, King of England, Prince of Wales, King of Spain, etc.

JANUARY BARGAINS

Ladies' Felt Slippers, 65c., reduced to 48c. Ladies' Felt Slippers, \$1.25, now selling at \$1.00. Other lines of Felt Slippers, 20c, 30c and 40c. Many lines of Shoes at reduced prices. See our Men's Tan Goodyear Welts Hockey Boots, regular \$3.50, clearing out at \$2.50.

THE SAWYER SHOE STORE

NOTICE.

After stock-taking we find that we have several lines larger than usual that we are clearing out at sale prices.

Couches, in fancy shades of velours, only \$6.50. Five and Three-piece Parlor Sets in silk, only \$20. Extension Tables in surface oak, 8 feet, only \$6.50. Dining Room Chairs, fancy backs, only 75c each. Also

Brass and Iron Bedsteads, Springs and Mattresses. JAMES REID, The Leading Undertaker. Phone 147.

Ripe Bananas

Tangerines, Florida Grape Fruit, Sweet Navel Oranges.

A. J. REES, 166 Princess St

Phone 58.

FURNITURE SPECIAL

Everything reduced from 10 to 15%.

This will be a splendid opportunity to save money

R. J. REID, 230 Princess St

Phone 577.

PLUMBERS:

Try our PURE LEAD in five pound blocks. The price is interesting.

Canada Metal Co., Ltd. 31 William St., Toronto.

79c. FOR TUESDAY AND WEDNESDAY 79c.

For two days only we will run a 79c sale. See the many bargains for 79c.

- Any pair of Women's Felt House Slippers in our store. Regular \$1, \$1.25 and \$1.50. We have them in many colors. TUESDAY and WEDNESDAY ONLY79c.
 - Any pair of Children's Leggings, in Corduroy, or Felt, worth \$1 and \$1.25. TUESDAY and WEDNESDAY79c.
 - Any pair of Women's Colored Spats. Regular \$1. TUESDAY and WEDNESDAY79c.
 - Any pair of Girls' Corduroy Leggings. Sizes 11 to 2 Regular \$1.25. TUESDAY and WEDNESDAY79c.
 - Any pair of Children's \$1 Boots, on TUESDAY and WEDNESDAY79c.
 - Any pair of Men's \$1 Slippers, on TUESDAY and WEDNESDAY79c.
- If you want a real good bargain, don't fail to attend this SPECIAL SALE.

ABERNETHY'S.