

Fifteen Years of Agony

"Fruit-a-lives" Promptly Cured Him After Doctors Had Failed to Give Relief.



CHARLES BARRETT, Esq.

Harbor au Bouché, Antigonish Co., N.S., March 24, 1909.

I wish to express my sincere appreciation of the great benefit I received from taking "Fruit-a-lives." I suffered from Biliousness and Dyspepsia for fifteen years and I consulted physicians and took many kinds of ordinary medicine, but got no relief. I was in miserable health all the time and nothing did me any good. I read the testimonial of Archibald McKechnie, of Ottawa, and I decided to try "Fruit-a-lives." I have taken a number of boxes of "Fruit-a-lives," but before I had taken one box I felt better and now am entirely well. I am thankful to be well after fifteen years suffering, and I am willing to have this statement published for the sake of other sufferers, and to them I strongly recommend "Fruit-a-lives."

(Signed) CHARLES BARRETT, Esq. 50c a box, 6 for \$2.50—or trial box, 25c. At all dealers or sent post-paid on receipt of price by Fruit-a-lives Limited, Ottawa.

Tips For The Farmers

BY UNCLE JOSE.

The November crop bulletin of the Ontario Department of Agriculture confirms statements previously made as to the shortage of the crop of red clover seed this year. The quality, however, is good, and those who have had promise to make well out of it.

The United Farmers' Association of Alberta has decided to form a co-operative association for the distribution of live stock and live stock products. The grain growers of the three provinces have made a great success in the co-operative handling of grain, some 8,000,000 bushels having been disposed of through their organization last year. There is no reason why an equal measure of success should not attend the new movement in regard to live stock.

J. George Frederick, in a recent lecture on the use of automobiles on the farm, said that in many parts of the United States dairy farmers find the auto a great convenience in providing quick delivery for milk direct to private customers during the busy farming season. In many other cases the auto is being used in delivering milk to the city consumption, and railway stations, by this means the area which can be devoted to this purpose is greatly widened. In some cases, too, trucks, with a western grain capacity are in use on Western farms.

The Australian agent of E. Jacobs & Sons, fruit brokers, of Covent Garden, declares that Western Australia offers facilities which are unsurpassed in any other part of the world, and the quality of the fruit grown is equal to the best obtainable elsewhere. Fortunately, Australian apples reach the British market at a time when Canadian are pretty well off the market.

During the first sixteen days of November 9,722 cars of western wheat and barley were inspected as compared with 10,351 during the same period last year. Wheat shipments alone decreased to the extent of 687 cars. This falling off is due to a lessening of the yield of the fruit with last year, because the yield is greater. It is the result of a fluctuating determination on the part of Western farmers to hold their wheat for higher prices.

The Ontario potato crop is a very large one. The lowest reports concerning it come from St. Lawrence and Ottawa districts. The only mention of rot is by a correspondent of the department of agriculture in Reilly River district, but in some cases the roots have been attacked by white grubs, which have been identified by Dr. Bethune, of the Ontario Agricultural College, as May beetles or June bugs.

Labor And Machinery.

Complaints are still made as to the shortage of labor on Ontario farms says the November crop bulletin of the Ontario Department of Agriculture. While some of the immigrants coming in are giving excellent satisfaction, others are very unsatisfactory, and there is general disposition on the part of farmers to obtain relief from the existing situation by the more extensive use of machinery, exchanging help with neighbors, and the plowing of more land in grass. This latter is the most unfortunate feature in connection with Ontario agriculture to-day. Every acre put in grass means a reduction in the annual production of agricultural wealth.

An Excellent Lesson In Tree Planting.

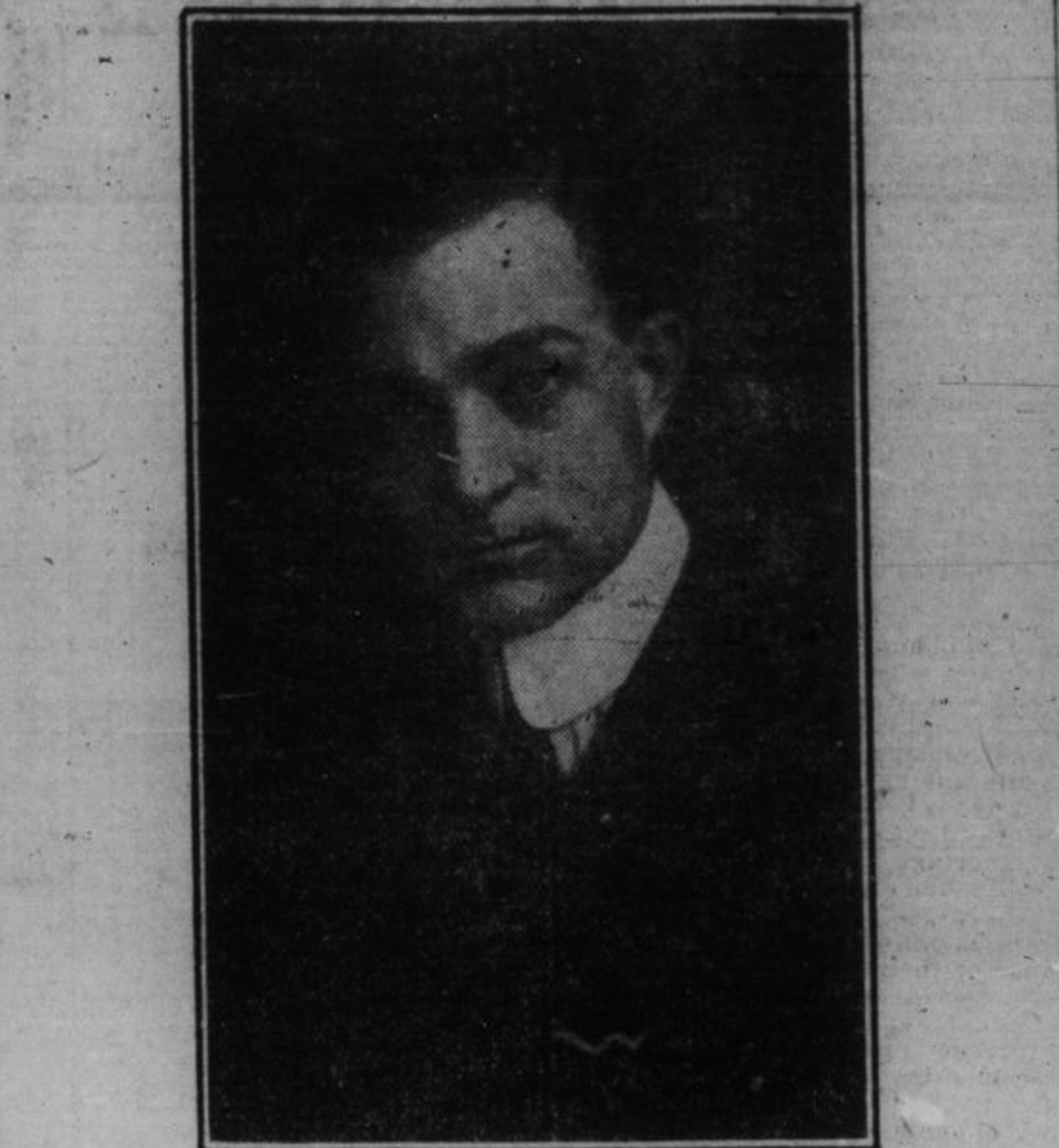
An excellent object lesson showing the effects of the work being carried on in the prairie Provinces, through the tree planting branch of the Dominion Department of Agriculture, is afforded in an article by Norman M. Ross in the November number of the G. A. Review. In connection with this article Mr. Ross gives three illustrations: one shows a typical prairie homestead without any trees at all; the second a homestead on which the first tree planting was done in 1905; and the third a homestead on which trees were set out some years ago. The first illustration affords one of the most dreary spectacles that could be imagined, there is an absolutely

"FEEBLE STOMACH"

Causes Digestive Weakness And Poisons The Entire System. "No one can have suffered more than I did with stomach trouble," writes Philip E. Paschalar, well known at St. Andrew's, Corner. "My doctor told me my indigestion and sleeplessness were due to poisons in the blood. Certainly my condition was desperate, and it seemed from the despondent feelings that swept over me that I would lose my reason. I happened to read about Dr. Hamilton's Pills and bought five boxes from the druggist. Such body-cleansing pills I never used; they were mild and yet quite strong enough to drive all the humors out of the blood. My stomach gained strength rapidly with Dr. Hamilton's Pills and I improved so much that in eight weeks I could eat and digest all ordinary food. Depression and weariness passed away and I am, thanks to Dr. Hamilton's Pills, enjoying robust good health. No remedy for biliousness, indigestion, headache, sick stomach or constipation that compares with Dr. Hamilton's Pills. Refuse substitutes. Sold in 25c. boxes.

Wood's Peppermint Cure

The Great English Remedy. Tones and invigorates the whole nervous system. Cures Croup, Whooping Cough, Bronchitis, Asthma, Hay Fever, and all other ailments of the Throat, Lungs and Chest. Price 10c per box, six for \$5. One will please, six will cure. Sold by all druggists or direct from the manufacturer, The Wood Medicine Co., Toronto, Ont.



JACK STOREY. Leading man with May Robson in "The Rejuvenation of Aunt Mary" at the Grand on Monday, Jan. 3rd.

bleak, barren prairie, with a rough shack as a mere dot on the surface. The picture of the homestead about which the first trees were planted in 1905 looks almost as if it might have been taken from the fruits section in the neighborhood of Grimstad, the trees being up as high as the veranda of the house. In the third scene nothing but the chimney and top of the roof of the house can be seen, the homestead being completely sheltered by a beautiful windbreak from the cold piercing winds of winter.

Perhaps no more beneficent work has been carried on by the Dominion Department of Agriculture than in the encouragement of tree planting on prairie homesteads.

Weeding Out Process.

After all is said and done those who know the live stock industry agree that the best way of improving the quality of the stock sent to the market is by a uniformity of good price. This rule holds good in connection with live stock. Sometimes lack of supply forces high figures for inferior animals, but this state of affairs is short-lived and unsatisfactory. The general tendency is for inferior stock to depreciate prices for all grades.

There is no reason, therefore, why every farmer who markets live stock should not endeavor to have superior animals. Pure-bred sires of all classes of stock are available at reasonable prices. With due precautions in selection of the same, and a careful weeding out of the progeny from females now on hand there soon would be such improvement in stock marketed that all would be convinced that the market had improved.

Make preparations for doing your part before spring opens. It is not until the dairy farmers in Canada came to think seriously of what might easily be accomplished by a little, a very little, extra effort? There is a huge sum of money waiting for owners of dairy cows.

Not only is present cash value assured for the application of a little brain power, but a solid and permanent improvement of dairy conditions, a distinct raising of the whole status of dairy farming, a measurable gain in contentment and self-respect, a notable and enviable addition to our reputation among the nations of the world as first class dairymen would quickly result.

Unfortunately we have to go on record even in these days of widespread and easily acquired dairy knowledge as owning lots of cows that produce only 2,800 or 2,900 pounds of milk during their best six or seven months. Such cows are no credit to their owners, and such owners scarcely do credit to the dignified title of dairymen. As Canadians we should jealously guard against such a condition of affairs being possible. It is easy to detect those poor cows by recording weights of milk, and it is injurious to any district to retain such wretched specimens—mongrels, not real dairy cows.

The queen of the dairy, the select cow, will do infinitely better if handled right by men who put dairy intelligence into daily operation.

Produce And Prices.

Kingston, Dec. 31.—The market clerk reports prices prevailing as follows: Carrots, 60c to 70c; bag, apples, 8c a bush; turnips, 65c; bag, cabbage, 50c; do; onions, 81 per bag; potatoes, 45c per bag. Meat, by carcass, 54c to 64c; cuts, 6c to 15c; pork, 11 1/2c; by carcass, lamb, 12c to 14c; ducks, \$1 to \$1.25 pair pair; geese, \$1.25 each; turkeys, 15c to 17c; chickens, 70c to 80c; a pair, butter, 23c to 25c; fresh eggs, 10c a dozen. J. A. McFarlane, Brock street, reports flour, feed and grain prices as follows: Oats, 43c; local wheat, 95c; buckwheat, 65c; barley, 55c; rye, 65c; peas, 81; red corn, 80c; flour, bakers, \$2.90 to \$3.10; farmers, \$2.50 to \$3; Hungarian patent, \$3; oatmeal and rolled oats, \$5.50 per barrel; cornmeal, \$1.90 to \$2; bran, \$22 ton; shorts, \$25; straw (baled), \$10; straw loose, \$9; hay, loose, \$15; pressed, \$15. John McKay, Brock street, reports as follows: Wool, washed, 25c; sheep skins, \$1 to \$1.20; tallow, refined, 6c; deacons, 80c; veal skins, 15c per lb; hides, No. 1, 11c; No. 2, 10c; No. 3, 9c; horse hides, \$3 each. Dominion Fish Co. reports prices as follows: Salmon trout 2 1/2c to 3c; white fish, 12c to 15c; haddock, 10c; kippered herring, Yarmouth, 40c; do; perch, 30c; do; Atlantic salmon, 20c; lb; salt codfish, 7c to 15c; lb; halibut, 12c to 20c; fresh haddock, 10c; lb; bullheads, 12c; lb; red herrings, 20c; box; mackerel, 15c; lb; lake herring, 8c; lb; finnan

THINGS THEATRICAL.

Facts About Early History of Stage in America. Mme. Modjeska was the first actress to travel in America in a special car. Ole Bull, the famous violinist, made his American debut at the Park theatre, New York, November 25th, 1844.

The late Mrs. John Drew made her debut in New York at the Bowery theatre, March 28th, 1828, in "The Spoiled Child."

The Punch and Judy show was first seen in America on August 31st, 1743, at Hamilton's Marton's home, near Whitehall Slip, New York.

Mme. Blanchard, who appeared at the Anthony Street theatre, in New York, in 1821, was the first tight-rope dancer to ever give a performance in America.

On November 26th, 1758, at David Douglass' theatre, "Hamlet" was presented for the first time in New York city. The receipts for this performance were \$450.

Jenny Lind gave her first concert in America under the management of P. T. Barnum, September 11th, 1859. The gross receipts for the first concert amounted to \$17,864.05.

The first open air theatre in New York was the Mount Vernon Gardens, located on the north-west corner of Broadway and Leonard street. It opened on July 19th, 1860. Admission was fifty cents and the performances began at 9 p.m.

The first circus performance in New York was given in 1811 at "The Collet," located on Broome street. No charge was made for witnessing the performance, the company relying on the generosity of the spectators for remuneration.

Sermons are based upon texts; political speeches upon pretences.

HOW A WOMAN CAN BUILD UP HER HEALTH

This Open Letter From Mrs. L. Hermann Will Be Interesting To All Women Readers.

The following letter, written from her pretty situated home in Ossining, on the banks of the Hudson, gives Mrs. Hermann's experience with illness:

"I was never very strong. Thousands there are just like me, who have to pay double toll for every little extra effort or exertion. When the weather was fine, and I was able to get about, I enjoyed life and held my strength. But something always happened—a little too much done or some small sickness would put me back and I would drop into the most miserable despondent state, unable to sleep or enjoy my meals. I decided to take the most nourishing and strengthening tonic made and was strongly urged to use 'Ferrozone.' After the first box I saw Ferrozone was doing me good, so I followed closely the 'Ferrozone Rules for Health,' and gained strength. At first I didn't eat as well as I once did—I couldn't expect to. But there was a gradual improvement in my appetite, and this buoyed up my hopes, and convinced me 'Ferrozone' was what I needed. It is less than a year since I commenced Ferrozone and already I am like a new woman. I eat more, sleep better, weigh more, am stronger, healthier, better looking than ever before. No tonic has such a universal reputation for restoring health to girls and women as this woman's medicine that does good; try one or two 'Ferrozone Tablets with your meals'—watch the result. Fifty cents a box, six for \$2.50, all dealers.

Start The New Year Right. Resolve---to wear Sutherland's Shoes---and you will have that feeling of class that only goes with Quality. J. H. SUTHERLAND & BRO., 'The Home of Good Shoes.'

"City Brokerage" 18 MARKET STREET, KINGSTON. J. O. HUTTON J. R. C. DOBBS. WILL BUY: 6,000 Silver Leaf, 3,000 Rochester, 5,000 Cobalt Lake, 100 Nipissing, 5,000 Peterborough Lake, 1,000 Nova Scotia, 1,000 Foster, 500 Cobalt Central. A Phosphate Property in Frontenac. WILL SELL: \$10,000 6 per cent. first Mortgage Canada Cement Bonds, 19 shares Birkbeck Loan, 4 shares Farmers Bank, 20 shares Frost & Wood, 40 shares Home Life, 2,000 shares Silver Leaf, 2,000 shares Debentures on Montreal, Toronto, Hamilton, Winnipeg, Port Arthur, Kelowna, Kamloops, Revelstoke, and Rosland, bearing good interest, also lots and houses in any part of the City of Kingston, and a 320 acre improved farm in Saskatchewan. List Your Buy and Sell Orders Now.

On Sale This Week Buffets and Sideboards. Sideboards, worth \$25.00, for \$21.00. Buffets, worth \$26, for \$21.50. Sideboards, worth \$35, for \$31.00. Buffet Combination, worth \$75, for \$65.00. China Cabinets, Music Cabinets Reduced from 10 to 20 per cent. These arrived too late for Xmas. Ambulance Phone 597. R. J. REID.

Everybody Who Eats Bread. Should avoid danger of Impurities in delivery from the Oven to the Home. Insist on your Baker wrapping his Bread in EDDY'S BREAD WRAPPERS. We are the original manufacturers of BREAD WRAPPERS now used by Leading Bakers, Ottawa, Montreal and other cities. THE EDDY CO., Ltd., Hull, Canada. Currant Bread and Short Cake Fresh for Friday. Currant Bread at 10, 15, 25c Loaf. Short Cake at 5, 10, 15, 20c Cake. R. H. TOYE, 302 King St. Phone 141

LITTLE DIGESTERS. ONE AFTER EACH MEAL. Will digest your food and cure your indigestion or money refunded. 25c. a box at all Druggists or direct from THE COLEMAN MEDICINE CO., TORONTO

TRAVELLING. GRAND TRUNK RAILWAY SYSTEM. NEW YEAR HOLIDAYS. Round trip tickets will be issued at Single First-Class Fare. Good going Dec. 31st and Jan. 1st, 1910, good to return until Jan. 3rd, 1910, also at. First-Class Fare-and-One-Third. Good going Dec. 28th, 29th, 30th, and 31st, and Jan. 1st, 1910, good to return until Jan. 3rd, 1910. Tickets sold to intermediate points between Montreal and Toronto in connection with the above will not be valid on trains 1 and 4. Through Pullmans to and from Ottawa via Brockville daily, on trains 2 and 3. Pullman accommodation reserved in advance and all other information furnished on application to J. P. HANLEY, Agent, Corner Johnson and Ontario Sts.

KINGSTON & PEMBROKE RAILWAY. IN CONNECTION WITH Canadian Pacific Railway. Christmas & New Year Excursions. Round trip tickets will be sold at One-Way First-Class Fare. Good going December 24th and 25th, return limit, December 24th, 1909, and January 1st, 1910. Return limit, January 25th, 1910. Full particulars at K. & P. and C. P. R. Ticket Office, Ontario St., Kingston, Ont. Gen. Pass. Agent.

BAY OF QUINTE RAILWAY. Train leaves union station, Ontario street, 4 p.m. daily (Sunday excepted) for Tweed, Sydneyham, Napanee, Ikonanto, Eganochburn and all points north. To secure quick dispatch to Hanochburn, Maynooth, and points on Central Ontario, route your shipments via Bay of Quinte Railway. For further particulars, apply to R. W. DICKSON, Agent, Phone, No. 3. "ARABIC" CRUISE TO THE ORIENT. Sixth Cruise leaves New York, January 20, 1910. Mediterranean, Red Sea, India, Orient. All arrangements under our management. Every day under our management at \$450 and up. Cruise Dept., White Star Line, Toronto, or Agents.

GO BERMUDA TO BERMUDA BY TWIN SCREW LINE. Largest and Fastest Steamers. S. S. OCEANA, 8,000 TONS. S. S. BERMUDIAN, 5,600 TONS. Wireless on both Steamers, also high speed. Forty hours from Frost to Florida. Sailings every Wednesday and Saturday from New York in the season. WEST INDIES. "PARIMA," 3,700 tons, S.S. "KORONA," 3,400 tons sail from New York every alternate Thursday for St. Thomas, St. Cruz, St. Kitts, Antigua, Guadeloupe, Dominica, Martinique, St. Lucia, Barbados, and Demerara. Full particulars apply to A. E. Outerbridge and Co., Agents, Quebec Steamship Co., 29 Broadway, New York, Quebec Steamship Company, Quebec, or to Ticket Agents, J. P. HANLEY and C. S. KIRKPATRICK, Ticket, Agents, Kingston.

Sowards Keeps Coal AND Coal Keeps Sowards. Have You Tried Him? Phone 155. Apples! Bellflowers, Snows, Tallman Sweets, Northern Spies. Sweet Cider Coast Sealed Oysters D. COUPER'S, 841-B Princess St. Prompt Delivery.

TRY BEAVER FLOUR. Good for Pastry or Bread. No complaints. For the last fourteen years we have been handling it. Price is moderate. A. MACLEAN, Ontario Agent.

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