

"I COULD NOT LIVE"

WITHOUT "FRUIT-A-TIVES"

Writes The Treasurer Of

Caledonia Township

PENAGUVALE, ONT., Jan. 25th, 1910.
For thirty-five years (and I am now a man over seventy) I have been a terrible sufferer from Constipation.

No matter what remedy or physician I employed, the result was always the same—impossible to get a cure.

About two years ago, I read the testimonial of Hon. John Costigan regarding "Fruit-a-tives" and I decided to give this fruit medicine a trial. I have used "Fruit-a-tives" ever since. They are the first and only medicine that suited my case. If it were not for "Fruit-a-tives," I am satisfied that I could not live. JAMES PROUDFOOT.

The liver controls the bowels by giving up enough bile to make the bowels move. The only possible way to cure constipation is to make the liver active and healthy and thus store up sufficient bile to move the bowels.

"Fruit-a-tives" acts directly on the liver—ensures an abundance of bile—and causes the bowels to move regularly and naturally. 50c. a box, 6 for \$2.50. Trial size, 25c. At dealers, or from Fruit-a-tives Limited, Ottawa.

CEDAR POSTS

AT A BARGAIN.

W. Drury,
COAL AND WOOD YARD,
235 Wellington Street.

Secure Health

while you may! The first good step is to regulate the action of your sluggish bowels by early use of

Beecham's Pills

Sold Everywhere. In boxes 25c.

COWAN'S PERFECTION COCOA

Cowan's seems to hit the right spot. It is a great food for husky young athletes: satisfies the appetite; easy to digest; and delicious



DO YOU USE COWAN'S COCOA?

Rubber Boots

Children's, \$1.50 to \$2.

Girls', 11 to 2, \$1.75 to \$2.25.

Ladies', \$2 to \$2.75.

Boys', 1 to 5, \$2.75 to \$3.50.

Men's, \$1.00 and \$1.50.

WE CARRY THE HIGHEST GRADE OF RUBBERS.

The Sawyer Shoe Store
212 Princess St.
PHONE 150.

DISPUTES THE VIEW

THAT RECIPROCIITY WILL BE A BENEFIT

To the Canadian Farmers and Consumers—The Farmer is the Best off Man in the Country.

Chapleau, March 11.—(To the Editor): As a constant reader of your esteemed paper I note that you are the foremost advocates of the speedy acceptance of the trade agreement between Canada and the United States, and in common with the majority of those who take the same view, you advance two cardinal reasons. First, "The great advantage that will accrue to the Canadian farmer through the increased prices he will receive for his surplus products"; second, "the reduction in the cost of living to the consumer as a result of the freedom of trade between the two countries."

These two propositions appear to have formed the basis upon which the whole argument in favor of the proposed agreement has been built up. Cabinet ministers and leading members of parliament have spent hours enlarging upon them in the house of commons, and have consistently put them forward as the unanswerable argument in favor of their pet protege. Newspapers from Vancouver to Halifax have used them as the theme upon which pages of "editorials" have been written.

To take the second proposition first. Would the Whig be good enough to take the common working men of Canada into its confidence to an extent sufficient to explain the system of economics by which it can be figured out that the producer is to receive more for what he sells and the consumer less for what he buys. It is difficult for the average mind to comprehend the possibilities of such a system, and to-day ninety-nine per cent. of the working men in Canada are very sceptical of the theory that by materially advancing the prices of beef, bacon, eggs, butter, cheese, vegetables and all kinds of cereals the cost of living to the consuming masses will be reduced.

But the main vital question is the first, namely, "That the country is going to be enormously benefited by the advanced prices the farmer will receive for his produce." Now, what does this mean? In order that the farmer may take advantage of these advances it is only reasonable that he will have to market his produce in United States markets. In other words, the farmers of Manitoba and the western provinces, Seattle, St. Paul, Minneapolis and Chicago, and those of Ontario, Quebec and the Maritime provinces with Buffalo, New York, Portland and Boston, or in plain terms the trade of the country will be diverted from east and west, interprovincial and interimperial lines to north and south, or international lines. To do this means the complete disruption of the entire country, with all the disastrous consequences that such disruption will inevitably entail.

To what purpose has been the enormous drain we have put upon the resources of the country to build railways, canals, sea-port and inland wharves, elevators, etc.? What possible benefit are we to derive from the two hundred millions of which the country is pledged for the National Transcontinental railway? Why have we been spending so lavishly on the development of cold storage and rapid transit facilities for the transportation of our surplus farm products, butter, cheese, eggs, fruit, vegetables, etc., to the British markets, if we are now to turn our backs upon all we have accomplished and divert our trade to north and south instead of east and west. Admitting for the moment that the contention that the farmer will benefit is correct. Will the prospective gain to the country in any way make up for the loss that will be sustained by throwing out of employment tens of thousands of railroad men, steamboat men, elevator men, freight handlers and general transport men? But we are again assured by the advocates of north and south trade that no such dis-

Put An Extra

Stomach To Work

Stuart's Dyspepsia Tablets Will Do The Work of Two or Three Stomachs—Affords Instant Relief.

FREE TRIAL PACKAGE.

When your food does not digest, when gases form, when you experience that uncomfortable feeling of fullness, when the breath is foul, the tongue coated and that sour taste is in the mouth, take Stuart's Dyspepsia Tablets and watch how quickly every one of these symptoms disappear. All that was needed was to digest that lump of food in your stomach, and the glands, whose duty it is to supply the gastric juices, had simply given out from overwork. So when you took that little tablet you were supplying exactly what was necessary to complete the process of digestion that the stomach had begun but was unable to finish.

If you would continue to take a Stuart's Dyspepsia Tablet after each meal for awhile, your stomach would have a chance to rest up and get well and strong again.

Try just one box and you will never want to be without this wonderful little remedy for stomach troubles. Stuart's Dyspepsia Tablets contain an ingredient, one grain of which will digest 3,000 grains of food. They are so entirely harmless because they have absolutely no effect on the system one way or another except to do just the one thing—digest food.

40,000 physicians use and recommend this National Remedy. Every drug store everywhere sells and recommends Stuart's Dyspepsia Tablets. The price is 50 cents per box. A sample will be sent free if you will write F. A. Stuart Co., 150 Stuart Bldg., Marshall, Mich.

astros results will follow. We are told that the Canadian farmer can market his products in United States markets without in any way interfering with established trade routes. In fact some of the papers supporting this scheme profess to believe and actually ask their readers to believe that the transport business is going to be improved. Might I ask the Whig again to explain to its readers the process of reasoning by which it can be maintained that our trade can be diverted from present channels to north and south routes without pulling to pieces the entire structure of our transportation and distribution business? The whole question resolves itself into this. We are turning our backs upon a policy that has admittedly made the people of Canada, without exception, the most prosperous, contented, and commercially independent people in the world to-day, and we are tying ourselves down to a system that while it may contain a temporary advantage for a percentage of our farming population spells disaster in large type to thousands of industrial Canadians.

The best authorities upon the subject in the country are all agreed that the entire fruit industry will be ruined. It is admitted by even the advocates of the bargain that it will trust completely control of our cattle and beef trade, and how does any reasonable man suppose the Canadian packing industry will stand up against the slaughter methods of the Swifts and Armour's? Instead of getting any permanent advantage we are simply proposing to place ourselves in a position that will make trusts the sole arbiter of our commercial industries.

It is claimed that all these chances are being taken in the interests of the farmer. Seventy per cent. of the Canadian farmers may reap a slight temporary advantage, while the remaining thirty per cent. will be either severely crippled or completely ruined. But what if every farmer stood to gain? Are we likely to further the general welfare of the country by giving one man a temporary advantage at the expense of another class. The Canadian farmer is to-day the best off man in Canada, and what has placed him in that position? The home market that the man in the factory, on the railway, on the steamship, has built up for him.

The policy that we adopted more than thirty years ago, and which has been constantly maintained ever since, of fostering and developing our own industries in our own way, has made us the most envied people in existence, and has put us in a position where our future is assured, and where we have no reason to worry over what kind of tariff any other country in the world may enact, so long as we have the wisdom and patience to properly nourish and safeguard our own commercial position and consistently continue to strengthen and draw tighter the tie that binds us to the mother country.

Mr. Editor, is it not reasonable that we should stop and consider the step we are taking? Is it not common justice that our people should be given some opportunity of gauging the probable effects of this revolutionary move before being plunged into a system that is inevitably fraught with so many dangerous possibilities? Can the working-men of Canada not appeal to the independent press to raise its voice in tones that will compel the government to at least withhold the measure until the consequences can be fully grasped.—Yours truly, GEORGE B. NICHOLSON.

Zealand Chicklets.

Zealand, March 14.—The patrons of our cheese factory held a very satisfactory meeting on Saturday afternoon. All the farmers show an active interest in the dairy products. The services of C. Gordon have been secured for another season, as cheese-maker. Miss Julia Garrett has left our hamlet and is engaged at Malvern. H. G. Bishop spent Sunday under the parental roof. Owing to sickness in the home, Mr. Cornell was unable to hold the usual service in the Methodist church on Sunday. Miss Dora Bishop has returned home after spending the winter with friends at Englehart. Master Tommy Garrett made a visit to his home on Saturday. The home of R. Armstrong has been made happy by the arrival of an infant-son. Miss M. Sample was an over-Sunday guest at Mrs. H. Sergeant's. A series of helpful and interesting services are being held in the Anglican church, during the present week. C. Gordon made a business trip through the northern township last week and returned on Saturday. A very successful "sawing-bee" was that at John Conboy's, on Thursday last, when over ninety cords of wood were piled in the yard at the end of the day. M. Ferguson spent Thursday at R. Meigh's.

Death at Marysville.

Marysville, Tyendinag, March 14.—The many friends of Mrs. Stephen Caffee were grieved when they heard of her sudden death at her home, third concession, Friday morning, March 10th, at the age of thirty-seven years. Though she had been in poor health all winter, death was not looked for. The deceased was the second daughter of the late Timothy Murphy, who predeceased her two months ago. She was a lady loved and respected by all who had the pleasure of her acquaintance, for her kind and gentle disposition. She was a faithful member of St. Mary's Roman Catholic church. She leaves a husband and three young children, also an aged mother and two sisters and six brothers. The funeral took place to St. Mary's church, where a requiem mass was sung by her two brothers. There has been seldom seen so large a cortege. The pall-bearers were her three brothers and brothers-in-law. After the service, the body was laid in the vault for a few days, beside that of her father.

Judge Barron, of Stratford, is at Brockville, to hear the cases of the G.T.R. conductors, who have not been reinstated since the strike. Fresh garden seeds for hot bed planting at Best's.

AWAY TO THE WEST

TWENTY-SIX START OUT FROM GANANOQUE

In a Special Colonist Car—A Boy in Danger on River—Fire in a Residence, But the Damage Was Small.

Gananoque, March 15.—A new colonist car for far west was pulled in here early yesterday morning for the use of several families who are leaving for the west. The car was pulled to T. I. Junction at 11:30 last evening. The following is a list of those who have gone: Mrs. Charles Shook and family and George Shook; Mr. and Mrs. Gordon Richardson; Mr. and Mrs. E. T. Latimer and family; Mr. and Mrs. J. W. Keating and family; Mr. and Mrs. Bert J. Davis; Mrs. Kimmond; John Kimmond and the Misses Annie and Irene Kimmond, and Jas. O'Brien, making twenty-six in all.

Rex Cosh, a pupil of the high school while in company with several other boys, risking themselves upon loose floating ice in Gananoque river a little below the lower dam, by the breaking up of the piece on which he was standing, was precipitated into the water, but managed to scramble upon another floating piece from which he a second time got into the water, but at last got to where the ice was solid.

About 12:30 o'clock yesterday, an alarm of fire called out Chief Smith and his brigade to the home of William Dempster, Charles street, where fire was discovered in a bedroom over the kitchen. Fortunately the fire had not gained much headway and was in a few minutes under control. A quantity of bedding and bedroom furniture being partially destroyed. The loss, it is understood, is covered by insurance.

A load consisting of Rev. J. T. Pitcher, Miss E. De Long, and the Gananoque male quartette, Messrs. Wm. Allan, Robert Allan, Geo. Smith and Robt. Orser with their wives, drove to Lansdowne, yesterday afternoon, where Rev. Mr. Pitcher delivered an address on his trip to the Pacific Coast last August and the male quartette assisted at the tea meeting in the Lansdowne Methodist church.

Miss Edith J. Hurd, science teacher in the high school was unable to attend to her school duties, yesterday, on account of illness. The ice in Gananoque river is breaking up to quite an extent, although there is good crossing on the St. Lawrence.

Quite a large number of people were attracted by the passage of a large flock of wild geese numbering about 100 passing over at an early hour yesterday morning. Frank Seymour, Water street, spent Monday in Kingston. Amos Green spending the winter at Cabourg has returned to town. C. C. Connell, spending a few days in town, left for Kingston last evening. James Root, Montreal, is spending a short time here with his parents, Mr. and Mrs. Gilbert Root, Brock street.

NO STRIPED SUITS.

Lock Step Also Abandoned at Walla Walla.

Walla Walla, Wash., March 16.—C. S. Reed, warden of the state penitentiary, has officially consigned the prison lockstep to oblivion. Since the beginning the lockstep has been the custom at the penitentiary. When the prisoners marched to or from meals they did so in lockstep. The lockstep, stripes and other relics of a more barbarous age are a thing of the past at Walla Walla.

"The lockstep and the striped suit," said Warden Reed, "have come down to us from the past. Why or how they originated is now of little interest. It suffices that whatever may have been the reasons which actuated their originators, they do not hold good to-day. The lockstep serves no purpose. It accomplishes no good. It is a senseless custom which has outlived its time. The striped suit has not been seen here for years."

"The prisoners wear plain gray clothes, with no distinguishing marks but the prison number."

KATS HOUSE FURNISHINGS.
Goat Goes Visiting—Master Settles Claim for \$60.

Youngstown, O., March 15.—A goat with a ravenous appetite was responsible for a lawsuit in Squire Kieling's court.

Mrs. John Stauch, of Brier Hill, went to visit a neighbor Monday and forgot to shut the kitchen door. Antonio Taninotto's billiard table went visiting about the same time.

When Mrs. Stauch returned curtains, table cloths, ruffled from the table and bric-a-brac crumpled upon and several rugs eaten.

Then Mrs. Stauch confronted the goat, which showed battle.

When the case was called this morning the owner of the goat settled for \$60 which is said to be \$35 more than Billy is worth in the open market.

Eyes properly tested and gold-filled (\$4) frames fitted complete, for \$1.50, at Best's.

Brantford citizens heard arguments on trade and adopted an anti-reciprocity resolution.

SUNLIGHT SOAP

The finest fabric is not too delicate to be safely washed with Sunlight Soap. When other soaps have injured your linens and faded the coloured things, remember the word Sunlight.



Wah Long's Laundry
First-class work guaranteed
on a card and I will call promptly
your laundry. 185 WELLS ST. N.W. at
between Brock and Clarence sts.

Your Liver is Clogged up

That's Why You're Tired—Out of Sorts—Have no Appetite.

CARTER'S LITTLE LIVER PILLS will put you right in a few days. They do their duty.

Cure Constipation, Biliousness, Indigestion, and Sick Headache. Small Pill, Small Dose, Small Price.

Genuine must bear Signature
Wm. Wood



Made in Canada, at London, Ont.

10c per pkg.

SPRING 1911

Queen Quality SHOE

We've just received our new "Queen Quality" styles for Spring and they're beauties. We did not believe such footwear possible at the price. The makers have outdone themselves. Smart, snappy styles with plenty of comfort and service—just what you have been looking for. You'll buy here eventually. Why not to-day?

J. H. SUTHERLAND & BRO.
Home of Good Shoes.

Harris Heavy Pressure Babbit Metal is Perfection. For all machinery bearings. THE CANADA METAL CO., LTD., - TORONTO

From the Heart of the Corn Comes This Perfect Food

Of all the kinds of cereals to be had to-day Kellogg's Toasted Corn Flakes alone combines deliciousness, healthfulness and digestibility.

It is just a good, common-sense food that contains as much nutritive value as meat or eggs, at much less cost.

It gives strength and vitality to children—is ideal for invalids.

Kellogg's TOASTED CORN FLAKES

FREE PSYCHINE FOR THE SICK

Let us buy a 50c. bottle from your Druggist and give it to you to try. Here are our reasons:

For nearly the third of a century we have known what Psychine will do. We have known it to cure hundreds of thousands in that time, of some of the most desperate cases of disease known to medical science.

We have received thousands of unsolicited testimonials, which we will gladly let you look over should you desire.

Think of it, a third of a century's experience with one preparation, a third of a century's intimate knowledge of what extraordinary cures it has made—almost a lifetime!

Do you wonder then with that perfect knowledge of Psychine, that we are anxious to bring it to the notice of everyone in Canada suffering from disease?

Do you wonder that we want those to know who are using wrong methods of cure, who are not getting well, and who we know will be benefited by Psychine?

Do you wonder that we can buy hundreds of thousands of 50-cent bottles of Psychine from the druggists of Canada to give to those who wish to try it?

Psychine builds vitality. It strengthens and increases the white corpuscles of the blood—the phagocytes, the policemen or scavengers of the blood.

These white corpuscles of the blood, when strong enough, destroy every disease germ that gets into the body, keeps the body healthy.

If these white corpuscles are not in sufficient numbers or are not sufficiently strong, then these disease germs destroy them and disease holds the body. That's the cause of nearly every disease that afflicts the human race.

For years, centuries, in fact, it has been recognized that herbs are the most effective treatment for disease.

It is only within recent times that we have been able to tell just why they were so effective.

Because certain of them increased, and strengthened the white corpuscles or phagocytes.

These herbs are employed in compounding Psychine.

We go all over this world to obtain these herbs. Arabia, South America, China and Japan all contribute.

And the result is a preparation that will restore health and build vitality as no other preparation will.

That has proven itself in nearly the third of a century's use as no other preparation has proven itself.

That is a most effective treatment for:

In Grippe, Bronchitis, Hemorrhages, Weak Voice, Sore Throat, Anemia, Female Weakness, Indigestion, Poor Appetite, Chills and Fever, Sleeplessness and Nervous Troubles, After-effects of Pleurisy, Pneumonia and La Grippe.

Bronchial Coughs, Weak Lungs, Spitting Weakness, Early Decline, Catarrh of Stomach, Night Sweats, Obstinate Coughs, Laryngitis and Dyspepsia.

Now we don't ask you to take our word for the tremendously beneficial effect of Psychine. Fill out the coupon

below, mail it to us and we'll give you a druggist an order (for which we pay the regular retail price) for a 50-cent bottle of Psychine to be given you free of cost.

We will undoubtedly buy and distribute in this manner hundreds of thousands of these 50-cent bottles of Psychine.

And we do that to show our entire confidence in this wonderful preparation.

A confidence that has been based on our 30 years' experience with this splendid preparation, with a full knowledge of the hundreds of thousands of cures it has made.

COUPON No. 49

To the Dr. T. A. SLOCUM Ltd. 193-195 Spadina Ave. Toronto

I accept your offer to try a 50c. bottle of Psychine (pronounced Psi-keen) at your expense. I have not had a 50c. bottle of Psychine under this plan. Kindly advise my druggist to deliver this bottle to me.

My Name.....

Town.....

Street and Number.....

My Druggist's Name.....

Street and Number.....

This coupon is not good for a 50c. bottle of Psychine if presented to the druggist—it must be sent to us—we will then buy the 50c. bottle of Psychine from your druggist and direct him to deliver it to you. This offer may be withdrawn at any time without notice. Send coupon to-day.

PERHAPS NOT YET— BUT EVENTUALLY
MCCORMICK'S
JERSEY CREAM
SODAS
Will have a permanent place on your daily menu. Quality will win. Serve at breakfast with bowl of hot milk and sugar—lunch with glass of milk and cheese—dinner with soup or in place of bread.