

AT LAST, A CURE FOR RHEUMATISM

"Fruit-a-tives Cured Me" Says Mrs. Baxter.

"I was a helpless cripple from Rheumatism for nearly a year. All down the right side, the pain was dreadful and I could not move for the agony. I was treated by two physicians without help. I saw 'Fruit-a-tives' advertised in 'The Telegram' and decided to try them. After I had taken one box, I was much better. When I had taken three boxes, I could use my arm and the pain was almost gone. After taking five boxes, I was entirely well again. The cure of my case by 'Fruit-a-tives' was indeed splendid because all the doctors failed to even relieve me. 'Fruit-a-tives' cured me. Mrs. LIZZIE BAXTER.

A HOME PLACE, TORONTO, Dec. 15, 1909.



In hundreds of other cases, 'Fruit-a-tives' has given exactly the same satisfactory results because 'Fruit-a-tives' is the greatest blood purifying medicine in the world. 'Fruit-a-tives' the famous fruit medicine regulates kidneys, liver, bowels and skin, and prevents the accumulation of uric acid, which is the prime cause of Rheumatism. 'Fruit-a-tives' will positively cure every case of Rheumatism, when taken according to directions. 50c. a box, 6 for \$2.50, or trial size, 25c. At all dealers or from Fruit-a-tives Limited, Ottawa.

300 Cords Peeled Pulp Wood

This Wood was peeled and piled under cover to dry.

We are offering this Wood to the public at \$5.00 per cord, cut in any lengths. This is the best lot of Wood ever offered for spring and summer use. Try it and be convinced.

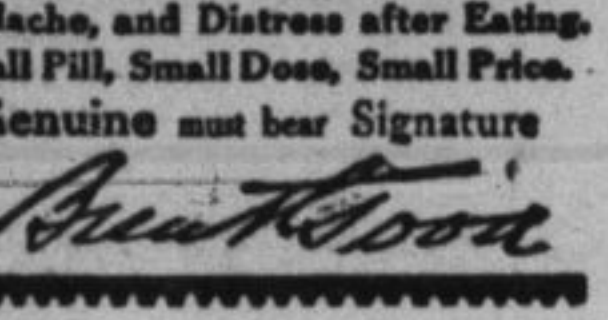
SOWARDS

Phone 155. North End Ontario Street.

Make the Liver Do its Duty

Nine times in ten when the liver is right the stomach and bowels are right.

CARTER'S LITTLE LIVER PILLS gently but firmly compel a lazy liver to do its duty. Cure Constipation, Indigestion, Sick Headache, and Distress after Eating. Small Pill, Small Dose, Small Price. Genuine must bear Signature.



GATES, FENCING, ETC., Manufactured by

PARTRIDGE & SONS

Phone 239. Crescent Wire and Iron Works, Also Electro Plating.

In Every Home

there is sure to come physical suffering at times—suffering hard to bear—suffering which will be followed by serious sickness, if the first symptoms are neglected. But this suffering will soon be forgotten, and there will be no after consequences if relief is obtained from a safe, reliable, natural corrective medicine.

BEECHAM'S PILLS

ought to be on hand in every home ready for use at first sign of trouble. This famous family remedy has proved in years and years of trial, its power to correct physical trouble and to ward off disease.

Try for yourself—or in your home, a few doses and see how the bodily system is strengthened and refreshed and how surely and effectively they

Relieve Suffering

Your druggist can supply you to home with helpful directions, 25c.

The fool never has consideration or thought of the danger line. Many people take—prudence and economy in too large doses. There's a species of mule with short ears and only two legs. Pills in an eating place will disgust the patrons and disgust the host.

THE BLACK QUESTION

SOUTH AFRICA TO FACE A HUGE QUESTION.

The Contract is That of the Native Policy—The Difficulties That Beset the Legislative Path.

There will be many important points on which the union Parliament will have to come to a decision, but perhaps it will be agreed that the most vital of all South African questions, and the one needing the earliest and soundest solution, is that of the Native Policy. The native territories, large in extent and with rapidly growing populations, may within a few years become part and parcel of the Union of South Africa, and some definite scheme for the future governing of these great populous territories will have to be devised; one which will give the natives no handle with which to shake the confidence of the outside world in the wisdom and integrity of the Union Government, while at the same time it appeases the established feelings of the dominant color.

The difficulties that beset the path of satisfactory legislation having for its aim the gradual elevation to political rights of so primitive and diverse tribes, must of necessity be numerous. Nevertheless, a way must be found, and that between the extremes of the hollow American "Man and a Brother" and the "Nigger and Dog" feeling. With the great advancement of education among the natives, with the recognized striving for book learning which they evince, and above all with the example of the whites before them, it is very natural that they should yearn for the possession of some sort of political franchise.

In what manner is it possible to grant, with benefit to the natives and at the same time with dignity to the whites, this rational demand?

Under existing circumstances the position is roughly this: In the Cape Province natives may attain a vote under more or less easy qualifications; in the Transvaal and Orange River Colony they have no vote. In Natal the qualifications is so stringent that it is practically prohibitive. The Basuto hold Pitsos, which are assemblies of chiefs or headmen, in which their tribal affairs are discussed. The Swazis and Zulus have nothing resembling either the Parliament of the white man or the Basuto Pitsos. Thousands of natives are with extraordinary diligence acquiring knowledge; already hundreds have been sent over to America to undergo a course of education there, and thus the white of South Africa must be prepared to meet a strong display of native educational results, terminating in a well-founded cry for political rights. Now, in the Basuto appears to be the whole solution of the matter; why not have a native Parliament to which all the native tribes of South Africa could send representatives? Take away the franchise of the natives at the Cape as at present exercised, in favor of a more extended one, for a Parliament of their own; place this Parliament under a commission, who would forward to the Union Parliament for ratification or otherwise such resolutions as have come to them from the Pitsos. This would give all the native tribes an opportunity of airing their grievances and ideas, and alone would lessen by half the danger arising from the probable bursting of a sealed furnace.

The native population of South Africa is increasing, and we have the menacing example of the U.S.A. before us. The natives cannot and will not expect for the present and for a long while to come the full and free franchise of the whites, but they certainly will desire to labor under no undue intolerance, and have a right to expect a wholehearted consideration of their side of the case. The adoption of such a course as that outlined above would, under proper safeguards, carry with it but little risk of danger to the white population, while to the natives it must appear such a great stride in the recognition of their status of citizenship, that it surely must earn the gratitude of unbounded loyalty to the Government and people which established it. Such a scheme will have many details to be considered, such as the advisability of the channel of communication between the two Parliaments, consisting of either one Minister or a commission, and so forth; but the first step is to find the path which will lead to a satisfactory solution of a question the gravity of which cannot be over-estimated.

Pickled Steel.

"To keep the iron and steel used in building big ships from rusting," an engineer told the reporter, "is a matter of supreme importance. The British Admiralty is very particular that every piece shall be painted the moment it is ready for building purposes. But the steel plates form a hard black surface, called 'mill scale,' in the process of manufacture. This clings tenaciously to the plate, and if it is covered with paint, and afterwards the plate gets damaged, then the scale peels off, taking the paint with it, and leaving the steel bare. The plate is then liable to rust-corrosion, a serious danger to the ship. We therefore remove every trace of scale before painting the steel plate. It is put into a bath of dilute hydrochloric acid for a few hours, which loosens the scale. The plate is then brushed with wire brushes and washed with a hose. This is what we call 'pickling steel.'"

Footwear For the Fashionable.

The very latest footwear for fashionable folk is certainly not lacking in novelty. Recently there was exhibited in Bond street a pair of shoes made of the breast feathers of hussar birds. They were priced at \$2,500, a record figure for shoes without diamond or jewel settings. In the same establishment were shown bed-room slippers of silk brocade, trimmed with marabout feathers, and these could be obtained for the comparatively small sum of \$7. The cheapest boot in this shop is priced at \$4; white silk stockings are sold at 16s. to £6 the pair. But you cannot order single pairs here; the first order for shoes must be for not less than ten pairs, and with each pair six pairs of stockings to match are supplied.

SOLDIER AND JUDGE.

Mon. H. C. Saint-Pierre of Montreal Served as a Soldier in His Youth.

A life full of interest has been that of the Hon. Henri Casaire Saint-Pierre, one of His Majesty's justices of the Supreme Court of Quebec for the District of Montreal. The son of one of the Quebec patriots of 1837, he was born 25 years ago at Ste. Madeleine, and studied law at Kingston, Ont., where Sir John A. Macdonald, Sir Oliver Mowat, and other noted Canadians learned much of their legal lore. Mr. Saint-Pierre, however, had a strong desire for a military life, and the American Civil War being then at its height, he threw Coke and Blackstone to one side, crossed the river to New York State, and enlisted in the 76th New York Volunteers. In the battlefields of Virginia he got his baptism of fire. In one of them—the last in which he was engaged—he was wounded and left for dead. This was in November, 1863. The Southern cavalry picked him up on the field, and carried him off to prison, where he remained until the war closed in 1865.

Returning to Canada, he resumed his law studies, not at Kingston, however, but in Montreal, where he practiced his profession from the time he was called to the Bar in 1870 until he was appointed a judge in 1902. He was regarded as the leading criminal lawyer of the province, defended over thirty persons accused of murder, and freed all of them but three or four, and of these only one was executed. He is gifted with wit, powers of eloquence, and is broad-minded and tolerant. A speech of his delivered six years ago at the unveiling of the Chamber monument attracted great attention and approval. He asked the French-Canadians why they should not feel as much at home in Toronto as in Montreal. Canada was a great deal more to them than the Province of Quebec. He would say to all: "Be English, be Scotch, be French, be Irish if you will, but above and before all, let us be Canadians." The judge was born on the anniversary of the Battle of the Plains of Abraham, which circumstance may have contributed toward making him such an admirer of British institutions. He belongs to a long-lived race, his mother having died in her ninetieth year. Her seven children, who are all either widows or widowers, have nearly all passed the three-score and ten milestone. The eldest of them is 84, and the ages of the others are: 82, 80, 78, 68, and 67, respectively.

The judge has almost 25 years to live to equal his mother's age record, and it is to be hoped that he will so far excel it as to be numbered among the centenarians.—Toronto Star Weekly.

A Canadian Career.

Mr. J. Allen Baker, M.P., who has been in Canada recently in connection with his work for the Peace movement, spent the first 24 years of his life in Canada. He was educated in Trenton High School. In 1876 he crossed over to England, where he has been in business for thirty-five years. He was a member of the London County Council for eleven years, and was prominently connected with the tramway schemes of that body. For many years he has made an annual visit to Canada in connection with his business interests in the Dominion. Mr. Baker has done much to promote good feeling between Great Britain and Canada. It was his initiative that an invitation was sent three years ago to the leaders of the German churches to visit England. A large party arrived, including the head of the Lutheran and Reformed Churches, as well as several Roman Catholic prelates. King Edward received them at Buckingham Palace, and congratulated Mr. Baker, who was president of the English Joint Committee, on the excellence of the arrangements. At a public luncheon, at which Mr. Baker was chairman, the Rev. John Roberts stated that it was Mr. Baker who, in his genial, loving way, from the very first captured their hearts. "It was not the idea alone," he said, "it was the man, the personality himself. Therefore, I have great pleasure in asking you to raise your glass and to give him a thorough good German Hoch! Our beloved and honored Mr. Baker, lebe hoch!"—Star Weekly.

A Youthful Money-maker.

There has been considerable talk for some time past about pure food and pure food laws. The recent agitation to guard the public against the adulteration of maple syrup caused it to be revived to some extent. A few wholesale men in Toronto were discussing the subject recently and particularly referring to the lack of moral sense displayed by many of the dealers, when one of them told the following story as an illustration of the type of business methods now very common. The story-teller made himself the hero of the tale. He said that he was walking up the Don Valley when he met a little lad with a basket. The boy said he had been out gathering mushrooms and the man asked to see what he had found. Being an expert he felt rather startled by the collection. "Look here," he said, "most of those are toad-stools. They are very poisonous and they should not be eaten." "Oh, these aren't to eat," replied the lad blithely, "these are to sell."—Saturday Night.

A Bad Guess.

It doesn't always pay to take chances. An Ontario editor, who speaks at many gatherings of farmers, was addressing a meeting of agriculturists in New York State. "There are," he said, "engaged in agricultural pursuits who have no more business to attempt to be farmers than my old grey-headed friend just below the platform here has to preach the gospel." The remark caused roars of laughter, and "my old grey-headed friend" rose and smilingly bowed to the speaker and then to the audience. The speaker was at a loss to know the cause of the merriment, but he afterwards learned that the man he had referred to was a doctor of divinity.

Give the sanitarian a chance and the doctor will miss his. How does the shapeliness outside the corset compare with the suffering inside of it? Brains may plan, but do not forget that it takes hands to execute.

HOMING CRABS.

They Traveled Forty Miles Back to Their Own Haunts.

Two crabs have displayed both intelligence and industry to such a marked degree that they have filled the fishing population of Withernsea, in Yorkshire, England, with amusement. Having been caught close to Withernsea, they were decorated with brass numbers and returned to the deep off Saltfleet by the Eastern Sea Fisheries district cruiser.

Recently they were picked up again on their old ground, having traveled at least forty miles. A great many remarkable discoveries have been made as to the habits and migrations of fish since the Marine Biological Association started systematic investigations in the North Sea. It was only in 1902 that the association received its first Government grant of \$30,000 a year for five years. But this demonstration of moral and intellectual qualities, hitherto scarcely suspected in the edible crab, is one of the most remarkable results recorded.

Clearly these two crabs, hampered and harassed by the brass numbers which possibly exposed them to the derision of the crabs of Saltfleet, would naturally regard them as aliens, toiled steadily homeward. Pressing ever southward, or rather southeast and southwest by turns, for nature inexorably compels a crab to make a zigzag course, they struggled painfully towards the rich crab pastures of Withernsea, sharing as good comrades the mussels and periwinkles they encountered.

Their pace must have been relatively slow. It was certainly awkward. Probably they hugged the shore, for crabs prefer shallows. Their pilgrimage must have been wearisome, and many a time alluring grottos must have enticed them to renounce their purpose.

But always their courage was buoyed up by the homing instinct, which in these remarkable crustaceans seems to have been as strong as it is commonly found to be in the cat and the pigeon. And so they legged it, or, rather, clawed it, from Saltfleet to Withernsea, reposing upon their arrival, apparently, in a crab pot, from which, exhausted but triumphant, they were taken by fishermen, who bore them swiftly, as rare prizes, to scientists who welcomed them with joy.

The value of the crab fisheries of Great Britain is very considerable. The total number of crabs landed in Scotland in 1908 was 2,736,712, of which 94 per cent. were landed on the East Coast, the value being \$82,500.

Profitable Sequel to a Prairie Party.

The first series of sketches which Mr. Hassall had published depicted scenes of a party at the home of a friend named Barrett and himself in Canada. The first drawing showed the guests arriving, the second the fixing up of the room for the ball, the third the dance, the fourth Barrett having, as the owner of the place, to refresh, and the fifth represented him at home once again, and happy after the refreshment was over.

Mr. Hassall had clean forgotten all about the drawings when one day Barrett, who had been to the postoffice, came back with a letter. In it there was a check for \$20 for the sketches. "Well," said Barrett, "this is a long way more profitable than farming. Why don't you go in for it?" Mr. Hassall replied, "I will; I'll leave on the next train." The next train did not leave for two days, for there were only three trains a week in that district back of civilization. He had thus ample time to dispose of such things as he had, and to start on his homeward way to get more checks for more drawings.

It's surprising how liberal people are with their sympathy.

HERE ARE FOUR PEOPLE WHO TESTIFY

That GIN PILLS Positively Cure Rheumatism

Rheumatism is a dreadful disease. Only those who have had it can appreciate the agonizing pain—the excruciating torture—that racks the body when Rheumatism sets in. No wonder those who have been cured of Rheumatism by GIN PILLS are so grateful and so enthusiastic! They gladly testify that GIN PILLS cured them and want all the world to try GIN PILLS.



MANY KINDS OF MEDICINE

you to know how thankful I am for the relief they gave me and would advise all sufferers to take GIN PILLS. In New Brunswick, GIN PILLS have cured hundreds of men and women of Rheumatism. Mr. Wilson of Hazelton, B.C., is one of the many who owes his good health and strength to GIN PILLS. He writes: "It affords me great pleasure to convey not only to you, but to all sufferers from Back Ache and Rheumatism the great relief I have obtained from the use of GIN PILLS. I am sounding the praises of GIN PILLS to everyone suffering as I did." Robert M. Wilson.



COULD NOT WORK

Back to Nova Scotia for the fourth letter from D. J. Lawler of Ogden. "I have been troubled with Rheumatism so bad that I could not work. A doctor tended me and told me to go to the hospital, but all to no good until a cousin told me to try GIN PILLS. I did so, and after taking a few boxes, I am perfectly well!"

A Tiny Bottle.

What is regarded by skilled artisans as the smallest perfect glass bottle ever blown has just been turned out by Robert Gillespie, one of the blowers of the great Whitall-Tatum glass works in Millville, New Jersey. The tiny bit of glass is not much larger than a kernel of corn, but is in every way perfect, including a ground stopper. Gillespie was at infinite pains to produce the curiosity, which, compared with a 110-gallon carboy, such as is turned out at the same works, could be about like a fly against an elephant. Indeed, a common house-fly could barely crowd into the Gillespie bottle.

Stopped the Pleasure Jaunts.

"Everybody travels nowadays who can spare a little time and money. Most people provide for a vacation season, and plans are laid months in advance around the queries when, where and how to spend the time." Says a writer in the Vienna Neue Freie Presse. To show that this was not always so he relates that Emperor Franz in September, 1806, issued an edict in which "travel for pleasure, inasmuch as it was the cause of much money going out of the realm," was strictly prohibited.

Most of us have it in our power to make happiness contagious.



HIS FATHER WAS TROUBLED

Alex. Moore Esq., is one of many hundreds who know that GIN PILLS will cure Rheumatism. He writes from Newburgh, Ont. "My father had been troubled with Rheumatism for a number of years. He tried two doctors but got no relief, when my uncle insisted on him trying GIN PILLS. He purchased a box and after taking GIN PILLS for a week, found that they were giving him much relief. He then bought three more boxes, which were the means of curing him. He is now a strong man—in good health—and able to attend to his daily work—and all the credit is due to GIN PILLS."

They know about GIN PILLS down in Nova Scotia too. In fact, GIN PILLS are the old standby all over the Maritime Provinces because GIN PILLS really cure Rheumatism. An old gentleman in Yarmouth, N.S., says: "I have been bothered with Rheumatism for the past year and have taken a good many kinds of medicine, but found no relief. One day, a friend advised me to try GIN PILLS and after taking a few boxes, I felt like a new man. I want me to try GIN PILLS and after taking a few boxes, I would advise all sufferers to take GIN PILLS."



SOUNDING THE PRAISES

Back to Nova Scotia for the fourth letter from D. J. Lawler of Ogden. "I have been troubled with Rheumatism so bad that I could not work. A doctor tended me and told me to go to the hospital, but all to no good until a cousin told me to try GIN PILLS. I did so, and after taking a few boxes, I am perfectly well!"

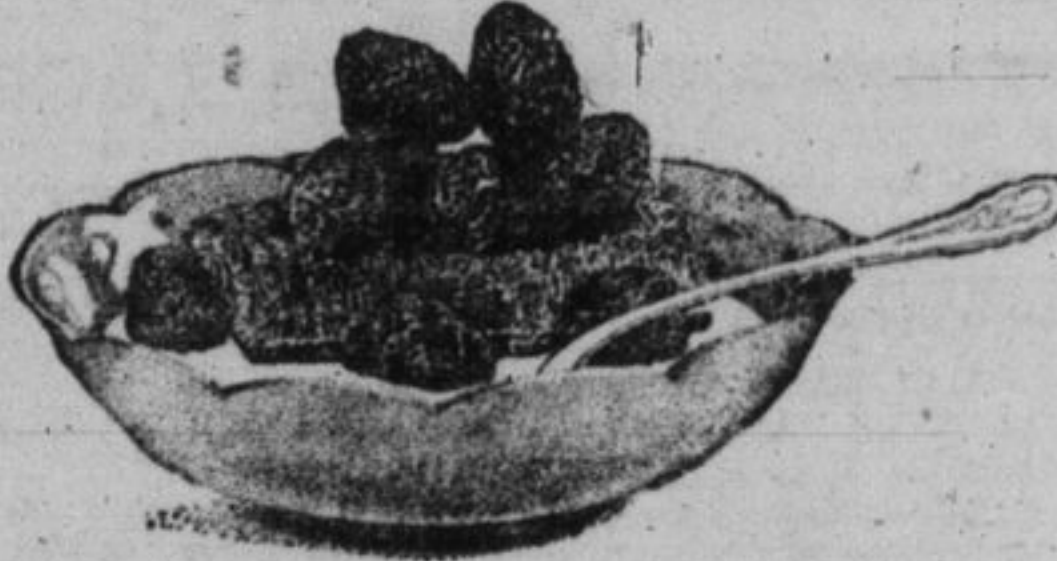
LADIES' PATENT LEATHER FOR \$2.00

We are giving exceptionally good value in Patent Leather Oxfords, Strap Shoes or Pumps. For \$2.00 This Week.



H. Jennings, - King St.

Hot-Weather Happiness



comes from good digestion and enough outdoor exercise to keep the liver active and the pores of the skin open for the elimination of the toxins that have accumulated in the body. Keep the stomach sweet and clean and the bowels healthy and active by eating

SHREDDED WHEAT

made of the whole wheat steam-cooked, shredded and baked in the cleanest, finest food factory in the world.

Here is a Summer suggestion that is full of Health and Happiness with freedom from kitchen worry and work: Place two Shredded Wheat Biscuits in a deep plate; cover them with berries or any other fresh fruit; pour over them milk, adding a little cream and sugar to suit the taste. Delicious, nourishing and wholesome for the Summer days when the stomach is tired of heavy meats and soggy pastries.

TRISCUIT is the Shredded Wheat wafer—a crisp and tasty "snack"—the maximum of nutrition in smallest bulk. Take it with you to the Summer camp, bungalow or cottage—it is eaten with butter, soft cheese, caviar or marmalades.

MAKE YOUR "MEAT" SHREDDED WHEAT