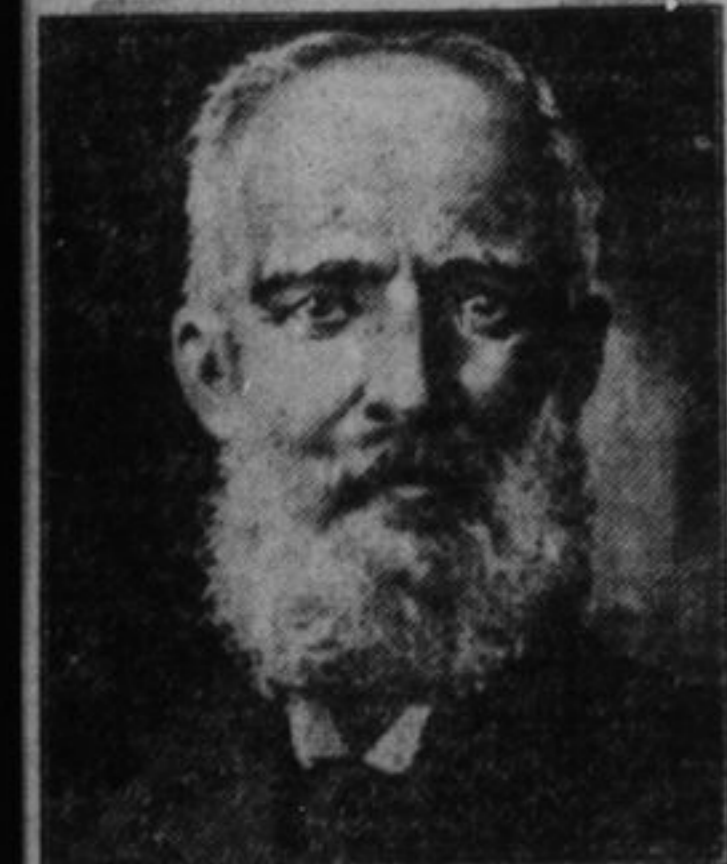


TORTURED FOR THIRTY FIVE YEARS

Really could not live without "Fruit-a-lives"
 FRUIT-A-LIVES, Oct. Jan. 26th, 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 physicians I employed, the result was always the same—impossible to get a cure. About two years ago, I read about "Fruit-a-lives" and I decided to try them.
 I have used "Fruit-a-lives" ever since. They are the first and only medicine that suited my case. If it were not for "Fruit-a-lives" I am satisfied that I could not live." JAMES PROUDFOOT.



"The greatest remedy in the world for all forms of Indigestion and Dyspepsia is "Fruit-a-lives". Doctors as well as hundreds of people proclaim it.
 "Fruit-a-lives" cures all stomach troubles because it makes the liver active, strengthens the kidneys, purifies the blood and keeps the stomach sweet and clean. "Fruit-a-lives" is the only remedy made of fruit juices.
 50c. a box, 5 for \$2.50, or 12 for \$4.50. At all dealers, or sent on receipt of price by Fruit-a-lives Limited, Ottawa.

Tips For the Farmer

BY UNCLE JOSE.

Summer Feeding Shows.

A very satisfactory method of summer-feeding shows is to place them in a movable pen located in grass or clover; the pen serves as a comfortable bed, and the fact that the pen is moved as soon as the grass becomes short or stale, insures fresh green feed for the pigs at all times. The pen can be made of very light lumber, and three or three and one-half feet is high enough so that two men can easily move it whenever this is required. A pig is clean if he is given half a chance, and care should be taken to keep the bedding always in the same end of the pen. A very little straw is required for this purpose. The covered trough need not be very large, and a few boards answer for this purpose. It serves as a shelter from the sun, which might otherwise burn the pigs, especially when they are insured case in feeding. This method also insures ease in feeding, it being easy to keep the pen close to the buildings.

Weak Spot in Cattle Industry.

The weak spot in the cattle industry of Canada, both east and west, is that our cattle, when young and growing, are not fed liberally enough. Calves in most places are fairly fed the first winter. Bullcows are crowded with feed the last three or four months for market, but in the growing period, especially the second winter, many promising young bullcows are stunted from underfeeding. Farmers must realize the cardinal principle in profitable cattle-raising, that when an animal is young and growing it makes greater gains in weight for the food consumed than at any other time. If fed the second year on straw only, stunted will go on grass in the best condition that it will require the most of the summer to regain and make up lost flesh; but, if along with the straw and roughage, two pounds of ground oats per day were fed, this grain would invigorate and strengthen the animal, so that it would eat more roughage and hold the flesh and growth of the previous summer.—Duncan Anderson.

Travelling Bank for Farmers.

The banks of the union of South Africa have shown exceptional enterprise. Banks as a rule do not go so far in order to get business. In order, so we are informed, to induce the farmers in the up country districts of the Cape, Transvaal, and Orange River Colony to appreciate the advantages and safety of depositing their money in the care of a bank a system of banking by motor car is in full operation. "The cars are fitted with a safe and desk, and the clerk in charge of the car receives deposits and pays out in checks. A regular route is arranged so that people know when to expect the car. The cars call at the doors of the farm houses for orders." At first, the South African farmers manifested considerable distrust, but this gradually gave way.
 In Canada our banks put branches on almost every four corners where there is a possible chance of collecting a few dollars. Unfortunately we in Canada have gone to extremes in this matter of saving. Our farmers are badly addicted to the saving habit. They supply the money for most of the business enterprises in their own land, and send a vast surplus to other countries as well. Why do the majority of farmers—not merely the majority, but probably ninety-nine per cent. of them—prefer to accept three per cent. for their money that city business men may borrow it for five and one-half per cent., and make twenty-five or thirty per cent. by so doing. Instead of putting their money back into their business and making better use of it? This is a question that the banks prefer not to have debated.—Toronto Globe.

Interest in Live Stock.

One of the best methods of increasing interest in live stock is to give the farm boy a chance to judge some of the stock at the shows, particularly the larger ones. The Commissioner of Agriculture for the State of Kentucky is giving this year a scholarship worth \$100 to the farm boy who has never been to college, and who shows the most ability in judging live stock at the state fair. The college students are also remembered, \$100 being offered to them for prizes in judging. This is a very commendable departure and is worthy of being copied by the larger exhibitions in this country. There are many farm boys who would be glad of a chance to show their ability in judging live stock, and many of these boys could use a scholarship in our agricultural colleges to good advantage. No doubt the scholarship plan is one of the best, but, no matter what form the prize may take, such a contest serves the purpose of creating intensifying and maintaining interest in live stock; and when the boys take an interest in stock they will endeavor to improve their own animals.

Saving Yourself Poor.

The United States Department of Agriculture recently completed an investigation of the cost and profit of producing grain throughout the United States. It says that to grow and harvest an acre of wheat in Vermont costs \$20, which is three times the average cost in Wisconsin, Minnesota, Iowa, the Dakotas, Nebraska and Kansas. But Vermont gets \$42 worth of wheat on her acre, leaving a profit of \$22 an acre, and this is more than double the average profit for an acre in the Western States named.
 In growing wheat Vermont spends over \$6 an acre for fertilizer, and the average expenditure for fertilizer in the other states named is about 10c an acre. Hence Vermont's high cost for an acre, hence also her high profit. To grow and harvest an acre of oats in Vermont costs \$16, and this is over two and a half times the

average cost in the other states; but the net profit on the acre of oats is decidedly higher than in the other states, in some of which the average expenditure for fertilizing oats land is only 5c, or less an acre.
 English land that has been under cultivation for centuries yields thirty bushels or over of wheat to the acre—about double the average yield in the United States—as a result of proper fertilization. What will some of our best farms be yielding a hundred years hence under the present system? One English experiment upon two plots on similar ground covered fifty-one years. At the end of that period the fertilized plot was yielding thirty-two bushels of wheat to the acre; the unfertilized yielding twelve and one-half bushels to the acre.
 Fertilizers are somewhat expensive. A man can save something by not using any. Also he can save something for a little while by not feeding his live stock, but he doesn't gain in the end.—Country Gentleman.

For Young Foals.

Those who have charge of young foals should not give oil, or physic of any kind to foals that are constipated. An injection of a half pint of lukewarm water per rectum by means of a rubber bulb family syringe is always safe and effective. In obstinate cases it may be necessary to give a second injection a half hour after the first has been administered. A tablespoonful of glycerine added to the water, and stirred until thoroughly mixed, will prove beneficial, but warm water alone will effect a cure. The fact should be impressed upon every one that physic of any kind should never be given a young foal. We recently heard of a case where a very valuable young foal died from the effect of a dose of physic given at the author's estate. The book paid its author's estate \$14,000 in the first year after his death. Down to June 30th, 1910, the royalties for the dramatization of "The White Sister" were \$11,500.
 The percentage paid the author "run all the way from 11 1/2 per cent. on "The Novel" to forty per cent. on "Casa Braccio." The calculations of the appraisers give the book rights of "The Novel" at the time of the author's death at \$5,855, those of "Love in Idleness" at \$12, those of the later "In the Palace of the King" at \$1,947.35.

Some Timely Pointers.

Give the horses water as often during the day as you possibly can. A cool drink is just as refreshing to them as it is to their drivers.
 The easiest-running binders are heavy work, and two horses should not be expected to do the work of three or four.
 It takes less feed to keep a horse in good condition than it does to bring him back to good flesh after having become run down and thin.
 Remember that the colt's training should begin with his birth, and that handling while young is valuable. Anything, whether good or bad, that the colt learns is not generally easily forgotten.

He Loved Litigation.

Cleveland Plain Dealer.
 Two elderly gentlemen, both decently clothed in sober black, were sitting side by side in a Euclid avenue car. Each was reading a morning paper. Suddenly one of the men uttered an exclamation of pleasure, and the other peered at him over his glasses.
 "See here," exclaimed the first, with a beaming face, "that Mr. B., who died last week, has left his entire fortune to various charitable enterprises. This will be a surprise to his many relatives. It is to me—a hard surprise, in my case, for I am the pastor of a church to which he has left \$10,000."
 The second man looked at the article, and his face, too, became wreathed in smiles. "God bless him!" he exclaimed heartily. "All to charitable institutions, in spite of his relatives! Ah, sir, I like to see money left like that, I do, indeed!"
 "Are you, also, a clergyman?"
 "No, sir; I am a lawyer."
 Coghlan and Scott, of Smith's Falls, have purchased part of the McLaren property on Russell street, in that town. It is understood a good price was paid for it, as real estate is booming there.
 An ordination council has been called for September 19th to consider the ordination of Pastor Grixington, of the Baptist church of Lanark and Drummond.

Produce and Prices.

Kingston, Sept. 9.—The following prices are reported on the market:
 Carrots, 40c. to 50c. doz. bunches; turnips, 50c. to 60c. per bag; new potatoes, \$1.50 per bushel; beans, 4c. to 5c. per bushel; 60c. doz.; new celery, 7c. per head; tomatoes, \$1 bush; green corn, 8c. to 10c. doz. ears; 8c. bush; radishes, 5c. bunch; lettuce, 5c. bunch; apples, 20c. to 25c. peck.
 J. A. MacFarlane, Brock street, reports grain, flour and feed selling as follows:
 Oats, 43c.; local wheat, \$1; buckwheat, 75c.; seed rye, \$1; peas, 90c. to \$1; yellow feed corn, 70c.; bakers' flour, \$2.50 to \$2.75; farmers', \$2.75; Hungarian patent, \$2.80; oatmeal and rolled oats, \$4.50 per-bbl.; cornmeal, \$1.80 to \$2; bran, \$23 ton; shorts, \$25 ton; haled straw, \$7; loose, 8c.; hay, loose, \$9 to \$11.
 Meat—Beef (local), carcass, 75c. to 85c.; prime western beef, \$10 per cwt. by carcass, cuts, 10c. to 15c.; live hogs, 8c. lb.; dressed hogs, 10c.; pork, 10c. to 11c., by quarter; mutton, 10c.; spring lamb, 14c. to 16c. per lb.; veal, 5c. to 10c. per lb.; ducks, \$1 to \$1.25 pair; turkeys, 15c. to 20c. lb.; fowl, 90c. to \$1 a pair; geese, 25c. to 30c. per lb.; poultry, 25c. to 30c. lb.; rolls, 2c. to 2.5c. lb.; eggs, 20c. to 25c. doz.
 Dominion Fish Company reports prices as follows:
 Whitefish, 15c. lb.; pike, 10c. lb.; Chinook salmon, 30c. lb.; kippered herring, Yarmouth bloaters, 40c. doz.; Atlantic salmon, 20c. lb.; salt codfish, 15c. lb.; halibut, 20c.; fresh haddock, 10c. lb.; bullheads, 12c. lb.; mackerel, 5c. lb.; sea bass, 12c. lb.
 John McKay, Brock street, reports as follows:
 Hides, trimmed, 40c. lb.; horsehides, \$3 to \$3.25; calskins, veals, 14c. lb.; deerskins, 80c. to \$1; sheepskins, 50c. to 55c.; yellow, in cakes, 6c. lb.; beeswax, 25c. lb.; glassing, \$5 lb.; wool, washed, 20c. lb.; unwashed, 15c. lb. Raw fur: Red fox, No. 1, large, \$6; No. 1, medium, \$4; raccoon, No. 1, large, \$2 to \$3; No. 1, medium, \$1 to \$2; mink, No. 1, large, \$6 to \$7; No. 1, medium, \$3 to \$4; spring rats, No. 1, large, 35c.; No. 2, medium, 25c.; kits and culs, at value; springs rubbed skins at value.
 George Mills & Co. quote the following prices for raw furs:
 Spring muskrats, large, 20c. to 40c.; medium, 30c. to 35c.; mink, large, \$4 to \$6; medium, \$3 to \$4.50; small, \$2 to \$4; raccoon, large, \$2.50; medium, \$1.50; small, 75c.; red fox, as to size, \$4 to \$6; skunk, as to size and length of stripe, 50c. to \$2; weasel, 20c. to 60c.
 Nova Scotia has one bank to every 1,000 inhabitants.

GRAND TRUNK NOTES.

Railway Company Acquired Famous Old Oil Painting.

A famous old oil painting of Halifax Harbour, executed in 1802 by one Drake, has just been resurrected from a maritime province cellar, where it was relegated years ago by those who did not realize its value, and has come into the possession of the Grand Trunk Railway system. The picture is said by critics to be a work of genuine art, showing an attention to detail worthy only of those faithful toilers of the brush who preceded the present impressionistic school. The picture has been placed on exhibition by the railway company in the windows of Messrs. Scott & Sons art store, Montreal.
 Employees of the Grand Trunk Railway system are taking a great interest in horticulture, as may be observed by the report of the Grand Trunk Railway flower show at Battle Creek, Mich. This is an annual affair, and prizes are given for the best exhibits of plants and flowers. Upwards of 1,000 people took in this fine flower show at the Grand Trunk shops, and reports state that the exhibition exceeded the most optimistic expectations in point of beauty and excellence of arrangement.

Marion Crawford's Estate.

New York Sun.
 Marion Crawford, the novelist, left an estate valued at only \$48,000, according to the transfer tax appraiser's report filed in the Surrogate's office. The value of the author's rights at the time of his death to profits on his many books by contract with his publishing house is given as \$30,334.34. Royalties on the book "The White Sister" amount to \$24,000, or half the value of the estate. The book paid its author's estate \$14,000 in the first year after his death. Down to June 30th, 1910, the royalties for the dramatization of "The White Sister" were \$11,500.

The percentage paid the author "run all the way from 11 1/2 per cent. on "The Novel" to forty per cent. on "Casa Braccio." The calculations of the appraisers give the book rights of "The Novel" at the time of the author's death at \$5,855, those of "Love in Idleness" at \$12, those of the later "In the Palace of the King" at \$1,947.35.

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That Splitting Headache
 will vanish if you take
"NA-DRU-CO" Headache Waters
 Give quick, sure relief, and we guarantee they contain nothing harmful to the heart or nervous system. 25c. a box, at all druggists.
 National Drug and Chemical Co. of Canada, Limited, Montreal.

Honest tea
 is the best policy
LIPTON'S TEA
 OVER 2 MILLION PACKAGES SOLD WEEKLY

Do your baking with
 flour made exclusively of
 the HIGH-GRADE constituents
 of the HARD-WHEAT berry

Have you ever baked with flour made exclusively of the high-grade constituents of the hard wheat berry? If you haven't, now is the time to try PURITY Flour.

Only the cream of the Manitoba hard wheat—the best wheat in the world—is used for PURITY Flour. More than that, only a portion of the flour milled from this wheat goes into the sacks and barrels branded PURITY.

PURITY Flour consists exclusively of the high-grade constituents or portions of the Manitoba hard wheat berry.

Every wheat berry has both low-grade and high-grade constituents which are separated during our process of milling. So exact our process that it entirely eliminates all the low-grade portions from the flour which is finally branded PURITY.

The greater strength of PURITY Flour makes it go farther in the baking. With it you can make

more loaves to the sack or barrel than you have ever succeeded in doing before. The loaves will be more nutritious, too, because they contain the high-quality gluten, starch, phosphates and other muscle-building and blood-enriching elements of the hard wheat berry. Naturally flour that consists exclusively of the high-grade constituents of the best hard wheat has greater strength and nutritive value. If you'll just try to realize fully what it means to your cooking-reputation you'll soon be using PURITY Flour.

Of course, PURITY Flour will cost you a few cents more than lower-grade hard wheat flour or soft wheat flour.



Cool Drinks For Hot Days
 Nothing so cooling and refreshing as a Soda properly served.
 Our fountain enjoys large patronage, because we serve you "right."
GEORGE'S ICE CREAM PARLOR
 204 PRINCESS STREET.
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 Ice Cream supplied for Socials, Parties, etc.
 Satisfaction guaranteed.

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 Selected from the Celebrated Richmond No. 4 and Ontario No. 1 Mines, the best Anthracite Coal mined in Pennsylvania.
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 All kinds of Tinsmith, Plumbing and Contract Work. Stoves taken down and stored for the summer at moderate rates.
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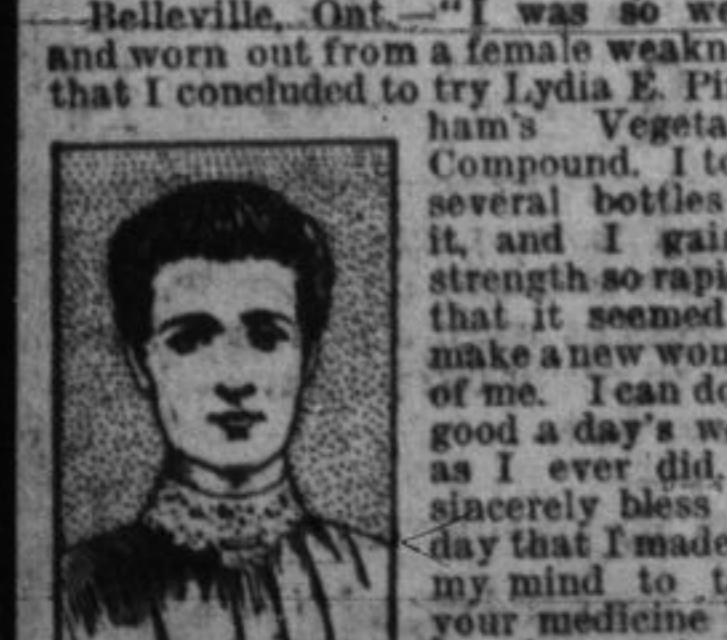
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THE BEST REMEDY

For Women—Lydia E. Pinkham's Vegetable Compound



Belleville, Ont.—"I was so weak and worn out from a female weakness that I concluded to try Lydia E. Pinkham's Vegetable Compound. I took several bottles of it, and I gained strength so rapidly that it seemed to me I was a new woman of me. I can do as good a day's work as I ever did. I sincerely bless the day that I made up my mind to take your medicine for female weakness, and I am exceedingly grateful to you for your kind letters, as I certainly profited by them. I give you permission to publish this any time you wish."
 Mrs. ALBERT WICKERT, Belleville, Ontario, Canada.
 Women everywhere should remember that there is no other remedy known to medicine that will cure female weakness and so successfully carry women through the change of life as Lydia E. Pinkham's Vegetable Compound, made from native roots and herbs.
 For 30 years it has been curing women from the worst forms of female ills—inflammation, ulceration, displacements, fibroid tumors, irregularities, periodic pains, backache, and nervous prostration.
 If you want special advice write for it to Mrs. Pinkham, Lynn, Mass. It is free and always helpful.
 Mrs. Suttle, Thompsonsburg, eldest of the late John Suttle, passed away on September 2nd.

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 nutriment in smallest bulk. Take it with you to the Summer camp, bungalow or cottage—it is eaten with butter, soft cheese, caviar or marmalades.

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