

# TORTURED FROM BABYHOOD

"Fruit-a-tives" Cures Constipation



Mrs. E. A. GOODALL

Edmonton, ALTA., Nov. 20th, 1911  
"I have been a sufferer since babyhood from that terrible complaint, Constipation. I have been treated by physicians, and have taken every medicine I heard of, but without the slightest benefit. I finally concluded that there was no remedy in the world that could cure Constipation. About this time, I heard about "Fruit-a-tives" and decided to try them. The effect was marvellous. The first box gave me great relief, and after I had used a few boxes, I found that I was entirely well. "Fruit-a-tives" is the only medicine that ever did me any good and I want to say to all who suffer as I did—"Try this fruit medicine and you will find—as I did—a perfect cure."  
(Mrs) E. A. GOODALL  
"Fruit-a-tives" is the only medicine in the world made of fruit and the only one that will positively and completely cure you of Constipation. Price, 25c. At all dealers or sent on receipt of price by Fruit-a-tives Limited, Ottawa.

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The Baking Powder  
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safeguards your food against acid. For over fifty years Cook's friend has been trusted thousands of consistent cooks.  
All Grocers Sell It

## Women Appreciate

the value of good looks—a fine complexion, a skin free from blemishes, bright eyes and a cheerful demeanor. Many of them know, also, what it means to be free from headaches, backaches, lassitude and extreme nervousness, because many have learned the value of

## BEECHAM'S PILLS

as the most reliable aid to better physical condition. Beecham's Pills have an unequalled reputation because they act so mildly, but so certainly and so beneficially. By clearing the system, regulating the bowels and liver, they tone the stomach and improve the digestion. Better feelings, better looks, better spirits follow the use of Beecham's Pills so noted the world over

## For Their Good Effects

Sold everywhere. Women especially should read the directions with every box.

## Tips For the Farmer

BY DAVID JOHN

### Water for Sheep.

It is very essential that sheep be given plenty of water at this time of year. Their feed is for the most part very dry in nature, and it requires considerable moisture to soften it up and get it into good mechanical condition for digestion. There will be much less danger of impaction of the bowels and similar intestinal troubles if the sheep get all the water they need. The blood also tends to be thinner and circulation more active when water is available for absorption into it.

Assimilation of the digested nutrients takes place through the blood channels, and this is more perfect when the blood is kept normal in liquid content. Water also helps to carry off the waste products of the body. With the use of water so manifold and so essential to the normal functioning of the body it seems the part of wisdom to supply it in good measure.

Water for sheep should be placed in some low trough where they can get at it easily without danger of falling in. We have sometimes heard farmers say that their sheep don't care for water in winter. These farmers are usually the ones who go out and cut a hole in the ice for their sheep to drink out of, or who have a steep, slippery approach to the water tank. The sheep's sense of self-preservation will often keep it away from these places.

Water is not commonly warmed for sheep, but it would probably pay to do this just as much as it does for cattle. Certainly it does not pay to let them eat snow; it takes too much heat to melt it and it takes too much to make heat. Water that is freshly pumped is not so cold as it would seem to be in the coldest weather if it could be warmed somewhat.

**Vegetable Business.**  
Before one enters the early vegetable business, he should get some information as to the probable chances he may have of marketing his products. I find many go into this without giving the real business end of it much thought, in fact, many do not even try to find a purchaser until they have their goods in the package, says E. E. Adams, of Leamington. One should be ahead of that system and get busy before there is anything to market, and have arrangements made so that they may have some idea what they are doing.

A reasonably good system is for a shipper to procure a line of dealers throughout a greater or lesser territory, as occasion may require, giving the dealers prices on the different products as they mature, and soliciting their business for large or small quantities. It pays to explain to dealers what there is to offer either by description or when making out price sheets have cuts of the different stock representing the types as widely as possible. Some dealers do not know much about some kinds of products and an idea expressed by a well engraving is

**Farm Buildings.**  
A good idea in the planning of farm buildings is to have wood sheds and barns connected with the house, so that no riding outside need be necessary during the cold or rainy weather. There is no danger of fire destroying all the buildings, if there is a connecting simple greenway between the house and barn—all the ash can be removed in summer and the posts and rafters will make a pretty shelter for persons, as it is now called. The ideal heating is a warm air furnace supplemented by an open fire, and then insure or state air can not be breathed over and over again. Several furnaces are now so arranged that the northwest corner of a house can be heated over the fireplace. If the buildings have metal roofs the danger of fire is much lessened. By making the roof with a low pitch, and by carrying up a parapet around the top of the walls, the unsightly appearance of the metal roof is avoided.

**Planting Trees.**  
Planting of trees should always be done when they are dormant, says an expert. Very hardy deciduous trees can often be successfully moved in the fall if the ground is moist at the time of removal, but great care must be taken to work the soil in very compactly between the roots, so that there will be no large air spaces between them. If the trees are large, it is a good plan to stake them, as they cannot be blown about by the wind. Special preparation of ground is not necessary. In transplanting it is important to take up a sufficient amount of roots to support the plant, and as a rule the more roots the better the conditions for growth. Very long roots should be shortened unless the tree is removed to a permanent place, in which case all the good roots should be left on the tree. All bruised or broken roots should be cut off in either direction, and the two of the tree shortened to correspond. Dig the hole of sufficient size to take in the roots without crowding and set the tree at

least one or two inches lower in the soil than they formerly stood.

## Why Endure Pimples?

## WHY ENDURE PIMPLES?



Do so much for pimples, blackheads, red, rough hands, and dry, thin and falling hair, and cost so little that it is almost criminal not to use them.

## CUTICURA Soap and Ointment

Do so much for pimples, blackheads, red, rough hands, and dry, thin and falling hair, and cost so little that it is almost criminal not to use them.

They have never accepted with good grace the rule of the Tariffs. There are from 300,000,000 to 400,000,000 people in China proper, Manchuria and Mongolia. Of these, about 10,000,000 are Manchus or Tartars. The 10,000,000, however, controlled the government until the overthrow of the dynasty.

**Under the old regime** none of the people were allowed to use for their own families much of the money they earned. The system of government was for those in authority to squeeze from all classes of industrial and other workers the money they earned. This money was distributed among the officials, commencing with the Tott or governor of the province, and going down the line to the humblest of those in the government employ.

**The Chinese, ordinarily,** are not a warlike race. They are docile, intelligent and industrious. For 300 years there was no incentive for the ordinary Chinaman to endeavor to better his condition, because if he had he would have made more money, which was taken away from him for the support of the officers of the government who ruled him.

**Don't**  
Don't sprinkle salt on the tail of temptation.  
Don't try to get the better of a man who hasn't any.  
Don't argue in church. It's mean to keep others from hearing.  
Don't be satisfied to pay as you go. Save enough to get back.  
Don't get married with the sole idea that misery loves company.  
Don't follow the beaten track unless you are satisfied to remain beaten.  
Don't accept advice from a man who never offers you anything else.  
Don't expect Opportunity to come to you with a letter of introduction.  
Don't trust to luck. Nine-tenths of the people in the world guess wrong.  
Don't buy your friends. They never last as long as those you made yourself.  
Don't envy the rise of others. Many a man who gets to the top is mere foam.  
Don't greet Misfortune with a smile unless you are prepared for a one-sided flirtation.  
Don't make good resolutions unless you constantly carry a repair kit with you.  
Don't place too much confidence in appearances. Many a man with a red nose is white all the way through.  
Don't forget in times of peace to prepare for war. That's about the only use some of us seem to have for peace.  
Don't fail to have an object in view. Many a man leads such a aimless existence that he could be hit at random without hitting it.—January, Lippincott's.

**Guaranteed.**  
A man who was greatly troubled with rheumatism bought some red flannel underwear recently, which was guaranteed in every respect, and a couple of weeks later returned to the store where he made his purchase.  
"These flannels are not what you claimed them to be," he said to the clerk.  
"What is the trouble with them?" asked the clerk. "Have they faded or shrunk?"  
"Faded! Shrunk!" cried the purchaser, indignantly. "Why, when I come down to breakfast this morning with one of them on, my wife asked me: 'What are you wearing the baby's pink carnal necktie for?'"

**Walter Baker & Co. Limited**  
Established 1789  
MONTREAL, CAN. CHESTER, MASS.

## TENANT FOR 600 YEARS.

Marvelous instances of Long Continued Residence.  
At the last Revision Court in Northumberland it was proved that a cottage fifteen miles from Gilsland had been in the continuous occupation of one family generation after generation for near 600 years! It was further established during the evidence that the kitchen fire of this cottage had never been allowed to go out for well over 200 years.

Surely both these things must constitute an actual record of their kind in England! Yet there are other similar long tenancies and continuations of various things amongst us which may well make the world stare at a time that is so prone to new and changing life and environment.

Sir Laurence Gomme, of the London County Council, mentioned at a meeting of the Folklore Society, that he knew a case where the tenancy was not only a perpetual one, in so far as it had been kept alive for hundreds of years, but that whenever food was cooked at it, a small part of the food was thrown back into the fire for good luck. The family was believed that, in reality, this custom was but a relic of the fire-worshipping propensities of the older generations of this family.

What shall we say about a noted English family whose boys have attended the same school for nearly 300 years, thus making themselves the record one in England for this splendid fidelity to the old school?  
The Finnes family, whose head is Lord Saxe and Sele, have certainly attended Winchester school since the early part of 1600. There was a Finnes at Winchester about 1630, and there was one at least a year or two back!

It is on record how, when Cromwell's savage troops pillaged Winchester Cathedral, and did untold damage there, afterwards making their way to the College with intent to do likewise, a Colonel Finnes, who was Cromwell's friend and officer, stood with drawn sword at the College gates, and defied any soldier to attempt to desecrate the old school, whilst he stood there alive to defend it!

The celebrated Chequers Inn, at Slapstones, in Yorkshire, boasts that its fire has never been lacking to warm a traveller for over 150 years, neither day nor night, and that it has been ever ready to receive the coming guest during this time.

The Churchyard family, at Stoke Gabriel, Devonshire, can boast a wonderful tenancy, which must come almost next to that of the Cumberland one already mentioned. The Churchyard family, upon possession of their house at Stoke Gabriel in the fifteenth century, and have never left it since! Generation after generation of them has succeeded to the house for more than 400 years; and Mr. Frederick Churchyard, the present honored tenant, created a stained glass window in the church not long ago as a thank offering on the 490th anniversary of the family's tenancy there.

Whilst speaking of these splendid tenancies, it may be worth mentioning that Florian's, the celebrated hotel at Venice, has long boasted that its doors have never been closed at all, night or day, for three centuries; whilst the Maison Doree, in Paris, known to be a favorite house to call in the Empire period, can proudly claim its doors have never been shut since they were first opened, during those great days when the glorious court of Louis XIV. made France the wonder of the civilized world.

**Controlling a Trust.**  
London traffic is now in the grip of Sir Edgar Speyer, who is the head of a newly-formed trust which controls several motor-bus companies, six railway companies, and two tramways.  
This financial genius is a Frankfurt Jew, who went to London at the age of twenty-five to take charge of the business of Speyer Bros., and he has greatly prospered and made his home in the metropolis. The trust which he controls has a capital of something like twenty-seven millions, figures which bear ample testimony to the scope of his financial operations. In the world Sir Edgar is one of the big men who quietly pull the wires behind the scenes, and he is known to the general public for his munificent donations. He has given large sums to the King Edward VII. Hospital Fund, and the founding of an Art Gallery in Whitechapel was largely due to his efforts. He is chairman of the Queen's Hall Orchestra, and has done much to popularize orchestral music.  
Sir Edgar Speyer resides in Grosvenor street, which he has filled with precious works of art. He also maintains a pleasant retreat on the Norfolk coast.

# COMFORT SOAP

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More Soap for Less Money, Less Money for More Soap.

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## NEW YORK LADY CURED BY RESTORATONE TABLETS.

Was so weak, fainting was a common occurrence.

407 West 11th Street, New York City.

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In order that every reader of the British Whig who may not have heard of this wonderful "Home Treatment" may have an opportunity to test this celebrated medicine, the now famous scientist, Dr. James W. Kidd, offers to give absolutely free a full size \$1.00 package to five hundred readers of this paper, to prove the wonderful claims which have been made for it. In making this offer the scientist said: "I know that there are many people who have been suffering for years with some chronic disease and many of them have spent large sums of money seeking a cure. I know that these people hesitate about investing money in medicine because they have been deceived of ever getting well. Thousands have told me that story and many thousands of the same people have told me afterwards that my treatment had cured them after doctors and everything else had failed. I want to prove to a limited number—no matter what the disease, no matter how long they may have suffered, no matter how blue and discouraged—that my treatment really and actually does accomplish the wonderful results that have been reported.

People who suffer from Rheumatism, Kidney Trouble, Stomach Trouble, Liver or Bowel Disorders, Catarrh, Bronchitis, Asthma, Chronic Coughs, Weak Lungs, Lumbago, Piles, Urinary Disorders, Painful Weakness of any kind, the weak, worn out, broken-down and despondent will be delighted at the effect of a few doses. This wonderful treatment creates a fine appetite and helps the digestive organs to carry on their functions as they should. It strengthens the kidneys, too, and drives rheumatism poisons from the blood as if by magic. That is why people who try it become so enthusiastic.

Any reader of the British Whig who will try this extraordinary medicine that has created so much excitement by its cures can obtain absolutely free a full \$1.00 treatment by simply filling in the coupon below or writing a letter describing their case in their own words. If they prefer, and mailing it to-day to James W. Kidd, Toronto, Canada. No money need be sent, and no charge of any kind will be made. As this offer is limited, you should write at once in order to be sure to receive your free treatment.

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Post Office..... Province.....  
Street and No.....  
Age..... How long afflicted?.....

Make a cross (X) before diseases you have; two crosses (XX) before the one from which you suffer most.

...Rheumatism	...Cough	...Headache
...Lumbago	...Nervous	...Dizziness
...Catarrh	...Fever	...Nervousness
...Constipation	...Heart Trouble	...Obesity
...Piles	...Stomach Trouble	...Female Weakness
...Diarrhoea	...Liver Disorders	...Womb Trouble
...Tropical Liver	...Impure Blood	...Ovarian Trouble
...Indigestion	...Anemia	...Painful Periods
...Rheumatic Trouble	...Kidney Trouble	...Hot Flashes
...Bladder Trouble	...Neuralgia	...Bearing Down Pains
...Weak Lungs		...Leucorrhoea

Give any other symptoms on a separate sheet. Correspondence in all languages.