# "Fruit-a-tives" Brought Him Perfect Health

AVON, ONT., May 14th, 1913. "I am younger since I have been taking "Fruit-a-tives". I was troubled very badly with Piles, Constipation and Stomach Disorder, but I found "Fruita-tives" was the panacea for the whole

Now I am free of all these diseases and enjoying perfect health, and able to work whenever I like. Five years ago, I started taking "Fruit-a-tives". I

No other medicine I could get was so lies before I found out how good "Fruit-

I keep "Fruit-a-tives" on hand all the time, and am never without them. I even take them with me when I go g, so I can have them handy "Fruit-a-tives" are worthy of every good word I can say about them. The fact that they chied me of Piles, was something to be everlastingly thankful for"

GEORGE LAUR. 50c a box, 6 for \$2.50, trial size, 25c. At all dealers or sent on receipt of price by Fruit-a-tives Limited, Ottawa.

RINE has saved thousands of drinking men. It is a home treatment and can be given secretly. Your money will be refunded if, after a trial, it has failed to benefit. Costs only \$1.00 a box. Come in and get a free booklet and let us tell you of the good ORRINE is doing. G. W. Mahood, Princess and Bagot streets.

We have some splendid lines in Men's Shoes, which cannot be beaten at \$4.00 We should be glad to show you our Boys' and Girls' School Boots at prices from \$1.50 to \$3.00. All good solid leather.

# Scott's Shoe Store

260 PRINCESS ST. Branch 206 Barrie St. REPAIRING DONE

# Certain Relief

from headaches, dull feelings, and fatigue of biliousness, comes quickly
—and permanent improvement in
hodily condition follows—after your
stomach, liver and bowels have
been toned and regulated by

# Footwear

It is a recognized fact that good shoes cannot be produced at a low, price.

High grade leathers and skilled labor are too costly to permit it. 明年 三年 一日 日本

Therefore, when you purchase low priced shoes you can only expect to get what you pay for-poor leather or substitute and faulty workmanship. It would be far more economical for you to buy

Shoe Store

\*\*\*\*\*\*\*\*\*\* Pleasant Fields of Holy Writ. THE INTERNATIONAL SUNDAY SCHOOL LESSON A weekly column of abiding interest to both teachers and

to keep their places forever. Let not the solemnity of religion be the and exciteable. That she complains foundtation. Rather let your child see the ripple on the stream."-Mathe- of weakness and depression; feel son, in "Rests By the River."

Luke 13; 18-35, March 22, 1914. Lesson XII. LESSONS BY THE WAY

THE STORY

When Jesus asked, "What is the Kingdom of God like?" He was only ers. These are symptoms, of anaemia putting in words the query that was already in His disciples' minds. Three \_that is bloodlessness, and no time years of His ministry were past. He had already intimated that His end should be lost in increasing and enwas near. But there was as yet no objective or visible expression of His riching the blood supply. Unhealthy took two every night and they worked I system. They were growing restive and doubtful. There was nothing to girlhood always leads to unhealthy match Roman imperialism on one hand, or Jewish ecclesiasticism on the womanhood. All young girls in their other. The Twelve needed to have their confidence established. Jesus teens need the help of Dr. Williams' mercifully shores up their timorous faith by assuring them that there will ultimately be a manifestation satisfactory in its proportions and enduring in its nature.

The beginnings of the Kingdom are infinitesimally small; easily overlooked; so tiny as to need a microscope. They are objects of contempt and derision. But never fear! The Kingdom is a seed. It is a living something. God's self is in it. The tiny seed shall reach Ont., says "I was pale and bloodgiant proportions. It shall fill the earth. Alive itself, it will prove the support of other living organisms. Corresponding to the visible expression, there is an invisible, none the less significant, vigorous, and important. Yeast is also something living-a single-celled plant. capable of reproducing itself myriads of times under a rising temperature. It is as if the Master were saying, "Be not faint-hearted. This invisible process has now begun. It will never cease until the whole human mass is permeated and lifted by this divine principle of life." . . . An interested hearer relieves him mind by saying, "Lord, if all are to be permeated by read the story of a young girl who this divine life, the common opinion that there are few saved must be an error." Jesus does not answer the question categorically. He does some- through the use of Dr. Williams' Pink thing far more important than talk of a speculative matter. He exhorts l'ills. I got three boxes of the pills All HUJES every individual to insure his own salvation by getting this living principle and started to take them. Before blower shows a salvation by getting this living principle and started to take them. in his own soul. . . There is nothing arbitrary or capricious here, they were done I began to feel bet-You know the terrible affliction Success in any pursuit requires concentration. No one can achieve any ter and look better. Then I got half that comes to many homes from the success in any pursuit requires concentration. No one can achieve any- ter and look better. Then I got han the success in any pursuit requires concentration. No one can achieve any- ter and look better. Then I got han the success in any pursuit requires concentration. No one can achieve any- ter and look better. Then I got han the success in any pursuit requires concentration. No one can achieve any- ter and look better. Then I got han the success in any pursuit requires concentration. No one can achieve any- ter and look better. Then I got han the success in any pursuit requires concentration. No one can achieve any- ter and look before they tremely modish for the more dressy lace. A very smart plaid in which result of a drinking bushand or any lace. A very smart plaid in which result of a drinking bushand or any lace. A very smart plaid in which result of a drinking bushand or any lace. A very smart plaid in which result of a drinking bushand or any lace. A very smart plaid in which result of a drinking bushand or any lace. A very smart plaid in which result of a drinking bushand or any lace. A very smart plaid in which result of a drinking bushand or any lace. You know of the money wasted on the green is the green and agonize in the arena. Open door means opportunity, were all used I was enjoying the best You know of the money wasted on Closed door means opportunity passed. . . It will be absolutely un- of health, and have continued to do of dark green and red, yellow and color is the material. "Drink" that is needed in the home closed door means opportunity passed. . . . It will be absolutely un- of hearth, and have continued to black, blue and gold and the more sub- availing for any to protest nearness to the Kingdom. Even those who so since. My young brother was trou-RINE has saved thousands of drink have taken a meal with or listened to his words will be excluded at the bed with rheumatism, and they comconsummation of all things if the principle of divine life has not been pletely cured him." rooted in character. Great will be the surprises, bitter the disappointments! Dr. Williams' Pink Pills are sold Those who have been eminent in profession and appearance will sink from by all medicine dealers or can be had | enverat fancy cut velveteens, printed | A delicate beige cordurely is used in

## THE TEACHERS! LANTERN

view. Some, of whom no note has been taken, will shine in the zenith.

There were those who despised the Kingdom because it was small. Some hung hope on the antiquity and magnitude of the Roman Empire or on the Jewish ecclesiastical establishment. Where is empire or establishments now? Where is Christianity not? . . The figure of the mustard tree may represent the visible working of the Kingdom in its external collective organized philanthropic forms. The figure of the leaven may represent the invisible, personal, subjective working—the permeating of the social organism with a quickened conscience, loftier ethical ideals and standards. . . . "Are there few that be saved?" is speculative. "What must I do to be saved?" is practical. The first questioner may have been satisfied of his personal safety because he was

Jew. If so, Jesus rattled him out of his security. . . . Mere numerical computations do not demonstrate the success of Christianity. Many false faiths have had a prodigious growth and great tenacity of life. Again. these computations are not conclusive because they confessedly include mere nominal Christians. . . A more sane way is to consider the higher ethical and spiritual ideals of Christianity and the increasing realization and acceptance of these ideals in character. . . "No excellence the Canadian Seed Growers' Associawithout labor" pertains in religion, as in all undertakings of man. Remem- tion was held in Ottawa, March 5th ber Palissy, Herschel, Audobon, Columbus, and all the innumerable com- and 6th. Dr. James W. Robertson, also grows well in sections of Al- seed,

pany of those ancients who subdued the kingdoms of art, science, com- the president, in the railway commit- berta and Saskatchewan, which may merce, not to mention the incomparable living examples. It is not arbitrary, it inheres in the nature of the case, that one must hunger and gave an excellent address in which alfalfa seed. In some parts of Onthirst for righteousness and agonize through the gate which is so narrow he explained the origin, purpose, tario alfalfa seed growing has be- of "The Vision of Hensel," that it strips one of his impediment. . . Ultimate triumph of the working and results of the associa- come quite an industry. Kingdom is assured. The mustard tree will graw until its boughs touch tion since its establishment some the corners of the earth and spread over the islands of the seas. The spir- fourteen years ago. From small beitaal leaven will permeate and lift the entire human mass.

ANALYSIS AND KEY

Query as to what constitutes the Kingdom. Prompted by lack of visible demonstration. Roman Empire, Jewish Establishment. Not duplicated. Disciples confirmed. Ultimated manifestation assured. Proportions and endurance. Mustard tree visible working: Organization. Leaven: Invisible: Character (Individual). Speculative question. Practical answer.

The Young People's Devotional Service

March 22, 1914.

OUR SOCIETY A TRAINING SCHOOL (Led by the Pastor)

Some psychologists affirm that thoughts form certain combinations of power of taking nitrogen from the first crop or seed crop. Seed product of the male quartette. brain-cells which actually record themselves in the convolutions and are atmosphere to enrich the soil and tion does not injure the plants. In Harmony lodge, No. 15, Daughters capable of repetition with increasing ease. Whether this be true or not, in the bounteous crops it yields. He the Niagara district the same strains of Rebekahm held a very well-attended moral discipline exercised over one self alone, or in association with oth- did not think from present indica- have been used for years the farmers dance to their amusement hall, last ers becomes second nature. The fact that the class has an inspirational tions, however, that the growing of buying from their neighbors. In evening, in honor of Ireland's patron value peculiarly its own is the justification of all forms of organization for alfalfa was going to be increased some cases weeds had made great saint.

USED FOOT BALL TACKLE

How Munroe Knocked "Jim" Jeff-

Eleven years ago Jim Jeffries was who wanted to fight Jeffries. So it startled the whole country when news flashed over the wires that an really good fighting. He knocked bushel of barley to the acre- falfa, variegated alfalfa, and "had received the decision" in a Sharkey very thoroughly in six tons per acre for the whole period. yellow alfalfa. four-round bout. "Jack" Monroe rounds, and massacred a gigantic fel- The average cutting of first crop The first three kinds practically been in attendance at the conference was the name mentioned, but nobody low from Buffalo whom Tom was June 21, second July 22, third cover all the alfalfa grown in Cana- of temperance workers of Leeds counknew anything about him. A few years later the whole story came out.

Monroe was a whale among amateurs

Monroe was a wha and a terror on the football field, but he had given up playing and gone prospecting for copper in Idaho.

in good shape. I was working to

heard of that offer for \$500 to any a bushed one who could stay four rounds with him I made up my mind to get the money. So I started training a little

"Jeff had been knocking out all ners and never thought of such a thing as keeping in condition. The night he met me he was pretty well lit up. When the fight started guess he thought I was scared of him for he walked over to my corner and didn't even put up his hands. I hit him on the jaw and played a little football in a cinch, but he grunted and didn't seem to mind it much.

"The 'knockdown' was in the second round. I never knocked Jeff down. It was this way: Jeff was pretty wobbly from the wine he had drunk and when he started to jab me I ducked under his arm and went into him with a good old football tackle and put my shoulder into his ribs. His legs were twisted and be ripped on his own feet and went

ball and roughed it with him and he in a position to increase instead of He described and distinguished for didn't have anything on me at that diminish the alfalfa acreage, if the the audience the different kinds of game. Clark Ball sent off all those work was only pursued on right lines. alfalfa grown and he casually reabsolutely invincible. He knocked left telegrams telling how I knocked Jeff At the college they could show the marked that he had seen fields of out Fitzsimmons and Corbet and af- down and told me to stick to the results of 16 years of experimental alfalfa that were 23 or 24 years old. story and we'd clean up a fortune." | worl: in alfalfa. Generally speak- They had, he said, kept track

chance with Jeff, he has done some falta from different seeds with one alfalfa, namely, common or violet al-

Picton Market Report.

Picton, March 16 .-- A much better "You see," said "Jack," "I was market Saturday morning, the weathboss of the gang on the fourth level er being more favorable. Beef sold



Perhaps you have noticed that your daughter in her "teens" has detired out after a little exertion, ap petite variable, complains of h aches and is growing pale. In that case remember that the march of time, is leading her on to woman and that at this period a great responsibility rests upon moth-Ont., says' "I was pale and bloodless and suffered from many of the symptoms of anaemia. I would tire easily and suffered from frequent headaches. My appetite was poor and I was very pale and easily discouraged. The medicine I was taking did not

by mail at 50c. a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Oat.

CAN BE GREAT SUCCESS WITH CAREFUL ATTENTION

Prof. Zavitz Says it Can be Greatly Increased With the Assistance of the Seed Growers' Association and

The tenth annual convention of pockets the coming fall. He be- average of 2 bushels per acre. ever known before.

stress on the growing of alfalfa than ers. vitz, that great feed plant, in its be moist conditions for the hay of excellent, as were also the melodies very much in Ontario and Canada headway. generally. Owing to unfavorable The professor strongly emphasiover against the ropes and fell on and discouraging seasons, the area zed the fact that the Niagara peninthe past year in Ontario alone had sula, as already outlined, is destined went after me, but I just played foot- the other hand, the country was now alfalfa if managed in the right way.

twice as large in some years as in of these are hardy and give better others, so much depended on weather and more regular returns, and the and soil conditions. A good deal of information had other previous years put together. In and I was playing some football. I at 12 to 15 cents, steak at 17 cents; been gleaned from the co-operative no case, he emphasized, has the seed hadn't done any fighting, but I was pork, 15 to 16 cents; veal, 12 to 18 experimental work going on through of the common or venet alfalfa, obcents; butter, 30 to 35 cents; eggs, out Ontario. The consensus of opinget a stake to open up a copper lead 28 to 30 cents; lard, 18 to 20 cents; ion favored the conclusions that alwidely grown in Canada, given satischickens, 50 to 50 cents each, or 18 fella thrives on fertile soil with a factory results. In Ontario it has "When Jeffries came along and I cents a pound; apples realized \$1.50 proper kind of subsoil; it does well

sults obtaining on land that has al

greater influence, on the alfalfa's

roots to enter the subsoil. Although alfalfa is grown more or less all over the province, it flourishes the best in the Niagara peninsula, in the counties of Haldimand, Lamb-lions ton, Welland, Wentworth and Lincoln. In 1912-13 there was a de-fully grown in Canada.

owing to winter killing. The percentage in which alfalfa is grown in the different provinces of the dominton is as follows: Ontario, 74 per cent ; Alberta, 10; British Columbia, 7: Manitoba, 5: Quebec, 3; and maritime provinces, 1 per

crease of 22,000 acres in Ontario.

Professor Zavitz thought that the growing of alfalfa could be greatly beed Grovers' association and the

THE VOGUE OF PLAID FOR ONE-PIECE FROCKS STILL PREVALENT

Platds and serges in dull dark colors | In 7842-7855 the tunic is a shaped

"Nacryn", a diagonal wool plush, material for the skirt. sepingle velours, and printed plush 7974 trimmed with dyed fox fur and showing tiny colored figures.

Styles are so varied that the only de- sash. tails we can depend upon are the tunic and the sash. Most of the modish frocks show one or both of these. Often the tunic is merely a shaped band of the material applied to give the effect and often it is ruffle about the hips.

take the lead for the semi-tallored one blas band of the material applied to the

7974

with 2% yards of 36 tuch material Among the new velvets and plushes for the blouse and 316 yards of 36-inch

effectively relieved by a broad Roman

To copy this costume in size 36, it requires 4% yards of 36-inch material. Number 7842-sizes 32 to 42. Number 7855--sizes 22 to 30. Number 7974-sizes 84 to 42. Each pattern 15 cents.

distribution of the hardier varieties. tions in Canada where 'it can 'In Ontario there are many suitable grown exceptionally well. covered yet is the rolling clay land variegated are the best the Distribution of the Hardier in the Grand River valley known at present to grow. Varieties - Results of Experi- and in the Niagara peninsula, which has been prominced to be the most suitable district for alfalfa east of the Mississippi riv- ciation has an opportunity of doing er; around Utica, N. Y., was some good work in the production considered the next best. It and distribution of the best alfalfa

This seed production is most omportant because of the desirability ginnings, he said, the association had of getting a strain that is acclimagrown until this year there would tized. Thirteen counties in Ontario be 1054 farms growing special seed, have already produced seed and alsults of this better seed would put yield of seed carried from 7 bushels

Although Monroe never had a ing, sowing 18 lbs. to 20 lbs, of al- the college chiefly of four varieties of

crops in the ratio of 3.4 and 2.4. Both and relatives. sometimes given fairly good results. on undulating clay land; poor re-Great attention should be paid to the sour, wet subsoil; the subsoil has a growing and increasing of Grimm's and Ontario variegated alfalfas, are the best available at the present

He concluded by impressing - apon his andience the following tonclu First, that alfalfa can be success-Second, that there are certain sec-

sections of alfalfa, but the best dis- Third, that Grimm and Ontario box and if it does not cure or benefit

Fourth, that alfalfa seed growing centres should be established. Fifth, that the Seed Growers' Asso-

GANANOQUE PRODUCTION

Tuesday Evening. Gananoque, March 18 .- The efforts of the young ladies of the Winons mission circle were crowned with suc cess last evening, when under their and it was estimated that the re- ways from the second crop. The Vision of Hensel" was produced in the \$2,000,000 more into the farmers' per acre, the minimum, down to an audience was taken back over a perilieved that they had better strains For seed the second crop is gen- dreamer Hensel. The young ladies were of grain now than the world had erally cut when the pods were assisted in the martial numbers by a brown, some cut when pods were squad of six of No. 8 battery, R.C.A., After the president's address, Pro- black. It was cut variously with in charge of Sergt. Major E. T. Bofessor Zavitz, of the Ontario Agricul- mower, with reaper and self-binder; vey. The rattle of musketry, the tural College spoke on the subject and cured in windows and in shacks. throb of drums, and the sounding of of the Production of Seed of Alfalfa It was generaly threshed with clov- taps, and last post, were vividly giver machine. A good quality of seed en, as was the dying saldier scene. In a speech before the Canadian was reported, which was sold to the Nor were the young ladies outdone by Proverbs 22: 4. club, Guelph, C. C. James laid more neighboring farmers and local deal- their martial brothers, as the welcome home was drawn to perfection. The anything else. There is a great ro- The ideal weather conditions for solos of the Misses Gussie Dempster, mance in alfalfa, said Professor Za- seed productions were considered to Freda Sunbury and Marie Squire were

Rev. Melvin Taylor, pastor of Grace trict, was in Cataraqui, vesterday, officiating at the funeral ceremony of He jumped up pretty mad and been reduced by 22,000 acres. On to become a noted centre of hardy the late Mrs. (Rev.) William Perley, of Verona. Deceased, with her husband, were former residents of the town, Mr. Perley having for three years been in charge of Gananoque East Circuit.

Miss Muriel Britton, who, in company with her sister, Mrs. H. H. Bedford-Jones, of Brockville, has been spending the past few weeks with relatives in New York City, returned home

circuit work at Lombardy, who had cover all the alfalfa grown in Cana- of temperance workers of Leeds coun-

WITH THE WHITE ESKIMOS

Two Catholic Priests Said to be Am-Dawson, Y. T., March 18,-Joseph

Jacquet, who has just arrived here he Anglican missionary, had been in touch with Stefansson's White Eskimos, "There are two Catholic priests," he says "named Leroux and Rouvier, in the midst of the White Eskimos. Foy found writing which were conclusively proved to be on a blaze on a tree on McFarlane must be well drained, because of the the best. Other better strains might lishman, formerly of Dawson, who roots to contact the property of the future be evolved, but these lishman, formerly of Dawson, who

Darrell simply stated that both of his feet were frozen and it is now conceded that he is dead. The last seen of Darrell was at Hutchinson

To Explore Graham's Land Stockholm, March 18 --- A Swedsh committee, former and heade by Admiral Polands, is preparing to o send an expedition to explore Graham's Land, a tract in the South Atlantic ocean, extending beyond the antarctic circle, and the surrounding seas.

That the man who goes about with a chip on his shoulder usually encounters a man with an area.



Thomas Copley Telephone 987 Drop a card to 13 Pine street when wanting anything done in the carpentery line. Estimates given on all kinds of repairs and new work; also hardwood floors of all kinds. All orders will receive prompt attention. Shop, to Queen Street.

> Na Dru-Co Laxatives are especially good for children because they are pleasant to take, gentle in action, do not irritate the bowels nor develop a need for continual or increased doses. 25c. a box, at your Druggist's. National Drug and Chemical Co. of Canada, Limited. 177

## BREAK WHISKY'S GRIP ON YOUR LOVED ONES

Drunkards will tell you with tears of sincerity that they do not want to drink. The craving coming from the inflamed membranes of the stomach drives them to it.

Alcura will soothe the trembling nerves and remove the craving that is ruining your home and stealing an otherwise kind husband or father from you. It costs only \$1.00 per varieties after a trial the money will be re-

Alcura No. 1 is tasteless and can be given secretly in tea, coffee or food. Alcura No. 2 is taken voluutarily by those willing to help them-

Alcura can now be obtained at

our store. Ask for free booklet telling all about it and give Alcura a T. H. Sargent, druggist, 186 Princess St., Kingston.

# Lineady

Chas. H. Billings, of 216 W, 17th St., weltes; "For years I have been softering from a cloud and bronchitis. A week ago I purchased a lest-tie of Radway's Ready Relief and have takent a teaspoonful in water before retiring each night. The relief I have experienced is marvellous. I most heartily inderse R. R. B. CURES ASTHMA

The specifies for this disease are the licenty litelief, the Resolvent and Rudwng's Pills. The Retief must be rubbed on the chest and throat until a burning sensation is produced, and the Pills must be taken frequently, to keep the bowels thoroughly open. The Resolvent anust be given at short intervals, in small down, and a dessertspoonful on retiring to test. Give a tenspoonful of the Resolvent whenever a paroxysm occurs, RADWAY & CO.



Why soak them and pare them? It brings only brief relief.

Blue-jay will stop the pain instantly. It will end the corn completely, and in 48 hours. It is doing that to a million corns

The chemist who invented Blueay solved the whole corn problem Apply it, and the corn is for-Gently the Blue-jay then loosens the corn, and in two days the corn comes

ance. And that corn will never need

this. Let no one claim they wi But Blue-jay does it, and has do it for sixty million corns. Prove this to-night.

macial For Corns

15 and 25 cents-at Drug