

TORTURED BY RHEUMATISM

Sunday School Supt. Tells How "Fruit-a-lives" Relieved

TORONTO, Ont., Oct. 1st, 1913. "I have lived in this city for more than 12 years and an well known, I suffered from Rheumatism, especially in my hands. I spent a lot of money without any good results. I have taken "Fruit-a-lives" for 18 months now and am pleased to tell you that I am well. All the enlargement has not left my hands, and perhaps never will, but the soreness is all gone and I can do any kind of work. I have gained 35 pounds in eighteen months."

R. A. WAUGH. 50c. a box, 6 for \$2.50, trial size 25c. At all dealers or direct from Fruit-a-lives Limited, Ottawa.

SAGE TEA DARKENS HAIR TO ANY SHADE

Don't stay Gray! Here's an Old-time Recipe that Anybody can Apply.

The use of Sage and Sulphur for restoring faded, gray hair to its natural color dates back to grandmother's time. She used to keep her hair beautifully dark, glossy and abundant. Whenever her hair fell out or took on that dull, faded or streaked appearance, this simple mixture was applied with wonderful effect.

But brewing at home is messy and out-of-date. Nowadays, by asking at any drug store for a 50 cent bottle of "Wyneth's Sage and Sulphur Hair Remedy," you will get this famous old recipe which can be depended upon to restore natural color and beauty to the hair and is splendid for dandruff, dry, feverish, itchy scalp and falling hair.

A well-known downtown druggist says it darkens the hair so naturally and evenly that nobody can tell it has been applied. You simply dampen a sponge or soft brush with it and draw this through your hair, taking one strand at a time. By morning the gray hair disappears, and after another application or two, it becomes beautifully dark, glossy, soft and abundant.

URIC ACID IN MEAT CLOGS THE KIDNEYS

Take a glass of Salts if your Back hurts or Bladder bothers.

If you must have your meat every day, eat it, but flush your kidneys with salts occasionally. Says a noted authority who tells us that meat forms uric acid which almost paralyzes the kidneys in their efforts to expel it from the blood. They become sluggish and weaken, then you suffer with a dull misery in the kidney region, sharp pains in the back or neck, headache, dizziness, your stomach sour, tongue is coated and when the weather is bad you have rheumatic twinges. The urine gets cloudy, full of sediment, the channels often get sore and irritated, obliging you to seek relief two or three times during the night.

To neutralize these irritating acids, to cleanse the kidneys and flush out the body's urinous waste get four ounces of Jad Salts from any pharmacy here; take a teaspoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This harmless remedy made from the acid of grapes and lemon juice, combined with lithia, has been used for generations to flush and stimulate sluggish kidneys, also to neutralize the acids in urine, so it no longer irritates, thus ending bladder weakness.

Jad Salts is inexpensive; cannot injure, and makes a delightful effervescent lithia-water drink.

How You May Throw Away Your Glasses

The statement is made that thousands wear glasses who are not really blind. If you are one of these unfortunates, then these glasses may be ruined, and your eyes helped. Thousands who wear these "windows" may prove for themselves that they can dispense with glasses if they will get the following prescription filled at once: Go to any active drug store and get one bottle of Non-Opto Tablets; fill a two-ounce bottle with warm water and drop in one Non-Opto Tablet. With this harmless liquid solution bathe the eyes two to four times daily, and you are likely to be astonished at the results right from the start. Many who have been told that they have astigmatism, eye-strain, cataract, eye-ache, weak eyes, conjunctivitis and other eye disorders, report wonderful benefits from the use of this prescription. Get this prescription filled and use it; you may not be strong, but your eyes will be as clear as crystal. Thousands who are blind or nearly so, or who wear glasses might never have required them if they had cared for their eyes in time. Save your eyes before it is too late. Do not neglect the eyes of these victims of neglect. Eye-glasses are only like crutches and every few years they must be changed to fit the ever-increasingly weakened condition. So better see if you can, like many others, get clear, healthy, strong eyes through the prescription here given. The Holmes Drug Co., of Toronto, will fill the above prescription by mail, if your druggist cannot.

THE NEW FRENCH REMEDY... THERAPION... Used in French Hospitals with... THERAPION... THE NEW FRENCH REMEDY... THERAPION... Used in French Hospitals with... THERAPION... THE NEW FRENCH REMEDY... THERAPION... Used in French Hospitals with...

Some General Information for Busy People

A TABLE OF LOGARITHMS.

Its Use in Working Out Complex Mathematical Problems.

A logarithm is an exponent, and an exponent is a number showing how many times another number has been used in any multiplication. Ten times 10 equals 100. It was used twice, and its exponent is 2. Ten cubed equals 1,000, and its exponent is 3; while 10 to exponent 4 equals 10,000, and so on out toward infinity. But suppose that we wish to use 10, say 1 1/2 times or 1 1/3 times instead of twice. Then the exponent must be computed, and exponents thus computed are always printed in tables.

Thus, as I am now writing, the paper, as always, by day and by night, is very near a precious book, a table of logarithms for all numbers from 1 to 108,000, computed out to seven decimal places. To give examples of their use, suppose that you wish to multiply 8 by 11. Look in the table and you will find the logarithm of 8 to be 9090900, and the logarithm of 11 to be 1.0413927. Add these and the sum will be 1.9444827. Look along the column and it will be seen that this is the logarithm of 88.

Easy. But suppose you wish to multiply two strings of figures of from 5 to a dozen. In the great standard mathematical sciences, such as astronomy, physics and chemistry, the multiplication and division of immense numbers are required. Thus, let us square the number 31558149—that is, multiply it by itself, a tedious job. But this can be done by the use of logarithms. Thus, the logarithm of 31558149 is 7.4991299, taken directly from the table. Then, to square any number multiply its logarithm by 2, and this logarithm multiplied by 2 equals 14.9982578. Now, by looking in the table, the number of which this is the logarithm is 99591696206951. Hours of work are performed in a few minutes.—Edgar Lucien Larkin

STONE MEASURE.

There is No Regular Unit, and It Fairly Reveals in Variety.

Owing to the variety of uses to which stone is put, there is no regular unit of measurement employed by the quarrymen, the stone being sold by the cubic yard, cubic foot, ton, cord, perch, rod, square foot, square yard, square, etc. Building and monumental stone, especially the dressed product, is usually sold by the cubic foot or the cubic yard, although this unit varies with the class of stone and with the locality; a large quantity of rough stone is sold by the perch, cord or ton.

Rubble and riprap, including stone for such heavy masonry as breakwater and jetty work, are generally sold by the cord or ton. Fluxing stone and stone for chemical use—as for alkali works, sugar factories, carbonic acid plants and paper mills—are sold by the long ton. Flagstone and curbstone are sold by the square yard or the square foot, the thickness being variable and dependent on the orders received. Granite paving blocks are sold invariably by number, but the blocks are not of uniform size, the value depending on the size of the block and the labor necessary to cut into the shape desired. Other paving material is sold by various units, such as ton or cubic yard.

Crushed stone is usually sold by the cubic yard or ton, the short ton being more generally used. The weight of a cubic yard of crushed stone varies from 2,300 to 3,000 pounds, the average weight being about 2,500 pounds. In certain localities crushed stone is sold by the "square" of 100 square feet by 1 foot, or 100 cubic feet. Crushed stone is also sold by the bushel, 2 1/2 bushels representing a cubic yard of about 2,700 pounds.—Geological Survey Bulletin.

The Senate Barber Shop.

Here's an odd thing about the United States senate barber shop: Although the number of senators has hardly increased at all, the number of shaves has increased at a surprising rate in recent years. The reason is simply that the senate is now inhabited largely by comparatively young men with smooth faces or wearing mustaches at most, and they are obliged to get shaved every little while, whereas the old style senator with a riot of whiskers never had occasion to visit a barber shop except every few months to get his hair trimmed.

Disgusted.

One day while her grandfather was paying a visit to Florence's home the little girl said to him: "Grandpa, your talk about 'perseverance winning' is all a nonsense." "Well, well, child!" cried the grandfather. "Why do you say that?" "Why," said the little girl, "I've worked all the afternoon blowing soap bubbles and trying to pin them on mother's hat."

A Little Ambiguous.

Musical—You didn't get around to my recital last night, Friend—No, I had a splitting headache. However, everybody told me I should have gone, because you would have made me forget all other suffering—

Heard on the Train.

"What book is that you are reading, Jim?" "The Sorrows of Satan."

"Well, I'll say this for you, Jim; you always do take considerable interest in the troubles of your friends."

Wise men say nothing in dangerous times.—Solomon.

SOLDIERS' BURDENS.

Loads They Have to Carry on the March and in Action.

While the rifle of the infantrymen of the world's armies has steadily lessened in weight during the last fifty years, and while constant attempts have been made in other ways to lighten the soldier's burden on march, it is nevertheless a fact that the unfarmed fighter of today carries very little if any less than he did a generation or two ago. His gun and equipment and some other details of equipment that had an exact counterpart in the old armies may be lighter, but modern military necessities have added to his carrying requirements.

He must now face this marching load: Magazine rifle, bayonet, scabbard, rifle cartridge belt and fasteners, rifle cartridge belt suspenders, first aid packet, canteen, canteen strap, set of blankets, roll straps, haversack, meat can (used as a frying pan), cup, knife, fork, spoon, one shelter tent (half), five shelter tent pins, one poncho (rubber blanket), one pair shoes, one overcoat, one trenching tool.

These marching loads have varied from 40 to 100 pounds in the past and weigh about the same now. Of course, in going into action much of this load is discarded, some of it never to be possessed by the owner again, even though he escapes the battle. In the old days knapsacks were always cast off by seasoned troops, who grew calloused as to the hoarding up of little trinkets and mementos that so appeal to the amateur soldier.

After a battle these discarded knapsacks might be recovered, but it was not likely. At any rate, while another knapsack might be issued, it would not be the one possessed by the soldier before the battle. Whenever a new levy of troops was mustered in and arrived in a camp where veterans were stationed the newcomers were greeted with mock praise for their spick and span soldierly appearance, with special emphasis on "How nice those knapsacks look!" This time honored receptacle of everything a soldier desired or hoped to keep ever near him is no longer reckoned in the latter day, universal fighting equipment. While troops on going into battle discard everything not absolutely necessary to them for the fight and are thus lightened up some, they have to take on some weight in the place of that relinquished in the shape of an extra number of cartridges.—Cleveland Plain Dealer.

Singular Gender.

"Some days ago," relates the wife of a well known attorney, "I accompanied my husband on a business trip to Cleveland. As we ate our luncheon I chanced to overhear several traveling men jesting with the colored waiter. 'George,' (traveling men always say George to a colored waiter)—'this bill of fare has an item, chicken giblets with biscuit. We would like to have some of that, but we want to know whether there is more than one biscuit.'"

George examined the menu card, scratched his poll, and finally answered: "'No, sub—y—don't git only one. De wo'd 'biscuit' is singular gender, as de good book teaches. So yo' all don't get but one.'"—Columbus Dispatch.

The London Bobby's Helmet.

The policeman's dignity is largely centered in his helmet. The late Sir John Astley testifies to this in his autobiography. Speaking from the experience of his youth, he says: "If you get into a row with the police don't attempt to hit a policeman, or you will weigh the worst of it, but knock his helmet off. He will instinctively stoop down to pick it up, for a policeman without a helmet is impossible. Meanwhile you run away." It is perhaps advisable to add that Sir John was the champion sprinter of the army, as well as being a first class boxer.—London Standard.

By Inference.

Pater and his small boy were passing St. Paul's churchyard when the father pointed out some of the larger monuments about. The boy asked why they were erected. His father explained that they were in memory of good men and women. Soon the boy noticed some stones which were laid flat. He pointed to these and asked: "Do they put those that way to keep the bad ones down?"—New York Post.

Confirming a Wife's Right.

"At least he was original in his proposal." "Did he claim that you were the only girl he ever loved?" "No. He asked me if I'd accept the right rightly to demand of him where he had been till this hour."

Start of His Finish.

"Well, old man, how's tricks?" "Miss Wallaby accepted me last night." "If suppose you are around today accepting congratulations." "No. I'm around today trying to borrow \$200 to buy the ring."

Curious Bullets.

Rarities in warfare are bullets made of precious stones, but during the fighting on the Kashmir frontier, where the British troops defeated the rebellious Hunzas, the natives used bullets of pure garnets enclosed in lead. Many of the troops preserved these as curiosities.—London Mail.

That load becomes light which is cheerfully borne.—Ovid.

SORCERY IN NEW GUINEA.

When the Charms Fail the Penalty is Swift and Deadly.

Not long since, in an inland village in New Guinea, a certain mother-in-law fell ill. A puri-puri man was fetched to aid her from a neighboring village. Could the puri-puri man cure the mother-in-law? Oh, yes, the puri-puri man could surely cure the mother-in-law! The puri-puri man man made a dog and a pig. It was a bargain. The dog and the pig passed into the possession of the sorcerer, and he set confidently to work. It was testified in the course of the trial, which presently came on, that the sorcerer, who was by this time the deceased in the case, had "made a few passes" over the mother-in-law and returned to his village.

"Now, my good woman," said he, upon departing, "you will get well." This was not so. "I called you to attend my mother-in-law," demanded the son-in-law, when next the sorcerer came. It was admitted. "I paid you a dog and a pig?" "You did."

"My mother-in-law is dead." "Hum." It is easy to imagine the consternation of the sorcerer. "Very well, then," declared the son-in-law. "As I paid you a dog and a pig to cure my mother-in-law, and as you did not cure her, I am going to kill you."

Thereupon the son-in-law went off with two friends in search of weapons. Witnesses of what followed told the magistrate before whom the case was being tried that the sorcerer made no attempt to escape, that he calmly awaited the inevitable event. Presently the avengers returned. The son-in-law grievously speared the sorcerer, and the friends—lending countenance and aid—dispatched him with several stone clubs. Not one of these men, declares the magistrate, could be persuaded that they had done anything out of the way. Had the sorcerer not been paid a dog and a pig for his medicine? And had not his cure failed? And was he not a sorcerer, anyhow?—Harper's Magazine.

FIRES IN ICEHOUSES.

They Are Easily Started and Particularly Hard to Handle.

Icehouses, despite their damp contents and their simple structure, have a high place among special fire risks. No kind of building is such a paradox. Apparently an icehouse is as safe against fire as a pump log or a mud scow; yet give the flames but half a chance and nine times in ten they work a total loss.

Under ordinary conditions an icehouse fire starts easily. The walls rise without masonry direct from the ground; grass fires and brush fires creep into contact with the bare wood. Dry straw and hay lie all about. Damp sawdust within often takes fire of itself. Tramps, never over careful in their smoking, seek shelter in the buildings. The saw tooth roofs could not be better planned to catch sparks from passing trains.

And when the fire has started, it is uncommonly hard to master. In most cases it gets an overpowering headway before the fighters can assemble. Hydrants are often lacking. If the buildings are full of ice and the covering straw, the firemen can work only from the outside; if the buildings are empty, the great spaces give the flames both draft and sweep. And the walls, by their peculiar construction, double or triple with twelve or eighteen inch spaces within, packed with tan bark or other combustible filling, usually baffles all attempts at reaching and extinguishing the well fed fire within them.

Trigger Fish.

The curiously named "trigger fish" are plentiful in Japanese waters. They are of the balistes genus, and their popular name is derived from the trigger-like peculiarity of the second spine of the dorsal fin. When the fin is erect of the first ray, or spine, which is very thick and strong, maintains its elevated position so firmly that it cannot be pressed down by any degree of force, but if the second spine is pressed the first immediately falls down with a spring, like the hammer of a gun lock when the trigger is pulled. These fish are marked in a striking manner, some of them being very richly colored—ashen gray, blue and gold.—London Family Herald.

Burned Out Fuse Plugs.

When a house fuse plug "blows" out and there is no other at hand take a bit of tin foil—the covering, from a pack of tobacco or chewing gum will do—and fold it once, making the strip about one-half inch wide; then lay it over the contact points of the plug and screw the plug into the receptacle. This will make a connection and will not produce any more body than if the ordinary fuse wire were used.—Popular Mechanics.

Beautiful Defendant.

"I want you to make the outfit for my trial." "Let me see," mused the experienced modiste. "You'll want a direct testimony suit, a cross examination gown and something dainty and clinging to faint in."

Oratory.

Oratory is the longest distance between two platitudes. Its success depends upon how much it impresses you when it is being delivered and how fit it is to impress you afterward.—Lafayette

CULLODEN MOOR.

Where the Last Battle Was Fought in Great Britain.

The last battle fought on the soil of Great Britain took place in the middle of the eighteenth century. While George II. was engaged in the war of the Austrian succession Charles Edward, who was called the young pretender, a grandson of King James II. of England, landed in Scotland and made two attempts to obtain the throne of his ancestors. He was victorious in the battle of Falkirk, but the Duke of Cumberland, son of George II., having been recalled from the continent to take command of the king's forces, the pretender was defeated at Culloden Moor, a plain in Scotland four miles from Inverness.

This was the last battle fought on the island of Great Britain and took place April 16, 1746, and it was also the last attempt on the part of the Stuart family to recover the throne of Great Britain. Charles Edward Stuart escaped to France after he had wandered five months in the highlands. He died in Rome, Jan. 30, 1788.

The Duke of Cumberland gave no quarter. The wounded were all slain, and the jails of England were filled with prisoners, many of whom were executed. Among the latter were Lords Balmerino, Kilmarnock and Lovat, Lovat being the last person who was beheaded in England.

CURIOUS SWISS LAWS.

Some That Look With a Very Penetrating Eye into the Future.

There are in force in Switzerland certain laws, which, in the hands of the unscrupulous, may work great havoc with personal rights and liberties, an exchange remarks. This is a point concerning which there can be no dispute.

For instance, in most cantons men and women may be punished not only for what they have actually done in the past, but also for what may possibly result in the future from what they have done.

Suppose a man is spending week by week all that he earns. Then the local authorities, acting in conjunction with the local police, may send him to a penal workhouse on the pretext that his conduct is such that he may later become destitute, and therefore a burden on the community.

To be a burden on the community is a crime. The result is a woman who wishes to be rid of her husband for a year or two—or a man of his wife—has only to persuade the local authorities that unless he be forced to change his ways he may perhaps some day become destitute.

A visitor once found in one penal workhouse a woman who was there for two years at the request of her husband.

How Letters Strike Our Eyes.

Roman letters of various sizes are commonly called into request by oculists in testing vision. Recent experiments show great differences in the ease with which the various letters are recognized by the same person. It is especially difficult of recognition and is apt to be mistaken for X. By a similar optical illusion the angle of L is rounded off, making the letter resemble a reversed J. V is the easiest of all letters to recognize, and O presents little difficulty. K is more easily recognized than H, which resembles it closely, and both N and Z are easily recognized. A is easily guessed at from its general form, but is difficult of positive recognition, including distinct perception of the horizontal line. E and F are among the most difficult of all letters.

Equine Sagacity.

Here is a startling story of equine sagacity related by the London Tit-Bits. A horse was standing in the shafts of a carriage just outside a local theater. It had a weary look, as of one that desired repose.

Suddenly it brightened up, and before it could be stopped it made a dash for the box office.

The reasons for this unexpected behavior gave rise to much discussion till at last one of the crowd, more observant than the others, pointed out that the legend, "To the stalls," was written in large letters over the box office window.

Law and Ordinance.

All "ordinances" are "laws," but all laws are not ordinances. Law is the wider term, applying to states, while ordinance has special reference to the municipality. Laws and ordinances are equally "rules of action" laid down by authority, but in the case of the ordinance the authority is of the minor sort—the city as opposed to the state.

Triad Her Patience.

"A little padding here and a little more there," she directed. "Yes!" "You don't seem to know much about padding a gown."

The Symptoms.

"How do you know that Blinks has had a raise in salary?" "Her argues that the world is getting better, that the danger from monopolies has been greatly unmodified, and that human nature isn't so bad after all."

This Advertisement may induce you to try the first packet of "SALADA"

but we rely absolutely on the inimitable flavour and quality to make you a permanent customer. We will even offer to give this first trial free if you will drop us a postal to Toronto.

If You Want to be kind and cheerful, And belong to the happy class, Eat food that keeps you gleeful, That is food "COOKED WITH GAS." Phone 197, or drop a card to the Office of the Works, Queen St., and have the GAS installed in your home.

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Don't Worry about your digestive troubles, sick headache, tired feeling or constipation. The depression that induces worry is probably due to a disordered liver, anyway. Correct stomach ailments at once by promptly taking

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