

FRUIT, THE GREAT PHYSICIAN

Healing Powers of Fruit Proved by "Fruit-a-tives"

The simple juices of apples, oranges, figs and prunes, when transformed into "Fruit-a-tives" will relieve diseases of the Stomach, Liver, Kidneys and Skin.

SAGE AND SULPHUR DARKENS GRAY HAIR

It's Grandmother's Recipe to Restore Color, Gloss and Thickness.

Hair that loses its color and lustre, or when it fades, turns gray, dull and lifeless, is caused by a lack of sulphur in the hair.

MADE IN CANADA. GOTHIC. an ARROW COLLAR. 2 for 25 cents. CLUETT, PEABODY & CO. INC. MONTREAL.

Health for Sick Women

For Forty Years Lydia E. Pinkham's Vegetable Compound Has Been Woman's Most Reliable Medicine—Here is More Proof.

To women who are suffering from some form of woman's special ills, and have a constant fear of breaking down, the three following letters ought to bring hope:—



North Cranston, Wis.—"When I was 16 years old I got married and at 18 years I gave birth to twins and it left me with very poor health.

Testimony from Oklahoma.

Lawton, Okla.—"When I began to take Lydia E. Pinkham's Vegetable Compound I seemed to be good for nothing.

From a Grateful Massachusetts Woman.

Roxbury, Mass.—"I was suffering from inflammation and was examined by a physician who found that my trouble was caused by a displacement.

If you want special advice write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass.

Sleepytime Tales

THE TOY GOOSE.

Once upon a time there were two little geese. They were not real geese but two toy ones that did not have any water to swim in and, you know, if there is one thing geese like to do, it is to swim about in the water.

"Low Cost of Living" Menu

Menu for Tuesday. BREAKFAST: Stewed Dried Peaches, Boiled Eggs, Warmt Over Potatoes, Bran Popovers, Coffee.

snouj's sssom ssp ppy pas porje until one of them exclaimed: "Hurry now it is time to go back. The sun is almost up," and back they scampered as fast as they could.

TOOK THE ADVICE.

Then He Gave It a Practical Trial, and It Worked. Several years ago the president of one of the prominent railway corporations in America was making a stirring address to an audience of young men and dwelt with particular emphasis on the necessity of making a good appearance.

SAMOA IS CHANGING.

South Sea Islanders Reaching Out Far Up to Date Things. The natives of Samoa are exhibiting a marked inclination to imitate European manners. The beautiful siapos, followed by age long usage, are disappearing more and more, their place being taken by imported cotton cloth.

STORY OF THE MISTLETOE.

A Curious Plant With a Curious Way of Making a Living. Very curious are the ways of the mistletoe. The story of how the mistletoe gets on the trees is a most interesting one. Covering the mistletoe twigs are pearly white berries. These come in the winter season, when food is comparatively scarce, and hence some birds eat them freely.

SUNLIGHT SOAP. Sunlight Soap is made for the housewife's profit, for only thereby can the makers hope to profit. Sunlight Soap makes your work lighter, your clothes whiter, your home brighter.

Your taste for good tea will prove to you Red Rose Tea "is good tea"

Handicapped. The merchant who does not advertise is deliberately putting a severe handicap on his own success. The "Shrinking Violet" methods will not attract trade.

CRISCO. For Frying For Shortening For Cake Making

What You Want to Know About Crisco. WHAT IT IS—A cooking fat to replace butter and lard in frying, shortening and cake-making.

years acted, and this season he appears, with Viola Allen as a co-star in "Macbeth."

She Didn't Mind. "Sarah, I wish you would be more careful. I do not like to hear your mistress scolding you so often," said the master of the house to the maid.

Mariner (relating some of his active service adventures)—An' me an' my mates was lost in the virgin forest—virgin, so to speak, because the hand of man had never before set foot there.

Labouchere's Sarcastic. Of Gladstone Henry Labouchere once remarked, "I do not object to Mr. Gladstone occasionally having an ace up his sleeve, but I do wish he would not always say that Providence put it there."

Model Man. "Was your husband good to you, Mandy?" "Deed he was, miss. I worked eighteen hours a day for years for dat man, an' he never once found fault with me."

THE PRESIDENTIAL SALUTE.

One explanation for the reason for adopting twenty-one guns as the presidential salute is that there might be maintained a uniformity in national salutes, Great Britain having in the distant past adopted twenty-one as the number for the royal salute.

GOOSE AND MICHAELMAS.

The English custom of eating geese on Michaelmas, Sept. 29, is said to date from the time of the great Queen Elizabeth.

THE GRUMPY BACHELOR.

A wealthy gentleman who owns a country seat on one occasion nearly lost his wife, who fell into a river which flows through his estate.

HE THAT LOVETH A BOOK.

He that loveth a book will never be without a faithful friend, a wholesome counselor, a cheerful companion, an efficient comforter. By study, by reading, by thinking, one may instantly divert and pleasantly entertain himself, as in all weathers, so in all fortunes.