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.

The truth of this statement has been proved in thousands of cases of Indigestion, Dyspepsia, Torpid Liver, Constipation, Kidney and Bladder Troubles, Skin Diseases, Rheumatism, Neuralgia and Chronic Hesdaches.

The enormous sales of 'Fruit a-tises.' are the best proofs of the value of this fruit medicine.

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

SAGE AND SULPHUR DARKENS GRAY HAIR

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

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. Our grandmother made up a mixture of Sage Tea and Sulphur to keep her locks dark and beautiful, and thousands of women and men who value that even color, that beautiful dark shade of hair which is so attractive, use only this old-time recipe.

Nowadays we get this famous mixture by asking at any drug store for a' 50-cent bottle of "Wyeth's Sage Sulphur Compound." which darkens the hair so naturally, so evenly, that nobody can possibly tell it has been applied. Besides, it takes off dandruff, stops scalp itching and falling hair. You just dampen sponge or soft brush with it and draw this through your hair, taking one small strand at a time. morning the gray hair disappears; but what delights the ladies with Wyeth's Sage and Sulphur is that, besides beautifully darkening the hair after a few applications, it also brings back the gloss and lustre and gives it an appearance of abundance.



CLUETT, PEABODY & CO. Inc. MONTREAL

is self-supporting, but that acquired relative. at the expense of others is disgust. near Clayton. During the winter sea-

Health for

-Here is More Proof.

Sick Women

For Forty Years Lydia E. Pinkham's

Vegetable Compound Has Been

Woman's Most Reliable Medicine

To women who are suffering from some form of

North Crandon, 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. I could

not walk across the floor without having to sit down to rest and it was hard for me to keep about

and do my work. I went to a doctor and he told

me I had a displacement and ulcers, and would

have to have an operation. This frightened me so much that I did not know what to do. Having

heard of Lydia E. Pinkham's Vegetable Compound I thought I would give it a trial and it made me as

woman's special ills, and have a constant fear of breaking

well as ever. I cannot say enough in favor of the Pinkham remedies."—Mrs. MAYME ASBACH, North Crandon, Wis.

Testimony from Oklahoma.

Vegetable Compound I seemed to be good for nothing. I tired easily

and had headaches much of the time and was irregular. I took it again before my little child was born and it did me a wonderful amount of

good at that time. I never fail to recommend Lydia E. Pinkham's

"Vegetable Compound to ailing women because it has done so much

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

letter will be opened, read and answered by a woman and held

for me."-Mrs. A. L. McCasland, 509 Have St., Lawton, Okla.

From a Grateful Massachusetts Woman.

mation and was examined by a physician who found

that my trouble was eaused by a displacement. My symptoms were bearing down pains, backache, and sluggish liver. I tried several kinds of medi-

cine; then I was asked to try Lydia E. Pinkham's

Vegetable Compound. It has cured me and I am

pleased to be in my usual good health by using it and highly recommend it." - Mrs. B. M. Osgood,

1 Haynes Park, Roxbury, Mass.

in strict confidence.

Roxbury, Mass .- "I was suffering from inflam-

Lawton, Okla. - "When I began to take Lydia E. Pinkham's

down, the three following letters ought to bring hope:

Sleepytime Tales

THE TOY GOOSE.

geese but two toy ones that did not

One night, as they were sighing fairy told me all about it

as fast as they could

The fairy was waiting for them parel know, if there is one thing geese like and bade them get into to their places at once. They thanked the fairy for the fine time they had and

How fast the little geese scamper- day," and the geese looked up just

as many eggs as required an place them on top of the rice

Around the rice put four banana

which should be peeled, sliced length

wise and fried in hot fat to a light

brown. Fried bacon may be added.

DINNER.

Baked Lamb Chops-Sear the

chops in a hot frying pan and place

in a baking dish. Cover with a lit-

tle cold water, a teaspoon of kitchen

bouquet, salt and pepper. Bake un-

til tender. Thicken the gravy and

Pepper Salad-Shred green pep-

pers in long thin strips. Lay half

an hour in cold water and serve on

lettuce with a Russian dressing

which is made by thinning a mayon

naise with a little chili sauce and

Oronge Shortcake .- Mix a table-

spoon each of butter and lard with

when done, cut in half, spread with

butter and sliced oranges sprinkled

half a teaspoon of minced onion.

pour over the chops.

"Low Cost of Living" Menu

Menu for Tuesday

BREAKFAST Stewed Dried Penches Boiled Eggs Warmed Over Potatoes Bran Popovers

LUNCHEON Indian Eggs Reheated Muffins French Fried Pointoes Pineapple Sauce

Benn Soup Baked Lamb Chops Mashed Potatoes Squash Pepper Salad Orange Shortenke

BREAKFAST.

Bran Popovers-Mix together one poon of salt. Bake twenty minu-

LUNCHEON.

India Eggs-Put one and a haif with sugar.

James K. Hackett, as "Macbeth." has opened the Shakespeare tercentenary, celebration in New York at York Evening Sun, the actor "waded" beyond his depth. He was one of the worst Macbeths the New York

Mr. Hackett is well known in the Thousand Island region. He was He has a summer home

pears, 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. "Oh, don't mind me, sir," replied Sarah simply; "I take no notice."

Surely Not. Mariner (relating some of his active service adventures)-An' me an' my mates was lost in the virgin forestvirgin, so to speak, because the hand of man had never before set foot there.

-Exchange

Look Up.

We dig and toil, we worry and fret, and all the while close ever us bends | 21 .the infinite wonder and beauty of nature, saying: "Look up, my child! Feel my smile and be glad!"-G. S. Mer-

Labouchere's Sarcasm.

Gladstone Henry Labouchers once remarked, "I do not object to Mr. Giadstone occasionally having an ace up his sleeve, but I do wish he would not always say that Providence put it

Economical.

Wife (who has been out shopping all day)-Oh, dear, how tired and hungry I am! Husband-Didn't you have any lunch in town? Wife-A plate of soup only; I didn't feel that I could afford to have more. Husband-Did you find the hat you wanted? Wife-Oh. yes; it is a perfect dream, John and it cost only \$28!-

Sign Language. "I hate to gossip about people, and yet I don't like to go around in society

as a prude." "No need to say a thing, my dear. Just elevate your eyebrows at the proper point, and you'll get along.".

Model Man. "Was your husband good to you,

Mandy?" "'Deed te was, miss. I wo'ked eighteen hours a day fo' yeahs fo' dat man, an' he never once found fault

Peruniarily Speaking. "You say that Jenkins owes everyhing he has to you."

mir "ling I did fo' him."-

the that is ungrateful has no guilt er one An other crimes may flass to victues in him

Worse, He ones nuch more that

Sir Hamar Greenwood, M.P., forerly of Whitby, Ont., has been gazetted deputy assistant adjutant-general at the War Office.

The man who gives and forgets it is quite likely to repeat his generous

Even the thief is always in favor of an honest policy-for others.

SAMOA IS CHANGING. South Sea Islanders Reaching Out For Up to Date Things.

The natives of Samoa are exhibiting marked inclination to imitate Euroean manners. The beautiful siapos. snoilols, sisom od bad bas boxis! gallowed ph age long neads are qisubuntil one of them exclaimed: "Hurry pearing more and more, their place being taken by imported cotton cloth. Women and girls like to put on greater quantities of European wearing ap-

In the vicinity of Apia native Samoan house and kitchen utensils have been replaced by European articles of New foods are being intro-Instead of taro, bananas and ams, the natives now eat rice, bisuits and bread and even drink coffee in the morning. The new foods, however, have but a limited number of consumers at present.

The native huts were formerly covered with thatches of sugar cane. Insects have destroyed the sugar cane plantations, and the natives now cover their dwellings with corrugated iron, which gives them much less protection both against the sun during the day and against the cold at night. The Samoan house is disappearing, too, and its place is being taken by square buildings of American pine.

The total native population of the Samoan group is about 42,000. There are 1,500 whites and half castes .-

TOOK THE ADVICE.

hen 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.

"When you are looking for work," he said, "be careful that you are presentable. If you have only \$24 in the world spend \$20 for a suit of clothes. \$3.50 for a pair of shoes, 50 cents for a hair cut and shave. Then walk up to the job wherever it is and ask for it like a man."

This advice was greeted with great applause, and the railway president sat down amid a storm of cheers. The very next morning a dapper looking young fellow walked into the outer office of the orator and, handing a note to the clerk, said. "Please give this to the president." The note read as fol-

two cups of flour, two teaspoons of baking powder and about a cup of "I have paid \$20 for this suit of milk. Bake in a round tin and, clothes, \$3.50 for a pair of shoes and 50 cents for a hair cut and a shave. have walked from Harlem, and I would Pile high with whiplike a job as conductor on your road." He got the job.

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 baving in the distant past adopted twenty-one as the number for the royal salute. Of the many surmises as to why the number twenty-one was settled upon we mention two-first, that twenty-one was the number of years fixed by English law as the age of majority; second. that seven was the original salute and three times seven would signify one seven for each of the divisions. England and Wales, Scotland and Ireland. It is asserted that the United States adopted this salute to signify to the mother county that her child had reached his majority and was prepared in law to inherit the land and to this end fired the "gun of 1776," the figures of which year, 1+7+7+6, equal.

Goese and Michaelmas.

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

Elizabeth had gone to call on Sir Neville Umfreyville. A messenger from the royal palace arrived and asked to see her. The queen allowed him to come into the dining room, where she was enjoying a slice of tender goose. The queen had just bitten into a delicious morset when the messenger announced that the Spanish armsda had been defeated. It happened to be Sept. 29, Michaelmas, so future generations of English celebrate by eating goose, although the custom is much older and extends to other countries.-London

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 announced the narrow escape to his friends, expecting their congratula-

One of them, an old bachelor, wrote as follows: "I always told you that river was too shallow!"-London Tel-

He That Loveth a Book. He that loveth a book will never be without a faithful friend, a wholesome counselor, a cheerful companion, an effectual comforter. By study, by reading, by thinking, one may inn mently divert and pleasantly entertain miseif,

as in all weathers, so in all fortunes .-

Isaac Barrow.

How She Felt. He (to wife at the planos-That new piece you are trying is pretty difficult. isn't it? She-Yes; I teel like an aviator. He-How so? She-1 m trying to conquer the air.

The secret of mechanical, commercial, financial or any other pre-eminence is aisclosed in one word-thor-

The ultra brave man in peace may be ultra cowardly in time of war,

There is sure to be trouble when you get envy mixed with criticism. Self interest causes very many to entirely ignore the golden rule.

STORY OF THE MISTLETOE.

A Curious Plant With a Curious Way of Making a Living.

Very curious are the ways of the mislietce. The story of how the mistletce gets on the trees is a most interesting oue. 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.

Now, when a robin eats a cherry he swallows simply the meat and flips the stone away. The seed of the inistletoe the bird cannot flip. It is sticky and holds to his bill. His only resource is to wipe it off, and he does so, leaving it sticking to the branches of the tree on which he is sitting at the time.

This seed sprouts after a time, and not finding earth-which, indeed, its ancestral habit has made it cease wanting-it sinks its roots into the barl of the tree and hunts there for the thes that carry the sap.

Now, the sap in the bark is the very richest in the tree, far richer than that in the wood, and the mistletce gets from its host the choicest of food With a strange foresight it does not throw its leaves away, as do most arasites, but keeps them to use in win ter, when the tree is leafless.

Ruskin and the Turners. How closely famous pictures can be imitated by skillful artists was proved by an exhibition by Ruskin in 1875 of a series of facsimiles of Turner's pictures in the National gallery, London. The collection was accompanied by characteristic note from Ruskin, in

"I have given my best attention during upward of ten years to train a copyist to perfect fidelity in rendering the works of Turner and have now succeeded in enabling him to produce facsimiles so close as to look like replicas-facsimiles which I must sign with my own name to prevent their being sold for real Turners."

Same Thing.

keep birds." "Well ain's aviators bird men?"

Squaring Himself.

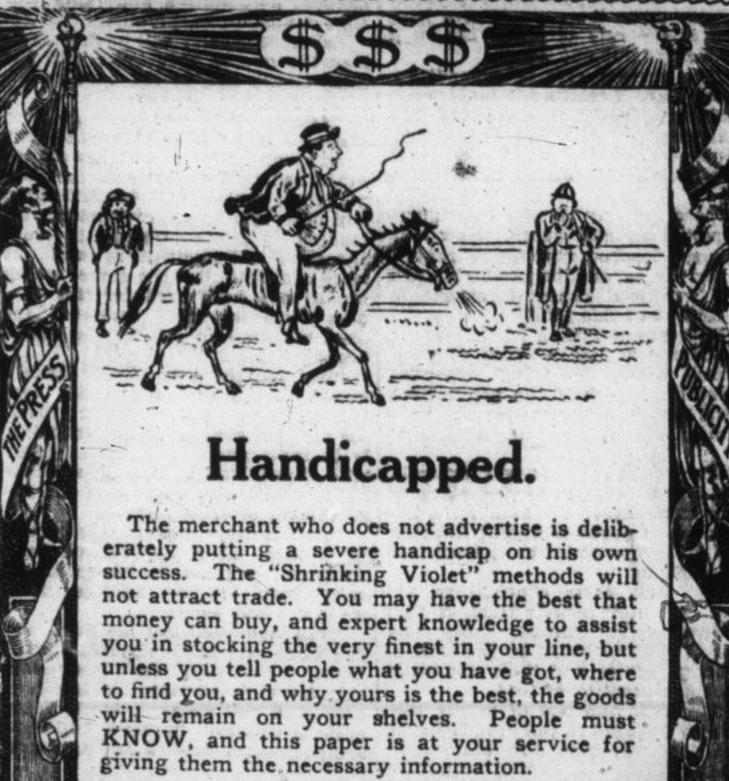
Mrs. Henpecke-What do you mean, sir, by telling Mrs. Torker's husband you never ask my advice about mything? Henpecke - Well, Maria, I don't. You don't wait to be asked .-Exchange.

First Married Woman-Did your husband really lose his heart over you before you married? Second Ditto (feelingly)-I fancy he must have done so. At all events, I haven't seen anything of it since.-Exchange.



Your taste for good tea will prove to you

Fea "is good tea"





What You Want to Know About Crisco

WHAT IT IS-A cooking fat to replace butter and lard in frying, shortening and cake-making.

HOW IT IS MADE-Of the very cream of high grade vegetable oil-in a building which is spotless, and where no hand ever comes into contact with the product.

RISCO
For Frying-For Shortening

WHY IT IS BETTER—It is more digestible than lard. It is much less expensive than butter. It can be used in frying without giving off any smoke or smell. It stays fresh and sweet indefinitely.

WHO IS USING IT—Hospital dietitians, famous chefs and good cooks and intelligent housewives everywhere.

Made in new, sanitary, sunlit factories at Hamilton, Canada