

CHEW YOUR FOOD

Horace Fletcher Says Improper Mastication Makes Men Criminals.

One Time High Liver in Chicago Able at 61 to Defy Disease.

The increased cost of living demon is face to face with his arch enemy to-day in Chicago.

Horace Fletcher, the apostle of thorough mastication, has arrived. He is armed with arguments to prove we can save 50 per cent. of what we spend on food and be stronger than we ever were before.

Mr. Fletcher is 61 years old himself, but he holds endurance and weight lifting records, all made in the last six years. Here is a specimen day's menu for Fletcher:

Breakfast: None. Do half a day's work before eating anything.
Luncheon: 1 baked potato.
Dinner: Bowl of thick soup, eaten with bread.

Midnight supper: "A glorious feed" on a Welsh rarebit.

Mr. Fletcher eats no meat. He says he has no rule against meat, but that he has lost his taste for it.

Mr. Fletcher's system of eating depends entirely on complete mastication. All food must be chewed until all its taste has been extracted. This reduces it to a liquid and the act of swallowing is involuntary. Eat what you please. He said bad eating makes criminals.

According to Mr. Fletcher, the desire for alcoholic drink and smoking dries out of a man who eats this way. All the poisons disappear from the system and the former victim of dyspepsia, appendicitis, fatty degeneration, indigestion, and unpleasant after dinner sensations becomes strong and clear headed.

"I was a confirmed high liver up to the time I was 54 years old," said Mr. Fletcher. "I thought life wasn't worth living with rich foods and wines and black cigars. I weighed 217 pounds, and I couldn't walk a block without getting blue in the face. I tried to get my life changed and the examiner laughed at me."

Mr. Fletcher weighs 170 pounds, and he can pick up a 75 pound man and stroll about with him. It is all due to chewing his food to liquid, he says.

"The idea came to me on Congress street, near Wabash avenue," he said. "I had tried every diet specialists could prescribe. It came to me suddenly that all these prescriptions were to take effect after the food had passed beyond our control. I resolved to try what could be done with the food before it left my mouth."

"My first experiment centered about the sense of taste. That is the key to the whole question of digestion. When all the taste is chewed out it will be perfectly digested."

"After I had practiced on myself I hired a gang of twelve tramps to experiment on. I took them into restaurants of every sort, from expensive hotels to lunch counters. I proved all my theories."

Mr. Fletcher is a capitalist and a sociologist. He is married and has a family. His residence is in Venice, Italy.

Minard's Liniment Cures Colds, Etc.

HUMAN POTATOES.

Frederick Townsend Martin, the leader of the more intellectual set of New York society, praised, at one of his dinners, the American heiress' new resolve to marry only an American man.

"There's Miss Harriman," he said. "There's Miss Townsend, there's Miss Gould. These girls have set a fashion that I hope will prevail for a long time."

Mr. Martin smiled.

"After all," he said, "a nobleman, with nothing to boast of but his ancestors, is but a human potato—his sole good thing about him is underground."—Washington Star.

RELIEVED BY MORINE.

Relieved By Morine. For Your Eyes. You Will Like Morine. Write For Free Book. Your Druggists. Write For Free Book. Free. Morine Eye Remedy Co., Toronto.

FIRST AID.

Husband—I met Hawkins today, and he was very gloomy. I told him he was perfectly willing to let me go. I said: "Why, oh, how? Why didn't you ask him here to Thanksgiving dinner?"

Minard's Liniment Cures Diphtheria.

RAMY MARK.

The land starts were about to approach the suburban man.

"Let us show him a picture of 'Arabian Nights,'" suggested one, and try to sell him a lot."

"Is he credulous?" asked the other.

"Is he?" Why, he actually believes a town looks like it does on a souvenir post card."

Assured that the suburban man was indeed an easy mark, they hastened over and sold him a lot.

A Wife's Message

She Cured Her Husband of Drinking

Write Her Today and She Will Tell You How You Can Do the Same

For over twenty years her husband was a hard drinker. He had tried in every way to stop but could not do so. He was a constant source of trouble to her and to the family. She was a devoted wife and mother, and she wanted to save her husband from the ruin of drink.



She will tell you how to free your husband from drink. Write her today and she will tell you how you can do the same.

100 Avenue, New York, N.Y.

Note: Write your full name and address plainly. Do not delay.

HOW "GOD'S IGLOO" WAS BUILT.

Our houses here on the Labrador coast are built entirely of wood. Our old church, which was built in 1814, is nearly 100 years old. It is no wonder, therefore, that most of the timbers in the foundation are decayed, and that the walls have given way in places, so that often during a gale we fear an entire collapse. The new church will soon be complete, and this autumn we shall be glad to move into the new premises.

In more respects than one, the new church will be an improvement on the old. In the former, the benches were without backs, and during the winter nights light was derived from candles and the space was limited. The new church will have benches with backs, so that the worshippers can sit comfortably, and the lamps—a gift from a friend in London—will not only give a better light, but will also help to decorate the church. To our Eskimos, the new church is a great innovation; they call it "God's Igloo" (God's house). They have not seen anything better or more beautiful and they believe it to be the prettiest place in the universe.—Christian Schmitt, in The Christian Herald.

Cured in One Month

If every woman who has kidney or bladder trouble could go to Dr. Williams' Pink Pills, and talk to Mrs. A. Simpson, they would do just as she did—take Gin Pills and be cured.

"For 14 or 15 years I had kidney or bladder trouble, suffering at times with pain. I doctored continually, but nothing gave me permanent relief until I was persuaded to try Gin Pills. Within a couple of days I received great relief, and after taking one box was completely cured."

Write National Drug & Chemical Co., (Dept. H. L.) Toronto, for free sample. 50 cents a box; 6 boxes for \$2.50, at all dealers.

HIS SPELLING.

Little Wee had been brought up to be polite, and not to interrupt when there was company unless it was very important. He always remembered this and kept very quiet. One day there were visitors, who talked and stayed and stayed, until poor little Wee was tired. He wished them to go, but not for anything would he let them see this.

All of a sudden he thought of a nice plan, then his mother and father knew when he was too little to tell and they did not want to hurt his feelings. So in a little while in the ladies' talk, Wee said in his prettiest way, "Mother, please can't be a-l-o-n-e?" And all the visitors laughed and kissed him good-by and gave him his good mother all to himself. —Youth's Companion.

BOYS LOOK FREE



Shading It Close.

Farmer Giles (who has just cashed a cheque)—I don't think this money's right.

The Cashier—Would you mind counting it again, sir? I think you'll find it correct.

Farmer Giles (having done so)—Yes, but you're careful, young man; it's only just right.

THE OLD CURMUDGEON!

"Marriage," said the serious man, "is an education in itself."

"Yes," commented old Crouch, "It teaches you what not to do after you've done it."

Minard's Liniment Cures Gargle in Cows.

TO STOP PROFANITY.

The shocking looseness of speech heard everywhere upon our streets, our public conveyances, and in our offices and shops, should be corrected by a campaign in which our business men and the heads of families ought to exact pledges from those in their charge to abstain from this reprehensible practice. Young women should league themselves to cut the acquaintance of any young man who is known to be guilty of it. A New York teacher was recently reprimanded for putting soap in the mouth of a pupil who cursed in her school room. This old time punishment may not be right or effective, but, as a contemporary points out, at least it was a drastic attempt to correct a growing evil.

PLEASANT NEWS.

(Boston Transcript.)

Young Bride—I didn't accept Harry the first time he proposed.

Miss Rival—No, dear; you weren't there.

IT PAYS TO ADVERTISE.

(Detroit Free Press.)

Our liner "ad" for someone to become the twelfth member of an afternoon card club now forming, brought many replies, too many in fact for us to answer them all to-day. Some of the applicants filed their references, while others omitted this important detail. We have it strictly from the lady president and the lady treasurer, that no one who cannot give the list of clubs she has been a member of and why she is no longer connected with them will be considered.

But answering the applicants if our mission to-day.

Mabel G.—You won't do. Your references show that you won't win many prizes last year.

Grace—Your application is being considered. The statement that you always serve salads instead of sandwiches is greatly in your favor.

Mrs. J. H. M.—Sorry, but you were not explicit enough in your explanation of why you were dropped from the Idle Hour Club.

Barbara—Your offer to serve mince ham won't do. This club meets on Friday afternoons.

Winifred—Women with more than three children are barred.

Clara—One of the women you referred to reports that you were always stinking with your ice cream.

Irene—We rejected you because we are a good friend of your husband.

THE BEST MEDICINE FOR LITTLE ONES.

The best medicine in the world for little ones is the medicine that will promptly cure all their little ills and at the same time can be given the very youngest baby with absolute safety.

Such a medicine is Baby's Own Tablets. They never fail to cure the ills of childhood and the mother has the guarantee of a Government analyst that they do not contain one particle of injurious drug.

Concerning them Mrs. John Robinson, Streetville, Ont., writes: "I have used Baby's Own Tablets for constipation with the very best results. They are indeed a valuable medicine for little ones. The Tablets are sold by all medicine dealers or by mail at 25 cents a box from the Dr. Williams' Medicine Co., Brockville, Ont."

EFFECT OF SCENT ON THE VOICE.

(From the London Globe.)

According to a well-known Viennese doctor, perfumes have a great effect on the voice. In this connection he recalls the experience of a celebrated singer who had received from a friend a large bouquet of Parma violets.

Before appearing on her scene she took a deep breath of the fragrant scent, and to her surprise upon going on the stage found herself unable to sing a note.

This authority is of the opinion that all strong scents should be avoided by singers, as they exercise influence on the vocal cords more or less marked according to the subject.

Minard's Liniment Co., Ltd.

Gentlemen,—In July 1905 I was thrown from a road machine, injuring my hip and back badly and was obliged to use a crutch for 14 months. In September, 1905, Mr. Wm. Outridge, of Larchmont, urged me to try MINARD'S LINIMENT, which I did with the most satisfactory results and to-day I am as well as ever in my life.

Yours sincerely,

MATTHEW W. BAINES

mark

Aged Hunter Saved By His Dog.

Ebenezer Ramsey, 82 years old, killed three bears near his home in Long Valley, on the line between El Dorado and Placer counties a few days ago, but escaped possible death from one of them by the interference of his dog. Ramsey's dog trod a large bear and her two cubs, and Ramsey, with an ancient single shot rifle, went to investigate. Seeing the bears, he shot all three, but the mother bear was not killed, and on falling to the ground she took after Ramsey before he could reload his rifle.

His dog, however, upon the infuriated animal and kept it busy until Ramsey secured an axe, with which he killed the brute. He says it was the most exciting hunt he ever had.—Placerville correspondence San Francisco Chronicle.

BETTER THAN SPANKING.

Spanking does not cure children of bad habits; it is a constitutional cause for this trouble. Mrs. M. Smith, Box W. 8, Windsor, Ont., will send a free to any mother her successful home treatment, with full instructions. Send no money, but write her to-day if your children trouble you in this way. Don't blame the child, the chances are it can't help it. This treatment also cures adults and aged people troubled with urine difficulties by day or night.

CAUSE OF THE TROUBLE.

(Washington Star.)

"Why was the engagement broken?" "Because of a misunderstanding," replied Miss Cavendish. "Each considered the other lacking in etiquette. They subscribed to different publications and weren't reading the same hints on how to behave in society."

Minard's Liniment Cures Distemper.

A LONG LIST.

(Catholic Standard and Times.)

Chicago—You've been living in the suburbs so long, I suppose you've had considerable experience with servant girls?

Stella—Well, it's not so that when my wife is interviewing an applicant now she always begins by asking: "Were you ever employed by me before? If so, when and how long?"

Shiloh's Cure

quickly stops coughs, cures colds, heals the throat and lungs. - - - 25 cents.

MYSTIFYING.

(Chicago Tribune.)

"Baseball is such a curious game," observed the puzzled foreigners. "When that man they call the umpire said 'Safe!' he became at once in great personal danger."

WAVE OF INFANTILE PARALYSIS.

Infantile paralysis is most common in early childhood, with the exception of the first year. The greatest number of cases occur in the third and fourth years. This disease appears from three days to a month after exposure, usually before the tenth day. For many years it was impossible to say definitely where the source of the disease was located. However, to-day, with all the auxiliaries of modern technique, and a careful study of the blood vessels, which supply the spinal cord, we have positive proof that the disease is an inflammation of the gray matter in part of the spinal cord, and in the small blood vessels leading to this area.



The early symptoms of this disease, in many cases, are characterized by the onset of weakness of the limbs and loss of appetite. This condition is followed by a period of from 10 to 100 degrees Fahrenheit, distress in stomach and intestines and vomiting. The fever lasts from one to four days. In other more severe cases, the disease begins early with convulsions, followed by marked disturbance in the brain, accompanied by spasms or convulsions. Another uncommon type is where a child will go to bed apparently in perfect health and awaken in the morning paralyzed in one or more of its limbs.

The symptom of the second stage is paralysis itself. Generally speaking, it is rather extensive. In many cases, all four limbs are involved, and sometimes the muscles of the neck of the neck are involved. The extent of the paralysis involves only a group of muscles of one or both legs. The extent of the immediate damage from the paralysis is usually complete within a few hours, although it may extend over a period of three or four days in a week or ten days, some improvement in the condition of the muscles usually occurs, but this continues usually until only a small degree of paralysis remains.—Samuel G. Tracy, M.D., in The Christian Herald.

WILLIAMSON, Ont., July 27, 1908.

"I suffered all my life from Chronic Constipation and no doctor, or remedy, ever helped me. 'Fruit-tives' promptly cured me. Also, last spring I had a bad attack of BLADDER and KIDNEY TROUBLE and the doctor gave me up. 'Fruit-tives' saved my life. I am now over eighty years of age and I strongly recommend 'Fruit-tives' for Constipation and Kidney Trouble."

Signed JAMES DINGWALL, age 80, box 6 for \$2.50 or trial box, age 10, at dealers or from Fruit-tives Limited, Ottawa.

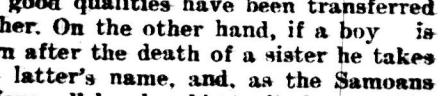
JAMES IN SAMOA.

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is the way to Save Money and Dress Well

Try it! Simple as Washing



JUST THINK OF IT! Dyes Wool, Cotton, Silk or Mixed Goods Perfectly. No Boiling, No Bleaching, No Damage. Full of beautiful colors. 25 cents, from Dr. Williams' Medicine Co., Ltd., Montreal.

Dr. Morse's Indian Root Pills

cure many common ailments which are very different, but which all arise from the same cause—a system clogged with impurities. The Pills cleanse the bowels and stimulate the kidneys and open up the pores of the skin. These organs immediately throw off the accumulated impurities, and Biliousness, Indigestion, Liver Complaint, Kidney Troubles, headaches, Rheumatism and similar ailments vanish. Dr. Morse's Indian Root Pills.

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SCIENCE NOTES.

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The chief wheat exporting countries in the order named are Australia, Argentina, Canada and the United States, and the chief meat consuming countries, in proportion to population, are the United Kingdom and Germany.

White stains on hardwood tables caused by hot dishes can be removed by covering them with salt and as much olive oil as the salt will absorb, allowing the mixture to stand several hours and then removing it and rubbing the wood dry.

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According to insurance statistics, it requires 200 new houses a year to accommodate the increase in population of the United States, and 50,000 more to replace those destroyed by fire.

By the reconstruction of a municipal power and water supply dam, a flood destroyed in 1900, the city of Austin, Tex., will create a lake more than 100 miles long and nearly a mile wide.

Every patrol box in Los Angeles will be supplied with first aid bandages and medicines, so that a policeman can care for the victim of a street accident before the ambulance arrives.

France is systematically restoring its barren lands to revive the soil, abate floods, mitigate droughts, provide employment for her workers, and furnish raw material for her factories.

HE KNEW WHAT WAS COMING.

Professor Hugh W. Ransom, of Harvard, was describing at a dinner at Cambridge, his experiences as a subway workman—experience undergone in the cause of science.

"One thing that impressed me," he said, "was the happy home life of these hard-working men. It is a far happier home life than that of the idle rich. And yet, the way people talk, you'd think it was a wretched and squalid home life."

"The way people talk, you'd think Jim Jackson's was a typical poor man's home."

"Jim, very pale and shifty, stopped at the butcher's one morning and said: 'Give me a small piece of raw beef for a black eye, please.'"

"Who'd got a black eye, Jim?" asked the butcher, curiously.

"Nobody ain't, yet," Jim answered. "But I've been on a job for the last three days, and now I'm on my way home to the old woman."

HER STATUS.

(New York Sun.)

Knicker—Have you got a hired girl? Becker—No, indeed; we have an inadequately remunerated lady.

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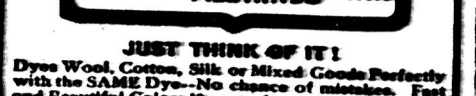
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