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 today in Chicago.

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

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: I baked potato.

Bread and butter.

with bread.

One glass of cream. One sliced tomato. Dinner: Bowl of thick soup, eaten

Midnight supper: "A glorious feed' on a weish 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 mastification. All food must be chewed until ail 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 eriminals.

According to Mr. Fletcher, the desire for alcoholic drink and smoking dries out of a man who eats this way. All the poisons disapper from the system and the former victim of dyspepsia, appendicitis, fatty degeneration, malnutrition, 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 eigars. I weighed 217 pounds, and I couldn't walk a block without getting blue in the face. I tried to get my life occurred and the examiner laughed at

Mr. Fletcher weighs 170 pounds, and he can pick up a 175 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 of. fect 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 the-

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 aneestors, is but a human potato—his sole good thing about him is underground."-Washington Star.

Red, Wenk, Wenry, Watery Eyes. Relieved By Murine Eve Remedy. Try Murine For Your Eye Troubies. You Will Like Murine. It Soothes, 50c At Your Druggists. Write For Eye Books Free. Murine Eye Remedy Co., Toronto

. FIRST AID.

Husband-I met Hawkins to-day, and | correct. he was very gloomy-told me he was perfectly willing to die. Wife-Oh, John! Why didn't you ask him here to Thanksgiving dinner?

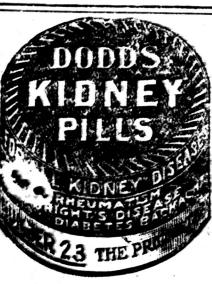
Minard's Liniment Cures Diphtheria.

EASY MARK.

The land sharks were about to appreach the suburban man. "Let us show him a picture of 'Areadian Ville." suggested one, "and try to. self him a lot."

"Is he credulous?" aswed the other. "Is he? Why, he actually believes a town looks like it does on a souvenir

Assured that the suburban man was indeed, an easy mark, they hastened over



Write for Teday and She Will Tell You flow You Can Be the Same

For over twenty years her husband was a hard drinker. He had tried in every way to stop but equal not do so, but nine years ago she stop-ped his drinking sentine. remedy which any one can give servety. Hun-dreds have freed their homes from drink by following her advice. The method is easy and sure. If you he

dear one who drinks we exmently advise you to write to her at once. She makes no chargo for her help, (she area.

for no money and se-cepts none) she only select that you are per-fak, saving one who drinks, with confidence to her home. 1 the will tell you how to Free your Home from Drink.

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 Her-

If every woman, who has kidney or Bladder trouble, could go to Davisville, Ont. and talk to Mrs. A. Simpson, they would do just as she did—take Gin Pills and cure themselves.

"For 14 or 15 years I had Kidney or Bladder trouble, suffering at times intense 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." Mrs. A. Simpson.

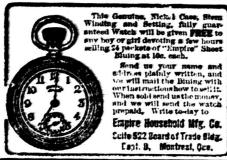
Write National Drug & Chemical Co. (Dept. H. L.) Toronto, for free sample. 50 cents a box; 6 boxes for \$1.50, at all

HIS SFELLING.

Little Wee had been brought up to be polite, and not to interrupt when there was company unless it was very thrown from a road machine, injuring important. He always remembered this my hip and back badly and was obliged there was company unless it was very One day there visitors, who talked and stayed and stayed, until poor little Wee was tired. He wished them to go, but not for any-thing would he let them see this.

All of a sudden he thought of a nice plan that his mother and father knew when he was too little to spell and they did not want to hurt his feelings. So in a little pause in the ladies' talk. Wee said in his prettiest way. "Mother, please can't be 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.

80YS LOOK MAITING FREE



SHADING IT CLOSE.

Farmer Giles (who has just cashed a cheque)-1 don't think this money's The Cashier-Would you mind count-

ing it again, sir; I think you'll find it Farmer Giles (having done so) - Yes, but you be careful, young man; it's only

THE OLD CURMUDGEON! (Boston Transcript.)

"Marriage," said the serious man, "is an education in itself." "Yes," commented old Grouch, "it traches you what not to do after you've

Minard's Liniment Cures Garget in Cows.

TO STOP PROFABITY.

(Guelph Herald.)

The shocking tooseness of speach heard everywhere upon our streets, our public conveyances, and in our offices and shops should be counteracted by a campaign in which our business men and the heads of families ought to exact pledgefrom 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 Ryval-No, dear; you weren't

IT PAYS TO ADVERTISE.

(Detroit Free Press.)

Our liner "ad" for someone to be come the twelfth member of an after noon card club now forming, brought many responses, too many in cast for us to answer them all to-day. Some of the applicants filed their referen while others omitted this important de tail. 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 too 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 minced

ham won't do. This club meets on Friday afternoons. Wimifred-Women with mere than three children are barred.

Clara-One of the women you referred us to reports that you were always stingy 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 litpromptly 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 contair one particle of injurious drug. Concerning them Mrs. John Robertson, Streetsville, 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 ra calls the experience of a celebrated singer who had received from a friend a large bouquet of Parma violets.

Before appearing in 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 seents 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 a crutch for 14 months In Se tember, 1903, Mr. Wm. Outridge, of Lachute, urged me to try MINARD'S LINI-MENT, which I did with the most satisfactory results and to-day I am as well as ever in my life.

Yours sincerely,

MATTHEW x BAINES

Aged Hunter Saved By His Dog. Ebenezer Ramsey, 32 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 deg. Ramsey's dog treed 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, pounced 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 bed-wetting. There is a constitutional cause for this trouble. Mrs. M. Summers, Box W. 8, Windsor, Ont., will send 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. Spanking does not cure children of urine difficulties by day or night.

CAUSE OF THE TROUBLE. .

(Washington Star.) "Why was the engagement broken?" "Because of a misunderstanding," replied Miss Cavenne. "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.

(Catholie Standard and Times.) Chimar-You've been Lving in the susurbs so long, I suppose you've had considerable experience with servant giris? Subbubs-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?"

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 per-



wn, Ont., July 27th, 1908 Williamsto "I suffered all my life from Chronic Constipation and no doctor, or remedy, I ever tried helped me. "Fruit-a-tives" promptly cured me. Also, last spring I had a bad attack of BLADDER and KIDNEY TROUBLE and the doctor gave me up but "Fruit-a-tives" saved my life. I am now over eighty years of age and I strongly recommend "Fruit-a-tives" for Constipation and Kidney Trouble"

(Signed) JAMES DINGWALL 50e a box, 6 for \$2.50-or trial box, 25e -at dealers or from Fruit-a-tives Limited, Ottawa.

MAMES IN SAMOA.

Travellers visiting Samoa are puzzled at first by the fact that many boys bear feminine names, while girls as frequenttle ones is the medicine that will ly have masculine names. The visitor learns after awhile, however, says the New York Mail, that this confusing use of names, instead of being due to ignorance, is in reality the result of a native custom which is highly poetic. Thus if a girl is born soon after the death of a brother the latter's name is given to her, in the belief that his spirit and all his good qualities have been transferred to her. On the other hand, if a boy is born after the death of a sister he takes the latter's name, and, as the Samoans believe, all her lovable traits become itis. Who shall say that those gentle South Sea Islanders are destitute of the poetic

> 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 cause the bowels to move regularly. strengthen 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.

Save Doctors' Bills SCIENCE NOTES.

In India more than fiftey native languages are spoken.

Cypress water tanks have been known to defy decay for more than a quarter Japan is increasing its production

raw silk at the rate of 20,000 bales year. Vaccine virus is rendered absolutely pure by radium emanations, according to an Italian scientist.

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 Un-ited Kingdom and Germany. White stains on hardwood tables caused by hot dishes can be removed by covering them with sait and as much olive oil as the salt will absorb, allowing

the mixture to stand several and then removing it and rubbing the Philadelphia has attained its popularity as a point from which balloonists start their flights for the reason that it has a plant capable of supplying 700,000 cubic feet of gas at a time at a distance from high building, which might prove dan-

Several German cities and town have

taken up seriously an aeronaut's sugges-tion that the roofs of the houses display distinguishing letters and numbers the guidance of journeyers through the Plants may be watered automatically when their owners leave home for a few days by placing them beneath a recept-acie holding water, which is allowed to

drip upon them through siphons made of An official estimate of the British home office of the population of London for the next fifty years by decades predicts that the city will have 16,250,000 residents in 1969—more than double the

present number.
According to insurance statistics, it requires 200,000 new houses a year to ac commedate the increase in population of the United States, and 80,000 more to replace those destroyed by fire. By the reconstruction of a municipal nower and water supply dam that a flood destroyed in 1900, the city of Austin. Tex., will create a lake more than forty 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 for the victim of a street accident before the ambulance arrives.
France is systematically reforesting its

barren places to revive the soil, abate floods, mitigate droughts, provide empleyment for her workers, and furnish raw material for her factories.

HE KNEW WHAT WAS COMING. Profesor Hugh W. Ransom, of Harvard, was describing at a dinner at Cambridge, his experience as a subway workman-experience undergone in the dause of science.

"One thing that impressed me." said, "was the happy home life of these hard-working men. It is a for happier home life than that of the idle rich. And yet, the way people talk, you'd think, it was a wretched and squalld home life. "The way people talk, you'd think Jim Jackson's was a typical poor man's

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

"'Who's got a black eye, Jim?' asked

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

> HER STATUS. (New York Sun.)

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

WAVE OF INFANTILE PARALYSIS

Infantile paralysis is most common in early childhood, with the exception of the first year. The greass number of cases occur in the third and fourn years. This disease appears from three days to a mouth after exposure, usually before the tenth day. For many years it was impossible to say definitely where the seat of infantile paralysis was located. However, to-day, with all the auxilitaries of modern tecnique, 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.

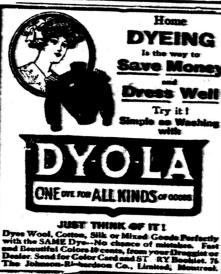
hTe early symptoms of this disease, in many cases, are characterized by the child complaining of headache, insteasness, weakness of the limits and loss of appetite. This condition is followed by fever (from 191 to 103 degrees Fahrenheit), distrees in stomach and intestines and vomiting. The fever lasts from one to four days. In other more severe cases, the disease begins early with fever, 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

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 nape of the neek. In other cases, 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 apetried of three or four days. In a week or ten days, some improveweek or ten days, some improve-begins and this continues usually until only a small degree of paralysis remains.—Samuel G. Tracy, M. D., in



A POET AND A WOMAN.

You bent above the grave and read the Where long ago-1 saw your quick

tears start-Some singer, unremembered and unknown. Had woven into song his broken heart.

And then you asked if only loss death Moved man to truer song and brought

Of music's balm and that assuaging breath Which falls so poignantly from lips that bleed

You asked how I, who knew and mourned no dead. Could hope for music, since its cords

From death and sorrow—and I only said: "Have I not my dead selves to which to -Arthur Stringer in November Smart

ISSUE NO. 45 1910 HELP WANTED

WANTED-AT ONCE, A GENERAL ply 94 Duke street, Hamilton, Ont. W ANTED — CAPABLE HOUSE maid. Apply Mrs. A. C. Beasley.

AGENTS WANTED.

C ANVASSERS WANTED: WEEKLY salary paid. Aifred Tyler, 355 Clarence street. London, Ont.

Dr. Martel's Female Pills

SEVENTEEN YEARS THE STANDARD Prescribed and recommended for we men's ailments, a scientifically prepared remedy of proven worth. Ine result from their use is quick and permanent. For sale at all drug stores.



tertainment that will make them split their sides laughing at the comic pictures get one of these machines. With each machine we give free films and lantern slides with full directions so that anyone can rum it. We give it FREE for selling only 34.50 worth of our GOLD EMBURSED POST CARDS. The very latest designs in VIEWS, HOLIDAY, COMICS, &C., at 6 for Me. Send your name and address plainly written and we will forward you a package of cards and our bit reserved.

and address plainty written and we will for-ward you a package of cards and our big pro-mium list. But don't delay, for we give an extra present for promptiess. COBALT GOLD PEN CO., Dept. 400 Toronto, Ont. BELONGED TO THE PROFESSION. A negress, very fat and well along in years, sauntered into the lobby of a Broadway theatre the other day and asked for the manager.

"What can I do for you, mammy?" asked the manager.

"I want a ticket into the gallery, oss," she replied calmly. "But why should I give you a ticket?" "Cos I am a retired actress."

"You? What did you do?" inquired the other in amazement. "I played in Antony and Cleopatra, I was fan bearer for Miss Fanny Davenport."

STRANGE. (Cleveland Leader.) "A girl of twenty is ever so much older than a boy of the same age." "Sure. I know a girl of twenty whose

STILL BETTER.

family Bible shows that she was born in

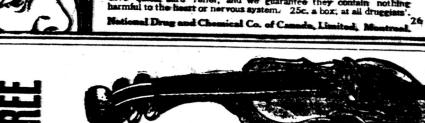
Mrs. Blase—Have you begun your Mrs. Highup-No, but I've begun the suit I'm going to wear when I get my



must spring

That Splitting Headache will vanish if you take NA-DRU-CO" Headache Wafers

Give quick, sure relief, and we guarantee they contain nothing harmful to the heart or nervous system. 25c, a box; at all druggians.



This is a fire, handsome, clear-toned Violin, highly polished, richly colored complete with string bridge, three get sting; ebony finishpegs, long bow of white horsehair, and box of resin. Everything complete sent seemely packed in a box. Just send us your name and address, and agree to sell only 8 boxes of Dr. Mathrin's Farm, us Vegetable Fills, at 25c, a box. A grand remedy and cure for weak and impure conditions of the blood, indintendent troubles, constipation, nervous disorders, diseases of the liver and kidneys, industrial, and female troubles. A mild laxative, Grand Tonic and Life Builder. They are easy to sell as each customer buying a box of pills, from you, receives, at the same time, a nice fancy Pin, which we send you with the Pills. Do not miss the chance of your life.

Don't send any money—Only your name and address, at once, and we will promptly send you by mail, postpaid, the 8 boxes of Pills and the Pins. When soll, remit to us the 62.60 and we will send you this handsome Violin, etc. just of represented. Write to-day.

Address: THE DR MATURIN MEDICINE CO.

Address: THE DR MATURIN MEDICINE CO. Cept. 156

TORONTO, ONE

"SILENT" **MATCHES**

ARE THE MOST MODERN AND PERFECT A SURE LIGHT, THE FIRST STRIKE

They make no noise or sputter—a quiet, steady flame. The match for the smoker, the office and the home. All good dealers keep them and Eddy's Woodenware, Fibreware, Tubs, Pails and Washboards.

The E. B. EDDY Co., Limited, HULL, CANADA



WATCH FREE.

A Gente or Ladies Solid Gold Watch costs from \$23 to \$500 De not throw your money away. If you desire to secure a Watch which to keep time and last well with be equal to any Solid Gold Watch, sond us your name and address immediately and agree to sell 10 benessonly, of Dr. Materia's Fenerse Vestable Fills, at 25c. a box. They are the greatest remady on earth for the cure of poor and impure blood, indigection, headaches, constipation, nervous troubles, liver, bladder and kidney diseases, and all female weaknesses; they are the Great Blood Purifier and Invigorator, a Grand Ton-c, and Life Builder. With the Pills we send 10 articles of jeweiry to give away with the pills—this makes them easy to sell. This is the chance of slifetime. De not miss it. Send us your order and we will send you the 10 boxes, post paid! When you have sold them, send us the money \$2.50 and we will rend you

We are giving these beautiful Watches to advertise our Remedies. This is a grand opportunity to secure a valuable Watch without having to spend a cent. And our Watch is a stam wind and stem was and not this cheap back wind article generally given as premiums. Send for our pills without delays. Address TRE DR. MATURIT MEDICINE.

26: 32-51.

Commentary.-1. Ti fig-tree (vs. 32-35.) The fig is a native graws in abundance and they would, at the ting forth their leav ender "Branch is no H. V. When the b sep from the influence ne and rain, the The fig tree puts for som; the fruit shoul mature leaf."-Whedo These were unmist nmer was approach things—The events t in the preceding vers come about before th Jerusalem, were typi seding the second cor in hear—The overthreity and temple. At escape when the gre Jerusalem came, as us to escape from t come.' 34. Verily 1 : words of elsus were o what he was about to to impress deeply his eration shall fot pas much discussion as to tion" refers to the per to the Jewish nation, I we learn that thos meant. These things in forty years Jerusa and the temple torn

and earth shall pass looked upon as substa but they shall have a shall not pass awaywould be fulfiled and There is anoth Christ's "words shall "Never did the speak more utterly alone tha this majestic utterar seem more improbable fulfilled. But as we ! turies we see how it His words were pase have passed into dopassed into proverbs. into consolations, but passed away.' What h dare to clam eternity Maclear.

1. The time of Chr known (vs. 36-41.) 3 The disciples had time of Christ's secon end of the world. The been answered with ness, but the day of (not to be revealed. This declaration sho strain men from profe day of Christ's coming cessful attempts have the time, Not the an beings have not been Father only—The Fa this knowledge in his were the days of No coming for judg preparation to escap coming is certain, who ared for it or not. W given with such fair nency that no one is

ng unprepared. 38. Eating and drink ple before the flood their usual occupation the preaching of Noal

Stove P is a handy paste can. With a ge produces a brilli shine. Splendid pipes, grates and It is cleanly to gives lasting redo credit to y

keeping. If your dealer de "Black Knight" St stock, send us his n and we will send a by return mail. THE F. F. DALLEY C

Makers of the famous "2

BAMILTON.

FREE TO