



SUGAR
Fruit-a-tives
of Fruit Liver Tablets

FRUIT AS A MEDICINE

Ancient physicians used the juice of ripe fruit for the cure of Constipation, Bilioussness, Dyspepsia and Blood Impurity. Only the expressed juice was used, as the pulp of fruit consists of indigestible, leathery and woody material. Lately, Japanese experimenters have discovered that fruit juice contains a wonderful substance which acts curatively on the Liver, Bowels, Kidneys, Skin and Nervous system. The discoverer of "Fruit-a-tives" experimented with fruit juice for many years, and he proved that in the fresh juice of ripe fruit we possess a marvelous medicine. Only a few of the results need be mentioned. Apple juice, six to eight ounces three times a day before meals, stimulates the circulation of the blood and acts directly on the liver cells, increasing the excretion of bile, and this bile, flowing into the bowels, is a natural and efficient laxative. On the kidneys, apple juice is most active, increasing both the solid and wattery portions of the urine, and thus relieves kidney irritation and aids in purifying the blood. Orange juice, five to six ounces three times a day before meals, acts gently on the liver, bowels and kidneys, but has a special action on the skin, stimulating the excretion by the millions of glands therein, and is most curative in all forms of skin disease. Orange juice softens and beautifies the complexion, while the increased glandular action aids in getting rid of all blood impurities. The pure, soft pulp of figs and prunes, cleaned from all seeds and skins, soothes the lining of the stomach and bowels, and increases the digesting fluids, including that of the liver. Fruit juice is, therefore, a magnificent medicine, but its use, in the crude state, is prohibited by its bulkiness, inconvenience and great expense. After years of labor a well known physician discovered a method or process whereby the medicinal use of fruits is brought within the reach of everyone. Fruit juice consists of over ninety per cent. of water and the balance, or solids, consists of a sweet substance and a small amount of an exceedingly bitter material, the sweet being nine times as much as the bitter. The bitter ingredient of fruit is the active or curative agent. In making the material for the production of "Fruit-a-tives" **the juice of apples and oranges and the pulp of prunes and figs** is used, and an additional atom of bitter, secured from the discarded orange peels, is forced into the combined juices in such a way that a natural union occurs, the same as if the fruit grew that way. This union greatly intensifies the active strength of the fruit juices. The stronger fruit material is then evaporated to a powder, the finest tonics, disinfectants and nerve tonics added, and made into small sugar-coated tablets. These tablets are "Fruit-a-tives," one of the greatest medical discoveries of the present age, as each tablet has the medicinal strength of a large quantity of fresh fruit juice and yet is convenient to use.

THE VALUE OF "FRUIT-A-TIVES"

"Fruit-a-tives," or "Fruit Liver Tablets," being made from fruit have all the curative action on the human system which ripe fruit has—and, in addition, these tablets contain the very *acme* of tonics—the entire formula of the medicine being a discovery of an eminent physician. "Fruit-a-tives," like fruit, acts on the three eliminating, or blood-cleansing, parts of the body, namely, the Bowels, Kidneys and Skin, stimulates these parts to renewed energy, and thus not only cures disease therein, but purifies the blood. The whole human body is composed of cells, and these cells constantly die and other cells take their place—and these dead cells are called "tissue-waste." The "tissue-waste" is removed from the body by the Kidneys, Bowels and Skin, and if not properly removed the blood is poisoned by it. If the Kidneys, Skin and Bowels fail in their work of removal of "tissue-waste" there will certainly be headaches, backaches, sallow complexion, indigestion, irritable temper, etc. This explains why "Fruit-a-tives" are so widely curative in disease. No medicine known to science acts so thoroughly on the entire body as "Fruit-a-tives" acts, stimulating the Liver, Kidneys and Skin to renewed activity—and it is in this way the greatest blood purifying medicine ever discovered. "Fruit-a-tives" is a true liver stimulant, increases the excretion or output of bile, and thus relieves congestion therein—and the bile, flowing into the bowels, acts as a liver-laxative or purgative. The bile, secreted by the liver, is the only true purgative natural to the body. On the Kidneys this fruit medicine acts like fruit juice, stimulates the circulation in the small blood vessels, increases the excretion or flow of urine, and thus relieves congestion in the Kidneys, cures disease therein, and materially assists in blood purification. The value of "Fruit-a-tives" in skin diseases is due to the action of the fruit material on the millions of glands located therein, stimulating their action, softening the skin, and thereby greatly assists in purifying the blood. Digestion in the stomach and bowels is improved by "Fruit-a-tives," because it soothes the lining membrane, strengthens the peristaltic movements, increases the bile for the digestion of fats, encourages the out-flow of the digesting fluid in the stomach, and cures constipation of the bowels. "Fruit-a-tives" is unequalled in the cure of Constipation of the Bowels, Indigestion, Bilioussness, Liver Disease, Kidney Disease and Kidney Irritation, Skin Disease and Bad Complexion, Rheumatism and Rheumatic Pains, Nervous Complaints, Headaches, Pains in the back, Pelvic Pains. The value of "Fruit-a-tives" in disease has been demonstrated beyond a question.

"Fruit-a-tives" are made from fruit and tonics.



THE ONLY REMEDY YET DISCOVERED THAT WILL ABSOLUTELY
CURE THIS COMPLAINT.

Chronic Constipation.

Constipation of the bowels, or the absence of regular daily action, is a wide-spread modern complaint, and no one who suffers from it can possibly enjoy good health. It is a most disease-producing malady, and why? All the body is made up of cells, and these cells constantly die and other cells take their place—and the dead cells are called "tissue-waste." The "tissue-waste" is carried out of the blood by the Bowels, Kidneys and Skin—then when the Bowels fail to act the work of removing the dead cells has to be done by the Kidneys and Skin. What is the result? The Kidneys and Skin are overworked, become congested and clogged, fail in their task, and the blood is poisoned, with the result that backache, headache, sallow complexion and Indigestion all come on. Let this go on long enough and disease in the Skin or Kidneys is bound to follow. Again, the fecal matter having daily reached

the lower bowel is in a partially liquid state, and when it is not passed out of the body the liquid part is absorbed into the blood vessels, and there remains only hard lumps. The absorption, into the blood, of this liquid fecal matter means constant blood poisoning, and produces headaches, backaches, sallow complexion, Indigestion and Kidney disease. What causes constipation? Almost solely the absence of sufficient bile poured out by the liver. **BILE IS THE ONLY PURGATIVE IN THE BODY.** Make the liver work harder and secrete and pour out more bile and this bile will move the bowels naturally. The ordinary purgatives, cathartics and laxatives, whether in the form of pills, powders, lozenges, salts or liquids, have positively no action at all on the liver, and do not increase the flow of bile into the bowels—but they move the bowels, how? By hurting, stinging and making sore the lining membrane

All the formulæ in this book are written by an experienced Physician, and have been thoroughly tested. Write out carefully, and any druggist will make them up for you.

LOTION FOR CUTS, FOR ITCHING, ETC., ETC.—"Take of—Carbolic Acid, one and one-half drachms; or one and a half teaspoonfuls; Water, half a pint or ten ounces.—Shake well." Useful in severe cuts. Use by soaking and keeping wet, clean white cotton cloths or pieces of lint, which must be applied on the cuts to cleanse and heal them. For irritation (or itching) in any part this is very useful.

LOTION FOR SWELLINGS OR BRUISES.—Take of—"Distilled Extract of Witch Hazel Bark three ounces, Alcohol two ounces, Carbolic Acid one drachm, Water sufficient to fill one pint." An excellent lotion for bruises or swellings. Use by soaking a piece of surgeon's lint, or clean white cloth which has been boiled, in the lotion, and keep it constantly wet with the lotion, and applied to the part.



"Fruit-a-tives"
OF FRUIT LIVER TABLETS

of the bowels—but the next day the intestines are sore, and will not move again until hurt again by a purgative. Such purgatives really produce constipation. There are very few liver stimulants known, and the only one that acts with certainty and without injury is fresh fruit juice. "Fruit-a-tives" is actually fruit juice, increased in strength and evaporated to a powder, and there is no liver stimulant known to science that can possibly equal it. "Fruit-a-tives" soothes the stomach and lining of the bowels, increases the flow of bile from the liver into the bowels, and thus is a natural and positive cure for Constipation of the Bowels. Take one, two or three tablets on going to bed each night, and always with "Fruit-a-tives" take half a goblet of cold water. Reduce the quantity gradually to one tablet each night and take that for weeks or months, until the constipation is positively cured. Thousands have been cured of this distressing malady by "Fruit-a-tives," and hundreds of testimonials could be published all telling the same story.

the leading physicians in London, England, and New York. He took every known pill without any benefit. No treatment did him any good, yet "Fruit-a-tives" completely cured him in three months.



OTTAWA, ONT.,

232 Cooper St., Jan. 8th, 1906.

You know what fearful trouble I have had all my life time from constipation. I have been a dreadful sufferer from chronic constipation for over thirty years, and I have been treated by many physicians, and I have taken many kinds of proprietary medicines, without any benefit whatever. I took a pill for a long time which was prescribed by the late Dr. C. R. Church, of Ottawa. Also, for many months, I took a pill prescribed by Dr. A. F. Rogers, of Ottawa. Nothing seemed to do me any good. Finally I was advised by Dr. Rogers to try "Fruit-a-tives," and after taking them for a few months I feel I am completely well from this horrible complaint. I have had no trouble with

HON. JOHN COSTIGAN'S TESTIMONY OF THE VALUE OF "FRUIT-A-TIVES."

For over 30 years Mr. Costigan was a martyr to Chronic Constipation of the bowels, and he consulted

"Fruit-a-tives" will always cure Constipation.

"Fruit-a-tives" OF FRUIT LIVER TABLETS



this complaint now for a long time, and I can certainly state that "Fruit-a-tives" is the only medicine I ever took that did me any positive good for constipation. I can conscientiously recommend "Fruit-a-tives" to the public as, in my opinion, it is the finest medicine ever produced.

(Signed) JOHN COSTIGAN.

MRS. L. KENNEDY, OF TREHERNE, MANITOBA, SUFFERED FOR FIVE YEARS WITH CHRONIC CONSTIPATION AND FOUND NO REMEDY TO HELP HER, BUT "FRUIT-A-TIVES" CURED HER.



Mrs. L. Kennedy, Treherne, Manitoba, writes:—"I have been a sufferer from constipation for five years, and have been unable to find anything to do any good except for a short time. I find the 'Fruit-a-tives' tablets pleasant to take, and instead of increasing the dose like most medicines I have to lessen it. One tablet every other night before retiring is sufficient now."

MR. ROBERT C. TATE FOUND NO REMEDY LIKE "FRUIT-A-TIVES" FOR CONSTIPATION AND BILIOUSNESS.

I take pleasure in testifying to the virtue of "Fruit-a-tives," having been troubled with biliousness and constipation for some time, and trying various other preparations without permanent relief. I was advised to try "Fruit-a-tives." This I did, and I certainly cannot re-



commend them too highly for constipation and allied complaints. They are pleasant to take and non-irritating in their action, and I would not be without them.

R. C. TATE.

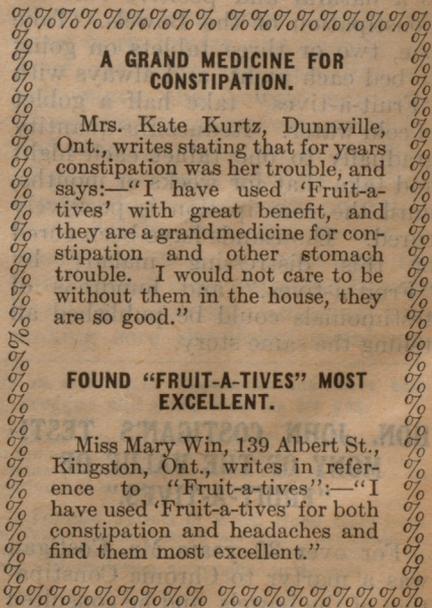
496 Rideau St., Ottawa, April, 1905.

A GRAND MEDICINE FOR CONSTIPATION.

Mrs. Kate Kurtz, Dunnville, Ont., writes stating that for years constipation was her trouble, and says:—"I have used 'Fruit-a-tives' with great benefit, and they are a grand medicine for constipation and other stomach trouble. I would not care to be without them in the house, they are so good."

FOUND "FRUIT-A-TIVES" MOST EXCELLENT.

Miss Mary Win, 139 Albert St., Kingston, Ont., writes in reference to "Fruit-a-tives":—"I have used 'Fruit-a-tives' for both constipation and headaches and find them most excellent."





"Fruit-a-lives"
OF FRUIT LIVER TABLETS

Biliousness and Liver Disease.

NO REMEDY EVER DISCOVERED WILL CURE THIS COMPLAINT SO QUICKLY AND PLEASANTLY AS "FRUIT-A-TIVES" WILL.

Biliousness means that the liver is congested, or too full of blood, and this congestion is kept up because there is not enough bile secreted by the liver and poured out into the bowels. The person suffers from slight fever, headaches, loss of appetite, nausea and vomiting, distress after eating, and frequently pain in the back. The fatty parts of food are digested in the bowels only by the bile from the liver, and when there is not enough bile to digest the fats, they decompose, form gas, and irritate the whole digestive tract. Purgatives, mild or strong, that only act on the bowels, will not cure this disease and frequently make it worse. What is needed is a liver stimulant to *increase* the secretion of bile and thereby *decrease* the amount of blood in the liver. Calomel will do this, but it is a dangerous drug and should be avoided. Fruit juice, in large quantities, will increase the flow of bile far better than calomel will, and it is non-injurious. "Fruit-a-tives" is fruit juice, evaporated to a powder, intensified in strength, and will always increase the flow

of bile and cure congestion of the liver. "Fruit-a-tives" will sweeten the stomach, increase the flow of bile, which in turn will move the bowels naturally and leave no soreness after the action. Biliousness may be produced by overeating with insufficient exercise, but the chief cause is taking too much alcohol. Repeated bilious attacks indicate chronic congestion of the liver, and if not relieved may end in a disease that is incurable. "**Fruit-a-tives**" will promptly **relieve Liver Congestion and Biliousness.** Take one tablet three times a day before meals and two or three on going to bed, and with each dose take a good drink of cold water, almost a goblet full, and continue this treatment for three or four days. Then, take two or three tablets each night on going to bed for a week, and then one every night for two weeks. Eat only three meals a day and five hours apart, avoid alcohol and highly spiced or fatty food—do this and take "Fruit-a-tives" and the cure is certain even where congestion of the liver has become chronic.

TO CURE TOOTHACHE—Clean out the cavity of the tooth carefully, and take a very small bit of cotton wool or absorbent cotton and soak it in *Oil of Cloves* then fill the cavity with this. Creasote may be used instead of Oil of Cloves, but the Oil of Cloves is safer.

FOR STINGS OF BEES OR WASPS.—Take ordinary baking soda two heaping teaspoonfuls and dissolve in a teacupful of hot water; soak a clean cloth in this and apply to the part. It will relieve quickly

"Fruit-a-tives" will always cure Biliousness.

"Fruit-a-tives" OF FRUIT LIVER TABLETS



MR. H. MARCHESSAULT, HIGH CONSTABLE OF ST. HYACINTHE, P.Q., SUFFERED FOR TEN YEARS WITH LIVER DISEASE AND CONSTANT PAIN IN THE BACK, WAS PROMPTLY CURED BY "FRUIT-A-TIVES."



St. Hyacinthe, P.Q., June 10th, 1905.

I have much pleasure in testifying to the great good which "Fruit-a-tives" have done me. I was a constant sufferer from severe constipation and severe pain in the back, for the last ten years. I tried many kinds of pills and tablets and physician's medicines, but the relief was only temporary. Not long ago I tried "Fruit-a-tives" and now I am entirely well—no pain, no constipation and my stomach and bowels act naturally. I cannot say enough in praise of "Fruit-a-tives"—they are a grand medicine, mild as fruit in their action and easy to take. I can conscientiously recommend "Fruit-a-tives" to any one who suffers from constipation, stomach trouble, pain in the back or biliousness. I simply say to any one "Try 'Fruit-a-tives' and you will then see that all I say is true, as 'Fruit-a-tives' have made a perfectly well man of me."

H. MARCHESSAULT,
High Constable.

MRS. JOHN CLINE, OF AYLMEER, ONTARIO, SUFFERED FROM LIVER TROUBLE FOR TEN YEARS AND FOUND NO RELIEF UNTIL SHE TOOK "FRUIT-A-TIVES."

"I want to say a word in regard to Fruit-a-tives.' I have had liver trouble

some ten years and have tried different remedies, but 'Fruit-a-tives' is certainly the best. I am better than I have been for years. I cannot praise them too highly. I have tried so many different kinds of medicine for my son. He has had bilious spells ever since he was three years old, and since he began to take 'Fruit-a-tives' he has been so well."

(Sgd.) MRS. JOHN CLINE,
Aylmer, Ontario.

MRS. M. E. DEWAR, OF OTTAWA, WAS A MARTYR TO BILIOUSNESS, CONSTIPATION AND HEADACHES, SHE TOOK EVERY KNOWN REMEDY, WAS TREATED BY MANY PHYSICIANS AND FOUND NO RELIEF. "FRUIT-A-TIVES" CURED HER AT ONCE.



"I have much pleasure in stating that I have found 'Fruit-a-tives' the best medicine I ever used for constipation and biliousness. I suffered from headaches of a severe kind for a long time, but after taking 'Fruit-a-tives' I have become entirely well. I can with every confidence recommend 'Fruit-a-tives' to any one suffering from constipation, biliousness or headaches—and more especially that the tablets are exceedingly mild in their action without producing any griping or distress."

(Sgd.) MRS. M. E. DEWAR,
Ottawa.



"Fruit-a-tives" OF FRUIT LIVER TABLETS

WELL KNOWN PEOPLE WHO USE
"FRUIT-A-TIVES" FOR LIVER
TROUBLE.

Mrs. M. SWEETMAN, Trail,
B.C.:—"Both Mr. Sweetman and
myself have used 'Fruit-a-tives,'
and we find it an excellent re-
medy for kidney and liver dis-
ease."

Rev. Mr. BRAND, Hanover,
Ont.:—"I can also say I like the
'Fruit-a-tives' very much as I am
troubled with liver trouble and
shall continue to use them."

Mrs. O. JALBERT, Fort Fran-
cis, Ont.:—"I have used 'Fruit-
a-tives' and they have done me
a lot of good, and I will recom-
mend them to any one who is
troubled with liver complaint."

Miss CLARA A. COLWELL,
Toronto, Ont.:—"I am using
'Fruit-a-tives,' and would not
hesitate to recommend them to
any one troubled with a torpid
liver."

Mrs. FRANK BUSH, Essex,
N.B.:—"I am taking 'Fruit-a-
tives' tablets, and must say they
are the best remedy I ever used
for stomach and liver trouble."

Mrs W. E. CARSON, Fort
William, Ont.:—" 'Fruit-a-tives'
have done me more good than
any other liver and kidney me-
dicine I ever used."

TESTIMONIAL OF MADAME LOUIS VILLE-
NEUVE, OF MONTREAL, WAS CURED BY
"FRUIT-A-TIVES" WHEN EVERY OTHER
REMEDY FAILED.



Montreal, September 27th, 1906.

After continual strain and fatigue, I completely gave way to a great weakness. I suffered continually from kidney disease, liver disease, headaches and palpitation of the heart. It was either Anemia or poorness of the blood that put me in this state.

I consulted several Doctors without any success. A friend advised me to try "Fruit-a-tives" tablets. I will never regret taking them for I immediately found a great relief.

I had hardly taken six boxes of "Fruit-a-tives" when to my great surprise I was really cured.

I send this testimonial in all sincerity and with the only thought to help those that are suffering likewise and are unhappy.

Dame LOUIS VILLENEUVE,
No. 249 Montcalm St., Montreal, P.Q.

EYE DROPS.—Take of—Powdered Alum three grs., (or as much as will lie on a five cent silver piece), Boiled water two ounces, or four tablepoonfuls. Keep the bottle well corked when not using. Drop three or four drops into the eye, when red and inflamed, two or three times a day.

TO KILL HEAD VERMIN.—To eradicate vermin in the hair of children, buy from the druggist half a pint of *Tincture of Stavesacre*. Apply two or three tablepoonfuls to the hair at bed time, soaking the hair thoroughly. In a week apply again. This is a certain and yet harmless method.

"Fruit-a-tives", tones and sweetens the stomach.

"Fruit-a-tives"
OF FRUIT LIVER TABLETS



"FRUIT-A-TIVES" ARE A POSITIVE AND PLEASANT CURE FOR
ALL FORMS OF

Indigestion and Dyspepsia.

Indigestion, or weak digestion, invariably produces bodily weakness, and it is certainly one of the chief causes originating Consumption. This truth may be known, but it is not appreciated. When the indigestion is painful it is called *dyspepsia*, or painful digestion, but frequently there is indigestion going on for years without any actual pain. Sooner, or later, indigestion brings its victim to the grave, and it is, in fact, a most deadly complaint. The symptoms of indigestion are: Fullness or smothering after eating, belching gas, sour or bitter eructation, drowsiness after eating, headaches, palpitation of the heart, and sometimes pain and vomiting. **WHAT CAUSES INDIGESTION?** Digestion is a complicated process, and it is easily upset. Food is dissolved, or digested, in the stomach by two distinct means. **FIRST**—the strong, muscular coat of the stomach churns the food, drives it from end to end and back again, but this churning is done silently and unknown to the person. **SECOND**—the glands in the lining membrane secrete, or pour out, a pint of dissolving fluid (called Gastric Juice) for each meal, and this fluid is strongly acid and should have a lot of pepsine in it.

The acid and pepsine together dissolve the food, aided by the churning movements. Good digestion means not only good movement in the stomach, but that enough dissolving fluid, of proper composition, is poured out to dissolve the food. The dissolving fluid is taken from the blood, and if the blood is poisoned, by constipation of the bowels or diseased kidneys or skin, then the dissolving fluid of the stomach will be impure and weak and cannot dissolve the food. Again, overloading the stomach, having the meals too close together, drinking too much fluid with the meals, bolting the food without properly chewing it, all prevent the dissolving fluid from doing its work. **Poisoned blood supply is, however, the great cause of Indigestion.** The majority of dyspeptics carefully guard their food, and the manner of eating, and still suffer constantly with indigestion. Why? The blood is poisoned by constipated, or inactive, bowels, or by weak kidney action or weak skin action—and the dissolving fluid of the stomach is loaded with the poison, is improperly formed, and thereby fails to act. Tonics, which act only on the stomach, cannot cure indigestion



"Fruit-a-tives"
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because they do not purify the blood and do not, therefore, improve the dissolving fluid. "Fruit-a-tives" will cure indigestion because they act, like fruit juice, on the liver, bowels, kidneys, and skin, and thus cleanse the blood. With the bowels acting well, the kidneys, skin and liver all stimulated to work, then good digestion is a certainty. "Fruit-a-tives" sweetens and soothes the lining of the stomach, increases the muscular movements, and ensures that the dissolving fluid shall be pure and sufficient in quantity. Take one tablet three times a day before meals and one or two on going to bed, and always take a drink of cold water with each dose. This number of "Fruit-a-tives" should act freely on the bowels and liver, and this treatment should be continued for a week or ten days, and then only take the tablets at bed time for some weeks longer. Keep taking the medicine every night until all Constipation of the bowels has been cured. Nothing will cure indigestion unless proper rules of diet are strictly carried out. There are **Five Golden Rules of Diet** which must be carefully followed:—
First—Eat only three meals a day, and have the meals always five hours apart. Second—Do not eat a grain or particle of anything

whatever between meals. Third—Eat slowly, that is, chew each mouthful of solid food thirty to thirty-five times before swallowing it. Fourth—Drink very little fluid of any kind with the meals, not over a wineglassful. Fifth—Eat sparingly, never gorge or overload the stomach. Three or four hours after a meal drink all the fluid you want, and drink a glass of water each night on retiring and the first thing on rising in the morning. Avoid veal, pork, goose, duck and dark meat fowls, and never drink sweet milk at meal time. Rigidly adhere to these rules of diet and take "Fruit-a-tives," long enough to bring around a healthy condition of the body, and indigestion will be positively cured. Anyone, with weak digestion, should always avoid strong, drastic purgative pills or common salts as such medicines inflame the stomach and bowels, and while they purge they do not act on the liver or kidneys or skin and do not, therefore, cleanse the blood at all. Common pills may be cheap in price, but they may be very dear in health. "Fruit-a-tives" are as pleasant to take as fruit juice, and the nerve tonics, contained in them, tone and stimulate the nerve supply, and thus healthy digestion is certain to be secured by taking them.

HOUSEHOLD LINIMENT.—Take of—Liniment of Belladonna two ounces, Liniment of Chloroform two ounces, Liniment of Aconite two ounces, Liniment of Opium two ounces, Tincture of Capsicum two ounces. Mix together. Useful in sprains, muscular pains, lumbago and painful joints. In rheumatism and lumbago apply on the joints, but take "Fruit-a-tives" to cleanse the blood and remove the cause as a liniment can only soothe.

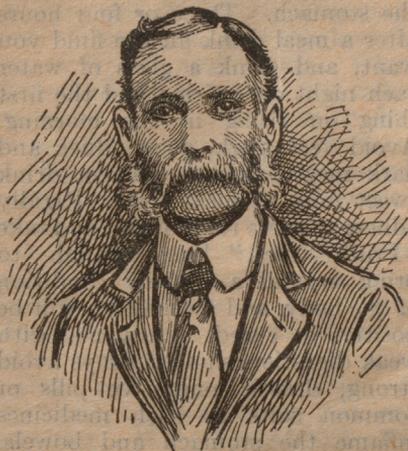
"Fruit-a-tives" is a natural cure for the stomach.

"Fruit-a-tives" OF FRUIT LIVER TABLETS



**"FRUIT-A-TIVES" CURED DYSPESIA WHEN
EVERY OTHER TREATMENT FAILED.**

**THE TESTIMONIAL OF A HIGHLY RESPECTED
CITIZEN, MR. ARCHIBALD MCKECHNIE,
OF 170 QUEEN ST., OTTAWA, ONT.**



I desire to state that "Fruit-a-tives" has done me a great deal of good. I was a terrible sufferer from Chronic Constipation and Chronic Dyspepsia for several years, and I took many kinds of medicine and was treated by several physicians but got no relief. Then I was advised to try "Fruit-a-tives," and before I had been taking them long I began to feel a new man, and I can truthfully say this medicine has entirely cured me of severe indigestion that had lasted for years. I can conscientiously recommend "Fruit-a-tives," and I believe they are the finest medicine ever produced for stomach and liver troubles and for Constipation.

(Sgd.) ARCHIBALD MCKECHNIE,
170 Queen St., Ottawa, Ont.

**MR. MATHIAS DERY, OF OTTAWA, SUFFERED
FROM DYSPESIA FOR YEARS. NEITHER
DOCTORS NOR ANY REMEDY DID HIM
ANY GOOD, BUT "FRUIT-A-TIVES" RE-
LIEVED AND CURED HIM AT ONCE.**

Ottawa, 225 Church St.,
June 2nd, 1906



Having suffered for over a year with *Dyspepsia* and *Indigestion*, I spent over \$175.00 for doctors. I could not obtain any relief, and I was getting worse. Hearing of "Fruit-a-tives," and the great praise they were getting I decided to try them. The result is that I am completely cured after using only two boxes. I would gladly recommend "Fruit-a-tives" to any one who is suffering from these diseases. I cannot praise "Fruit-a-tives" enough, and I would not be without them in the house.—I beg to remain, yours truly,

(Signed) MATHIAS DERY.

**TESTIMONIAL OF MRS. GEO. H. SIMSER,
GRANT P.O., ONTARIO.**

To "Fruit-a-tives Limited,"
Ottawa, Ont.

Dear Sirs:—

I received a sample of "Fruit-a-tives" quite a while ago, then I bought them at our general store here. I have now taken two boxes. I feel a different woman altogether now, and I think they are the easiest pill on a person that I ever took, they do their work without the slightest pain or ache. I am glad and thank you very much for sending those pills in my reach.

(Sgd.) MRS. GEO. H. SIMSER.



WELL KNOWN LADIES WHO HAVE USED "FRUIT-A-TIVES" AND HAVE BEEN CURED BY THIS WONDERFUL FRUIT MEDICINE.

Miss E. C. ANDERSON, Kingston, Ont.:—"I have purchased two boxes of 'Fruit-a-tives,' and we find them splendid. My sister was very poorly with indigestion, and 'Fruit-a-tives' have relieved her wonderfully."

Mrs. J. AMEY, Napanee, Ont.: "I think 'Fruit-a-tives' will help me. I am taking it for my stomach, and I have had no pain since I've taken it."

Mrs. L. B. CLIFFORD, Myers Cliff, Ont.:—"I am using the 'Fruit-a-tives,' and must say I am feeling much better and eat better."

Mrs. J. C. LAW, Essex, N.B.— "I have used 'Fruit-a-tives,' and think they are the best laxative I ever tried. Will gladly recommend them to all who are suffering from stomach and liver trouble."

Mrs. J. DONALDSON, Goderich, Ont.:—"I am greatly pleased with 'Fruit-a-tives,' and can recommend them to any one that has stomach disease."

Mrs. C. F. WRIGHT, Liverpool, N.S.:—"I have taken 'Fruit-a-tives,' and find them pleasant to take, and for the liver trouble most curative."

OINTMENT FOR ECZEMA.—Take of—Carbolic Acid twenty-five grains, Zinc ointment two ounces' mix carefully together as an ointment." This is an excellent ointment for salt rheum or eczema, and for itchiness of the skin in any part of the body.

LOTION TO STOP BLEEDING.—Take of—Tincture of Perchloride of Iron, two ounces, or four tablespoonfuls, Water sufficient to fill a ten ounce bottle or half a pint. Mix together. If bleeding from the mouth, hold a mouthful of this in the mouth for a few minutes and the bleeding will stop. If bleeding from a cut soak a cloth in this and apply to the cut and bind it on firmly with a bandage.

LOTION TO STOP BLEEDING.—Take clean water that has been thoroughly boiled for ten minutes, and to one pint of water add four heaping teaspoonfuls of common powdered alum. Dissolve the alum in the water and apply this alum water to a bleeding surface to stop bleeding. A useful and convenient lotion, but not so efficient as the iron lotion.

TO STOP NOSE BLEEDING—Hold the hands straight up over the head as high as possible, let someone hold the patient's hands high over the head, and in a few minutes the bleeding of the nose will stop. If this does not stop the bleeding, hold pieces of ice to the nose and snuff up the nose the alum water. Holding the hands high up over the head almost invariably will stop nose bleeding instantly.

EYE LOTION.—For inflammation of the eye. Dissolve a level teaspoonful of Boracic Acid in half a pint, or a large teacupful, of boiling water that has been well boiled. When cold apply constantly to the inflamed eye by keeping a very clean cloth soaked in this lotion over the eye. Also, several times a day syringe out the eye with this lotion, using a small dropper or small rubber bulb eye syringe.

OINTMENT FOR BURNS AND SCALDS.—"Take of—Boracic Acid ointment four ounces, Hydrochlorate of Cocaine twenty grains. Mix the cocaine with the ointment thoroughly. *Directions:*—Spread on surgeon's lint, and apply to the burn." Spread the ointment on a piece of lint large enough to cover the burn, and to spread the ointment use a clean common table knife, and spread over as if you were spreading butter on bread. Keep the lint on the burn by applying a clean bandage over it. Dress every day. This ointment has cocaine in it, which deadens the pain, and it is a most excellent ointment for burns. If too expensive, the Boracic Acid ointment alone, without the cocaine, can be used instead.

"Fruit-a-tives" is the greatest Kidney cure.

"Fruit-a-tives"
OF FRUIT LIVER TABLETS



"FRUIT-A-TIVES" IS THE BEST REMEDY EVER DISCOVERED FOR Disease of the Kidneys.

Disease of the Kidneys is a common complaint, and, as it is fatal in its effects if untreated, it should never be neglected. Frequent pain, or ache, in the small of the back, together with headache, loss of appetite, sleeplessness, greyish complexion, passing water too frequently, tongue coated with white fur are symptoms of congestion of the kidneys. If, to these symptoms, there is the slightest puffiness or swelling in the feet or ankles then disease of the Kidneys is far advanced. Too often all these symptoms are pooh-pooed until a chill occurs, dropsy sets in, and then it is too late. The cause of disease in the Kidneys is simply that they have been overworked. The skin and bowels have been lazy, and the kidneys have had to work overtime to rid the blood of the "tissue-waste" or dead cells. Take a medicine which will whip the skin and liver and bowels into doing their share and the Kidneys will have a rest and will get well again. No Kidney medicine, ever even dreamed of, will relieve Kidney disease like plenty of fresh fruit juice will—and "Fruit-a-tives" are fruit juice, only concentrated and rendered more active by the process of combining the juices. **"Fruit-a-tives" are the best and most scientific Kidney Remedy**

ever discovered. Fruit juice, or "Fruit-a-tives," acts on the liver and thus opens the bowels, acts on the skin and stimulates the glands to increased activity, and acts on the Kidneys, soothing them and increasing the out-flow of urine. Any medicine which acts ONLY on the Kidneys does harm in Kidney Disease, as the fault lies with the sluggish, lazy bowels and skin. Harsh purgatives, such as common pills or common salts or strong mineral waters, act on the bowels only by irritating them, and the irritation is carried to the Kidneys—which does harm in this disease. In taking "Fruit-a-tives," for backache and symptoms of Kidney disease,—take one tablet three times a day ten minutes before meals and two or three tablets at bed time—and when taking them always drink half a glass, or more, of cold water. The cold water, drunk with the "Fruit-a-tives," brings the tablets practically back to fruit juice in the stomach. In a few days reduce the quantity of "Fruit-a-tives" taken to two tablets at bed time, and continue this until they seem to act too much on the bowels, and then reduce the quantity to one tablet each night and continue that for several weeks or until all symptoms have gone. Take a

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"Fruit-a-tives"
OF FRUIT LIVER TABLETS

warm bath on going to bed, twice or thrice a week, to assist in rousing the skin to work. As to diet, eat sparingly and carry out the rules of diet given in Indigestion herein, but avoid meat and take eggs and fish instead. Hundreds of testimonials could be printed, of persons relieved of kidney disease by "Fruit-a-tives," but no better one can be given than that of Miss Florence Jamison, of Masson, P.Q. This lady had actual dropsy in the ankles, and she had every symptom of Bright's Disease of the Kidneys, and the only medicine that helped her was "Fruit-a-tives." To any sufferer from symptoms of Kidney Disease it will pay him or her to read carefully Miss Jamison's letter.

**BRIGHT'S DISEASE OF THE KIDNEYS CURED
BY "FRUIT-A-TIVES." MISS JAMISON
WAS CURED OF KIDNEY DISEASE WHEN
PHYSICIANS FAILED TO CURE HER.**

Masson, P.Q. Nov. 16th.

I have much pleasure in reporting to you the great benefit I have received from taking "Fruit-a-tives," and I feel that I cannot say too much in favor of a medicine which has done me so much good. I was a martyr to that distressing complaint—chronic constipation—accompanied with severe headaches, backache, sick stomach and all the symptoms of dyspepsia. I

had also a dreadful complexion, sallow in the extreme and black under the eyes. I had every symptom of kidney irritation, and I had been told by physicians that my kidneys were affected. I consulted a number of physicians and took various remedies, but received very little benefit. Last May I was advised to try "Fruit-a-tives," and when I began to take them I had little faith of getting anything to give



me permanent relief, but, after I had taken half a box of "Fruit-a-tives," I began to feel better, and before I had finished one box the constipation was relieved, the headaches left me, the pain in my back was better, and I could sleep as soundly as when I was a child. Also, my com-

COLD CREAM BALM.—For cold sores on the lips, or chapped hands or sunburn use this. "Take of—Sulphate of Zinc one grain, Eucalyptol ten drops, Ointment of Rose Water two ounces. Mix carefully together as an ointment."

POWDER FOR ECZEMA, ETC.—"Take of—Carbolic Acid twenty grains, Boracic Acid in fine powder two drachms, Powdered Starch six drachms, Powdered Oxide of Zinc one ounce. Mix the Carbolic Acid in the dry powders thoroughly and work in a mortar until a very fine powder is produced." This is a magnificent powder for cases of eczema, or erysipelas, chafing or scalding. It is exceedingly useful in cases of excessive perspiration in the feet. It is best for the dry form of eczema.



"Fruit-a-tives"
OF FRUIT LIVER TABLETS

Headaches and Neuralgic Pains

NATURALLY AND SCIENTIFICALLY CURED BY "FRUIT-A-TIVES."

Headache is always a symptom of blood poisoning, and it is nature's danger signal. Neglect this signal, or treat it wrongly, and the penalty may be death. Only by realizing that headache, or neuralgia, is invariably due to blood impurity can this horrible symptom be cured. What causes blood poisoning? The body is constantly decaying and being renewed, and the dead matter is absorbed into the blood, and should be removed therefrom by the bowels, kidneys and skin. These three blood cleansing parts really throw off the entire dead body several times in a year. If one cleansing part stops acting the blood will be impure, but if two parts stop there will be death. In headache it will almost invariably be found that the bowels have not been acting, have been constipated, and the skin is sluggish or the kidneys are acting imperfectly. The tissue waste or dead cells are, in such a case, left in the blood and irritate and inflame the brain and nerves. Headache is, therefore, a danger signal, and calls for treatment to purify the blood, because if the poison is slightly

increased it will crush the life out. To treat headache by opium, morphia, cocaine or phenacetine is a crime, because such drugs put the skin, kidneys and bowels asleep, and tend to increase the blood impurity. Fresh fruit juice, in large quantities and continued for several days, will cure headache, because it increases the action of the liver and bowels, of the kidneys and of the skin, and is the greatest blood purifying agent in the world. "Fruit-a-tives" are fresh fruit juice, concentrated and increased in strength, combined with the finest tonics, and will positively cure headaches by purifying the blood, and this is the only way headaches can be cured. "Fruit-a-tives" will not only stimulate the liver and bowels and the skin and kidneys to renewed activity, but they will sweeten and tone the stomach, and will make the nervous system stronger. For headache take "Fruit-a-tives" as advised in the article "Indigestion" herein and thoroughly follow out the diet rules there given—while hot baths should be taken, in a warm room, twice or thrice a week, on going to bed, to

OINTMENT FOR PILES.—Take of—Liquid Extract of Witch Hazel Bark two drachms, Sulphate of Zinc two grains, Hydrochlorate of Cocaine ten grains, Acetate of Morphia three grains, Benzoated Lard sufficient to make two ounces. Mix together and make an ointment. Directions:—Apply a little (frequently) to inflamed piles, and relief will be secured quickly. Take "Fruit-a-tives" every night to keep the bowels open and to cure the cause of piles. Piles are caused by constipation and by congestion of the liver and "Fruit-a-tives" always cure these conditions.

"Fruit-a-tives" will cure Headache when other remedies fail.

"Fruit-a-tives" OF FRUIT LIVER TABLETS



aid in arousing the skin to increased activity. Continue to take "Fruit-a-tives" for several weeks until the blood is purified, the constipation cured, the skin and kidneys rendered more active, the stomach sweetened and made stronger, the nerves toned up and the whole body brought to a healthy condition. No Medicine ever discovered will cure headaches and neuralgia so pleasantly and so rapidly as "Fruit-a-tives" will.

MR. BERT CORNEIL SUFFERED FOR MANY YEARS WITH FEARFUL HEADACHES, AND HE COULD GET NOTHING TO CURE HIM —DOCTORS AND EVERY KIND OF MEDICINE FAILED TO CURE —BUT "FRUIT-A-TIVES" AT ONCE CURED HIM.



"I wish to communicate to you the great cure which I have received from "Fruit-a-tives." I was a sufferer from fearful headaches for over two years, sometimes they were so bad that I was unable to work for days at a time. I took all kinds of medicines, was treated by physicians, and yet the headaches persisted. I was rarely free from headache. A short time ago I was advised to try "Fruit-a-tives,"

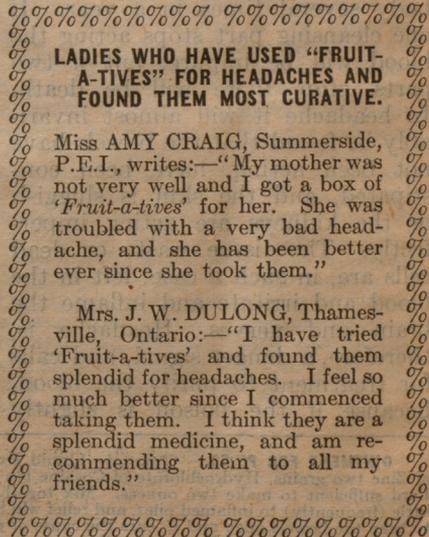
and I did so with, I must confess, very little faith, but after I had taken them for three days my headaches were easier and in a week they left me. After I had taken a box of the tablets my headaches were quite cured. My appetite was always poor and my stomach was bad, and now my appetite is splendid and my digestion is excellent. I had become thin and weak from the constant headaches, but now not only have I been cured of all these awful headaches but my strength is growing up once more, and I feel like a new man. I have taken in all three boxes of "Fruit-a-tives." I am exceedingly grateful to "Fruit-a-tives" for curing me, and I give this unsolicited testimonial with great pleasure, as I hope thereby some other sufferer of headaches will be induced to try "Fruit-a-tives" and will be cured.

(Sgd.) BERT CORNEIL,
Taylorville, Ont.

LADIES WHO HAVE USED "FRUIT-A-TIVES" FOR HEADACHES AND FOUND THEM MOST CURATIVE.

Miss AMY CRAIG, Summerside, P.E.I., writes:—"My mother was not very well and I got a box of 'Fruit-a-tives' for her. She was troubled with a very bad headache, and she has been better ever since she took them."

Mrs. J. W. DULONG, Thamesville, Ontario:—"I have tried 'Fruit-a-tives' and found them splendid for headaches. I feel so much better since I commenced taking them. I think they are a splendid medicine, and am recommending them to all my friends."





"Fruit-a-tives"
OF FRUIT LIVER TABLETS

Heart Disease

PRODUCED BY STOMACH IRRITATION, ALWAYS QUICKLY CURED BY
"FRUIT-A-TIVES."

Heart pains are distressing and dangerous, whether the pains arise from disease in the valves of the heart or from irritation of the nerves of the heart by indigestion. In cases of "stomach heart," or "irritated heart," there is no actual disease in the heart at the outset, but if the irritation is kept up long enough, and untreated, it may produce serious disease in the heart walls. Pain over the region of the heart should, therefore, always receive prompt attention. **The symptoms of an irritated heart are:** Pain over the region of the heart, palpitation and fluttering of the

heart, pains running down the left arm, the heart beats rapidly on the slightest exertion. Added to these symptoms are generally the signs of indigestion, namely, sour eructations, belching gas, water brash, loss of appetite, etc., etc. The cause of the disease is indigestion with fermentation, the production of gas in the stomach which bulges its walls out and thereby presses upon and irritates the heart. In cases of "irritated heart" there is generally chronic constipation, or inaction, of the bowels, and the skin and kidneys are lazy and doing insufficient work. "Fruit-a-tives"

OINTMENT FOR CUTS, BRUISES, SKIN DISEASES, ETC.—"Take of—Boracic Acid one and a half drachms, Carbolic Acid twenty-five grains. Eucalyptol twenty minims, Benzoated Lard sufficient to make two ounces. Mix the ingredients together carefully as an ointment. Directions—Spread on surgeon's lint, or on clean cotton that has been recently boiled and ironed, and apply constantly." An excellent ointment for the healing of cuts and bruises, and for *chilblains*. Skin diseases—Rub gently into a bruise or skin disease and it will soothe wonderfully.

OINTMENT FOR SORE NIPPLES.—"Take of Carbolic Acid fifteen (15) grains, Sulphate of Zinc 1½ grains, Hydrochlorate of Cocaine twelve (12) grains, Simple Ointment one ounce. Mix together thoroughly as an ointment." Smear the cut on the nipple with this, and put a little on a piece of lint and cover the sore. Before nursing the baby, each time, carefully and gently wash off the ointment. This is a splendid ointment, and the cocain soothes the inflamed crack or cut in the nipple so that it soon heals.

DANDRUFF CURE.—For dandruff in the scalp. Take of—"Hydrochlorate of Quinine 36 grains, Alcohol 12 ounces. Dissolve the quinine in the alcohol—bottle and label "Dandruff Cure."—Directions:—Rub a little into the scalp every night or two when going to bed. Don't wash the hair at all but comb out carefully, brush well and put this cure well into the scalp. It will cure the dandruff in a few weeks.

IRON FOOD MIXTURE.—"Take of—Perchloride of Iron one ounce, Hydrochlorate of Quinine forty-eight grains, Price's Pure Glycerine one and a half ounces, Simple Elixior one and a half ounces, Water sufficient to make six ounces. Mix together. Directions:—Take a half to one teaspoonful in two tablespoonfuls of cold water three times a day before meals." *The best iron preparation in the world.* Useful in anæmia or bloodlessness, in menorrhagia, amenorrhœa and vulvitis. When taking this use "Fruit-a-tives" at bed time to prevent or cure constipation.



Rheumatic Pains and Rheumatism

ARE POSITIVELY RELIEVED AND CURED BY "FRUIT-A-TIVES."

The pains of rheumatism are produced by a substance called *Uric Acid*, which gets into the blood, and, once there, it is hard to remove. This poisonous substance, whenever it accumulates in the blood, attacks and inflames the gristle material which covers the joints and muscles and thus produces either active rheumatism or rheumatic pains, depending on the amount of the poison in the system. Now, *Uric Acid* is not natural to the body, then how does it get into the blood? The body is constantly decaying and being renewed, and the dead cells, from this decay, are removed from the blood by the bowels, kidneys and skin. These dead cells are known as "tissue-waste," or "urea," and if the "tissue-waste," or "urea," is not completely removed from the blood, there will be evidence of blood poisoning as shown by headaches, neuralgias, skin disease, indigestion, kidney disease, nervous disturbances, etc., etc. Whenever the urea is retained, or kept back, in the blood and if there is acid indigestion or acid dyspepsia, at the same time, then the excessive acid and excessive urea join together in the blood and form uric acid, or acid urea.

Indigestion with great acidity is, therefore, a prominent factor in the cause of rheumatism. Rheumatic persons are, also, usually hearty meat eaters and an excessive meat diet produces excessive acid in the stomach, to dissolve the meat, and the surplus acid is absorbed into the blood. Rheumatism is, therefore, a symptom of blood poisoning and faulty digestion, and to cure the disease the cause must first be removed. Opium, morphia, phenacetine, salicylic acid and other drugs of this nature, and specifics composed of such drugs, may temporarily relieve the disease, but they cannot cure it to stay cured. "*Fruit-a-tives*," like fruit juice, will cure rheumatism by stimulating the liver, kidneys and skin to increased activity, and thus purify the blood, and remove the uric acid from the blood, while at the same time digestion will be improved and acidity in the stomach will be checked. Take one "*Fruit-a-tives*" tablet three times a day ten minutes before meals and two or three tablets on going to bed, and always, with the tablets, drink about a goblet full of cold water. In five or six days stop the tablets before

GARGLE FOR THE THROAT.—Take of—Sulphate of Zinc ten grains, Boric Acid one drachm, Eucalyptol, twenty drops, Glycerine one ounce, Water sufficient to make ten ounces. Mix and make a gargle. A splendid gargle for quinsy and sore throat. Take "*Fruit-a-tives*" at the same time to purify the blood.

"Fruit-a-tives" cures Rheumatism always.

"Fruit-a-tives" OF FRUIT LIVER TABLETS



meals, and only take two or three each night at bed time and continue this for weeks. If the bowels act too much reduce the quantity of "Fruit-a-tives" taken, but continue the treatment for several weeks or until all pains have been cured. Carefully and faithfully follow out the FIVE GOLDEN RULES OF DIET given under Dyspepsia herein and stop all meat diet, but eggs and fish may be taken. Use alcohol very sparingly or avoid it altogether. Take a warm bath, in a warm room, twice or thrice a week, on going to bed, to assist in rousing the skin to renewed activity. If no meat is eaten, the diet rules rigidly followed, warm baths used—then "Fruit-a-tives," taken, always with a large drink of cold water, will positively cure any case of rheumatism. The treatment should, however, be faithfully continued for several weeks and, while under treatment, woollen under-clothing should be worn and sudden chills carefully guarded against. "Fruit-a-tives," taken as directed herein, will cure rheumatism and rheumatic pains more perfectly than any other known remedy.

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 %% Mrs. R. H. DENNIS, Sault
 %% Ste. Marie, Ont., writes as follows:—"I think 'Fruit-a-tives'
 %% are fire. I am using them for
 %% rheumatism, and have not felt it
 %% since I started to take them."
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RHEUMATISM AND RHEUMATIC PAINS WHICH HAD LASTED TEN YEARS ENTIRELY CURED BY "FRUIT-A-TIVES." EVERY KNOWN TREATMENT FAILED TO RELIEVE THE SUFFERING BUT "FRUIT-A-TIVES" PROMPTLY REMOVED THE DISEASE.



287 Laurier Ave., Ottawa,
 April 10th, 1906.

I wish to place on record, for the benefit of other sufferers from rheumatism, the means by which I was cured. I was a constant sufferer from rheumatism for over ten years, sometimes being worse than others but never quite free from pain. I used many kinds of treatment without any permanent benefit. I consulted the late Dr. W—, of Ottawa, and, though benefited, the pains never altogether left me. I tried hot baths and I lived in the Gatineau Country several summers as advised by Dr. C. but nothing did me any real good. I used purgative pills to no end and used almost every known mineral water. The pains were in my joints and back, and I had frequent headaches and bad indigestion, and I had frequently a nasty eczema break out on my legs. I became weak and discouraged and I finally had to abandon my position as clerk. About a year ago I saw "FRUIT-A-TIVES," advertised and I decided to try this medicine for my rheumatism. After I had taken two boxes I was much better and gradually all my rheumatism was cured

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"Fruit-a-tives" OF FRUIT LIVER TABLETS

although I took seven boxes in all. I have had no rheumatism or rheumatic pains whatever now for over six months, and I feel that I am quite cured. This is the first time in years that I have been free from the pains of rheumatism. "Fruit-a-tives" cured the constipation, which I had suffered from so long, and from the outset of treatment I never had any return of the eczema. I have gained over ten pounds in weight, I am strong and well again and my face has lost all the haggard, sallow appearance and my complexion is as clear as ever it was. I voluntarily give this testimonial, as I cannot praise "Fruit-a-tives" enough for by this medicine I have been relieved of all my

suffering and I am very thankful to be once more well and strong.

(Sgd.) Mrs. R. C. SMALL.

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Mrs. E. D. HOBBS, Strathroy,
Ont., writes as follows:—"I am
using 'Fruit-a-tives' for rheuma-
tism, but as I have only been
taking them for a few days can
only say I am some better."
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Skin Diseases

WILL ALWAYS BE CURED BY "FRUIT-A-TIVES."

Diseases of the skin are invariably due to impure blood, and the poisoned blood is produced by inactive kidneys and inactive bowels. The skin has been, in these cases, trying to do the work of the lazy liver and the lazy kidneys, in throwing off the "tissue waste" of the body, with the result that it has broken down under the strain. In some cases the exhausted skin has been attacked by minute parasites or germs which, in its weakened condition, it was unable to throw off. Generally, in skin diseases, the bowels have been inactive, have been constipated, frequently the patient has gone three, four and five days without any proper action of the bowels. The result of the constipation is that the

stomach cannot act properly and chronic indigestion is present. No ointment for the skin, or powder for the skin, or lotion for the skin will permanently cure disease there until the blood is purified. "Fruit-a-tives," or fruit juice, will cure skin disease by stimulating the liver and bowels to increased activity and by making the kidneys do more work. "Fruit-a-tives" act directly on the skin, and forces the millions of glands therein to increased action, and thus softens and soothes the inflamed part. For skin disease take "Fruit-a-tives" according to the directions given under kidney disease and Indigestion herein, and carefully follow out the FIVE GOLDEN RULES OF DIET.

"Fruit-a-tives" OF FRUIT LIVER TABLETS



ECZEMA OR SALT RHEUM.

ECZEMA consists of a red patch of inflamed skin—either dry, hot and itchy, or wet, hot and itchy. This disease will always be cured by "Fruit-a-tives," if taken long enough to purify the blood and correct the indigestion and constipation. After using "Fruit-a-tives" for a week, and when the blood is purified, then use *Zinc Ointment*, to be procured at any drug store, or get the ointment for eczema given at page 11 made up by a druggist, and use it freely to aid in the cure. In cases where the eczema is dry, red and scaly, and not wet and wattery, it may be best to use the powder for eczema given at page 13. This powder can be secured from any druggist by giving him the recipe.

MRS. F. MAILHOT WAS CURED OF SEVERE SKIN DISEASE, ECZEMA, WHEN DOCTORS AND ORDINARY MEDICINES UTTERLY FAILED TO CURE THE DISEASE.

Ottawa, Ontario,
34 Union St., Sept. 18th, 1906.

It gives me much pleasure to certify that "Fruit-a-tives" have entirely cured me of a disagreeable skin disease.

I had a dreadful rash on my face, arms and hands, the rash was red and itchy and my face and hands were fearfully swollen. I had a pain in my back, and I was very ill. I was advised to take "Fruit-a-tives" to purify the blood and I am very thankful that I took this medicine. After I had taken one box of the tablets, I was



much better; and when I had taken two boxes, the rash was entirely gone, the swelling in face and hands was gone, the pain in the back had left me, and I was quite well again, and my complexion is clearer than it has been for years. I want to thank "Fruit-a-tives" for this great cure—as before I used this medicine I had used many kinds of salves and took quantities of medicines but these did me no good. But "Fruit-a-tives" at once seemed to do me good—and they entirely took away the fearful rash.

(Sgd.) Mrs. F. MAILHOT.

PIMPLES ON THE FACE.

This form of skin disease is a common complaint, and they are always an ugly disfigurement. The cause is blood poisoning from chronic constipation of the bowels, and weakened kidney action, and there is always chronic indigestion. Frequently the person is unaware of the indigestion and constipation, but the poisoned blood shows itself by pimples and blotches on the



Fruit-a-tives OF FRUIT LIVER TABLETS

face. No treatment can cure this disease until the digestion is improved and all inaction of the bowels relieved. Take "Fruit-a-tives" for this disease, as directed in Indigestion herein, and faithfully follow the FIVE GOLDEN RULES OF DIET. Continue to take one, two or three "Fruit-a-tives" every night on going to bed until the blood is purified, the digestion strengthened, the constipation cured and the kidneys made more active. Take a warm bath, in a warm room, twice or thrice a week when going to bed to assist the "Fruit-a-tives" in rousing the skin to do better work. Wash the face in a solution of baking soda, two tablespoonfuls dissolved in a quart of boiling water, every night on going to bed. Continue the "Fruit-a-tives," the dieting and the baths for several weeks and the pimples on the face will be positively cured. No one can take "Fruit-a-tives" for a month regularly without having the complexion vastly improved, as the best skin tonic in the world is fresh fruit juice and "Fruit-a-tives" is fruit juice, increased in

strength and evaporated to a powder and then made into tablets.

RED PIMPLES.

RED PIMPLES, OR RED NOSE, OR RED BLOTCHES on the face are, like all skin disease, a product of blood poisoning from inactive kidneys, inactive skin and inactive bowels. There is, in these cases, long standing indigestion and it is the indigestion which produces the red pimples—but the indigestion has been caused by the impure blood. For these cases take "Fruit-a-tives" regularly every night for a month, as directed in Indigestion herein, carefully follow the diet rules, and then when the blood is purified use local treatment. The local treatment consists in rubbing into the red spots every night, on retiring, *sulphur ointment*, leave the ointment on all night and then wash off carefully in the morning. This treatment will always cure Red Pimples on the face, provided the "Fruit-a-tives" have been taken long enough to get the blood thoroughly cleansed.

ONTIMENT FOR ITCH.—Use *Sulphur Ointment* for itch, and it will rapidly cure. Rub a little into the parts affected two or three times a day.

POWDER FOR DOUCHE.—Take Powdered Borax one pound, Powdered Boracic Acid one pound, Mix together as a powder. Directions:—Dissolve two tablespoonfuls in a quart of boiling water and use as a douche. Use as hot as possible once or twice a day. Useful in leucorrhoea, discharges and irritation. Take "Fruit-a-tives," regularly to cure the catarrh or inflammation, and at the same time use this douche daily and the leucorrhoea, discharge or irritation will be cured.

HAIR TONIC.—"Take of—Sulphate of Quinine twenty grains, Glycerine two ounces, Alcohol sufficient to fill a six ounce bottle. Mix together. Directions:—Put a little on the scalp each or every other day." For dry dandruff or sore points on the scalp with dandruff, for dry brashy hair, for a dry scalp and falling hair. If there is dandruff and falling hair do not wash the hair at all. Where the hair is falling out and the scalp is dry there is always indigestion, and for it take "Fruit-a-tives" regularly for weeks. Cure the constipation and dyspepsia with "Fruit-a-tives" and use this hair tonic regularly and you will save the hair.

"Fruit-a-tives" is a radical cure for Catarrh.



Catarrh

WILL ALWAYS BE CURED BY "FRUIT-A-TIVES."

The meaning of the word "CATARRH" is inflammation of the lining membrane of some internal part or organ of the body. When there is "Catarrh" there is always a discharge of a white, slimy material from the inflamed lining of the part. In "catarrh" of the throat and back of the nose there is a discharge of this white, slimy mucous material. In "catarrh" of the bowels there is diarrhoea and a discharge of slimy material from the bowels. In catarrh of the bladder there is pain in passing water and the urine on settling has a lot of white, slimy stuff in it. Catarrh of the lungs simply means bronchitis or inflammation of the lining of the bronchial tubes—and the person coughs up a quantity of white frothy mucous or slime.

What causes Catarrh? A chill or repeated chills may first produce the inflammation, but if the body is in a healthy state, and the blood pure, the catarrh will soon be healed by nature's own powers. Whenever catarrh is continued it proves that there is a condition of poisoned blood due to inactive bowels, kidneys and skin—and there is nearly always indigestion present. In CATARRH OF THE THROAT AND NOSE there is always indigestion, and the irritation in

the stomach travels up along the gullet and affects the throat and back of the nose. In other words, catarrh in the throat cannot continue unless there is indigestion, and to cure the catarrh first cure the indigestion. "Fruit-a-tives" will cure catarrh, because, like fruit juice, they sweeten and tone the stomach and they purify the blood by acting on the bowels, liver, kidneys and skin. Take "Fruit-a-tives" for catarrh according to the directions given under Indigestion herein, and carefully follow the rules of diet specified. In throat catarrh use a gargle, of half a teaspoonful of common salt dissolved in a tumblerful of water, several times a day, but do not use sprays, or atomizers as these are apt to keep up the irritation.

USES "FRUIT-A-TIVES" FOR HER CHILDREN

Mrs. F. N. NORRISH, Calgary, N.W.T., has used "Fruit-a-tives" for her children with excellent results, and states: "I find 'Fruit-a-tives' especially good for the children, pleasant to take and very cleansing."



"Fruit-a-tives"
or FRUIT LIVER TABLETS

Women's Ailments

BENEFITTED AND CURED BY "FRUIT-A-TIVES."

The chief cause of women's ailments is simply neglect of the most ordinary rules of health. Chronic constipation, or inaction, of the bowels, resulting in indigestion, loss of appetite, bloodlessness and general nervous depression, is certainly the main factor in the vast majority of the symptoms so many women suffer from. In many cases the constipation is severe and the bowels do not move for three, four, five, and even ten days at a time. This means that the kidneys are overworked, become congested and thus produce constant ache or pain in the back. The effect of an overloaded large bowel is to press the womb out of place, to crush the sensitive ovaries, and to irritate the bladder so that frequent passing of

water is produced. A moment's thought will make it plain why so many women have pains low down in front, that is over the ovaries, and pains low down in the back—all produced by pressure from an overloaded large bowel, which is impacted full of hard fecal matter. The cause of the persistent non-action of the bowels is neglect; but it has generally been produced by the use of common purgative medicines. The ordinary purgatives, whether as pills, tablets, lozenges, liquids or salts, tend to produce chronic constipation of the bowels, by making the lining membrane sore, and this soreness results in a sort of paralysis of the bowels. Fruit juice, or "Fruit-a-tives," stimulates the liver and makes more bile

HOUSEHOLD RECIPES.

TO REMOVE INK STAINS, FRUIT STAINS, IRON RUST, ETC.—Buy 10c worth of *Salts of Lemon* in a drug store. Dissolve a level teaspoonful in a wineglassful of hot water; soak the stain with this and it will come out at once.

TO REMOVE GREASE SPOTS FROM CLOTH.—Use *Benzine*—(a pint costs about 20c. in a drug store). Soak a piece of clean cloth and rub the grease spot out with this—rub until dry.

TO REMOVE PAINT SPOTS.—Use *Spirits of Turpentine* or *Benzine*. Soak a clean cloth in material and rub the spot off. Rub until dry.

TO CLEAN GLOVES.—Use *Benzine*. Put the soiled glove in a cup and pour *Benzine* over it to wet it thoroughly and let it soak a minute or two; then draw glove on the hand and rub it with a clean cloth until dry; then put the glove in the air to dry. Half a dozen pairs of gloves can be cleaned for twenty cents in this way.

SWEEPING FEET, HOW TO CURE.—Make a solution of alum—two teaspoonfuls to a pint of hot water. Wash the feet first with soap and water and then wash with this lotion. Do this twice a week. Change the stockings at least two or three times a week. The powder for eczema dusted on the feet two or three times a week will, also, cure this condition.

"Fruit-a-tives" OF FRUIT LIVER TABLETS



flow into the bowels; and it is this natural bile which acts as a natural purgative, without causing any irritation of the lining of the bowels. Also, when the liver is stimulated to pour out more bile the increased amount of bile is kept up for some days, so that constipation is cured. "Fruit-a-tives" will always cure, if it is taken long enough to give it a fair chance. The tonics, in "Fruit-a-tives," will tone up the nerves and aid in curing the indigestion and in improving the appetite. By thus curing the constipation, relieving the indigestion, removing the pelvic and back pains, restoring the nerve force and purifying the blood, the reason is made clear why "Fruit-a-tives" have been so marvelously successful in curing women's ailments. The unsolicited testimony of hundreds of women have proved that "Fruit-a-tives" is the most marvelous medicine ever discovered for the cure of women's ailments. All the medicinal or curative qualities of fruit juice are, as yet, not fully known, but the experience of the many cures of diseases of women by "Fruit-a-tives" lends strong

color to the idea that in fruit juice, or "Fruit-a-tives," women have a medicine particularly their own. That fruit juice, or "Fruit-a-tives," stimulates the liver, kidneys and skin to increased activity, is a fact, but that this medicine stimulates and acts curatively on the womb and ovaries is established by the many cures recorded. In the case of *Mrs. Joseph Lirette*, of Sorel, P.Q., this lady was treated by physicians, she took all kinds of purgative medicines, she took iron tonics, and yet she got steadily worse. If ordinary or common purgative pills had been of benefit to her she would have got well years ago; but these medicines did her actual harm. Her case was pitiable, and for seven long years she was an invalid, never well, almost praying for death to end her sufferings. So near death was she that the last Rites of her Church were administered to her, and all her friends thought her case was hopeless. As soon as she began taking "Fruit-a-tives" the whole tenor of her illness was changed, she began to improve at once, and became as well as ever she was. For seven years she was an invalid, and

IRON CAPSULES.—Where a person cannot take a liquid iron preparation, or when the Iron Food mixture disturbs the stomach, use this capsule for a while, and then take the Iron Food. "Take of—Reduced Iron, fifty grains. Divide into twenty-five powders and put into twenty-five capsules. Directions:—Take one capsule three times a day just after meals." This is a splendid iron pill, or capsule, easy on the stomach and good for anæmia or bloodlessness, but not so good as the Iron Food mixture.

TO CURE EARACHE.—Syringe the ear out gently with warm water, using if possible a small rubber bulb ear syringe. Soak a small piece of cotton wool in warmed sweet oil, and insert in the opening of the ear. Then put on a hot linseed poultice over the ear and keep hot poultices applied until the ache ceases. If convenient to a drug store get a mixture of cocaine in glycerine as follows:—Hydrochlorate of Cocaine five grains Glycerine two drachms. Mix together. Then drop two or three drops of this glycerine into the ear, and this will relieve the pain in a few minutes. If the earache continues probably the inflammation will end in healing—then continue syringing out the ear with warm water two or three times a day, and keep up the hot poulticing with linseed meal.



never was blest with a child, but now the blessing of children is assured to her, so she informs the writer in a letter received from her lately. This case of Mrs. Lirette, like many others, proves that "Fruit-a-tives" is a most curative medicine for women, and that it has a most healing action in all diseases peculiar to them.

CURED BY "FRUIT-A-TIVES" AFTER SEVEN YEARS OF SUFFERING. THE MIRACULOUS CURE OF MADAME JOSEPH LIRETTE, OF SOREL, P.Q.



Sorel, Que. Jan. 22nd, 1907.

I desire to let other suffering women know what medicine to take to get relief. I have been cured by taking "Fruit-a-tives" and I believe my recovery is practically a miracle. I suffered from womb disease for seven years, with dreadful pains over the front of the body, over the back and down the legs. Every time my monthly sickness came on I was ill in bed for ten days with the most fearful pain, headache and bloating. I had indigestion and chronic constipation of the bowels, and the constipation was so bad that I went sometimes for ten to fifteen days without any action of the bowels. The constant suffering made me thin, weak

and irritable and I wanted to die to get relief. I was ill in bed for one whole year. At one time I was so low that everyone thought I was going to die and the last Rites of the Church were administered to me. I was treated by six different doctors without any benefit. I took all kinds of medicine and purgative pills, Effervescent salts in a big bottle, Vichy water, but nothing did me any good. I took red pills but they did me harm. All the pains, sleeplessness, headaches, bloating, indigestion, constipation continued and I gave up to die as nothing gave me relief. Year after year went by and I was still growing weaker and weaker. Then I got a sample of "Fruit-a-tives" but I had no faith in them at all and I would not have taken them only my husband begged so hard for me to try them. How thankful I am that I tried them, as they have been the means of curing me. God has been good to me and heard my prayers, and "Fruit-a-tives" was the means of curing me and restoring me again to health.

The cure is a miracle, as all who knew me thought I was sure to die. As soon as I began to take "Fruit-a-tives" I grew better, the bloating was relieved, the sleeplessness was cured, my stomach acted, and the bowels were moved, but above all the fearful womb pains were made easier. The constipation which no other medicine did any good to, was cured by "Fruit-a-tives." I have taken eighteen boxes in all and I am now perfectly well again and I have not taken any medicine for three months. I took nothing but "Fruit-a-tives" and that medicine and no other cured me. Nothing did me any good until I took "Fruit-a-tives" and now I am well.

No medicine ever made is like "Fruit-a-tives," it is mild and easy to take but it cured me where all other medicines failed. I am more than thankful to be well again, and for the sake of others who may be ill you may publish this testimonial.

(Sgd.) Madame JOSEPH LIRETTE,
No. 41 Royal and No. 100 George Sts.,
Sorel, Quebec.

"Fruit-a-tives"
OF FRUIT LIVER TABLETS



Specified Ailments of Women

LEUCORRŒA or VAGINAL CATARRH

In this condition there is catarrh of the vagina or passage, and there is a white mucous discharge—and the trouble is known as "Whites." This condition is the result of a cold or repeated colds—but there is always constipation of the bowels, indigestion, backache, a tired feeling and the health is not good. Unless treated the discharge may become heavy, yellow and very exhausting. Sometimes the catarrh affects the vulva, or outside parts chiefly, and there may be soreness and unpleasant irritation or itching, the result of the retained discharges. To cure this, use "Fruit-a-tives" for some time, take one or two tablets on going to bed every night and follow the diet rules given under "Indigestion." Use a *douche* every day of Boracic Acid and Borax, according to the recipe, page 23. If the person is very pale and bloodless get a druggist to make up the Iron Food Mixture given on page 17, and take two or three bottles of it, but always when taking it use "Fruit-a-tives" to cure or prevent constipation.

OIL FOR BURNS AND SCALDS.—Take of—Lime Water half a pint, Linseed Oil half a pint.—Mix together. This is *Carron Oil* for burns. Soak clean cloths in this and apply. It is a good application and cheap, but it is not nearly so good as the ointment of Boracic Acid for burns.

GARGLE FOR THE THROAT.—Take common salt and powdered alum, of each a small salt spoonful and add to a tumblerful of water. Gargle frequently with this. A simple but excellent gargle for inflamed throat.

AMENORRŒA or ABSENCE OF MENSTRUATION

Where the changes are absent altogether this condition is called Amenorrhœa. The immediate cause of this trouble is usually a chill, but there is practically always long-standing constipation of the bowels. As the result of the constipation the kidneys are overworked, and there is backache generally. The real cause of this trouble is impurity of the blood, the result of the constipation, and this produces indigestion, loss of appetite, bloodlessness and nerve exhaustion. Take "Fruit-a-tives" as directed in "Indigestion" and "Constipation" herein, and carefully follow the diet rules, and in a few weeks a cure will take place. If the person is very pale and bloodless, use two or three bottles of the Iron Food Mixture or use the Iron Capsules for a while and then take the Iron Mixture. While taking the iron be careful and take "Fruit-a-tives" regularly every night to prevent or ward off constipation of the bowels—but **"Fruit-a-tives" taken every night tends to stimulate the womb and ovaries, and the changes will return naturally.**



"Fruit-a-tives"
OF FRUIT LIVER TABLETS

ULCERATIONS, or UTERINE ULCERATIONS

CURED BY "FRUIT-A-TIVES" OF SEVERE
ULCERATION.



Miss S. E. GRANT, 422 Maria St.,
Ottawa, writes in reference to an illness
from which she suffered for many months:

Where there is a heavy, yellow discharge the patient is apt to think she has ulcerations of the womb. In these cases there has been Leucorrhoea for several months, and there has been constant constipation or inaction of the bowels. As a result of the constipation the kidneys have been overworked and are congested, so that backache is common. There is, generally, headache, backache, pains over the ovaries in front and low down in the back. These patients are really suffering from blood poisoning, and the pains are the result of this condition. Take "Fruit-a-tives" regularly as directed in "Indigestion" and "Constipation" herein, and carefully adhere to the diet rules given—and a cure will quickly follow. Use a large hot douche, as directed in Leucorrhoea, twice a day, but use it lying on the back, and use it very hot, and half a gallon at a time. Douche pans can be secured from a druggist, and they are very convenient. If the person is very pale have a druggist make up the Iron Food Mixture and take two or three bottles. Practically, always, the "Fruit-a-tives" will quickly cure this condition by curing the constipation, purifying the blood, and by stimulating the circulation in the womb and ovaries.

"I am willing to place on record the great benefit I derived from taking "Fruit-a-tives," as thereby I may induce some other woman sufferer to find relief. Last winter I suffered from a severe attack of Grippe, which left me with a dreadful attack of severe leucorrhoea, which made my life a burden. The discharge became awful, my back pained so much that I could hardly move, and the pain over the front and down my legs made the suffering intense. I consulted a physician, and he told me I had ulceration of the womb, and that local treatment was necessary, but this I refused to undergo. I used douches and various remedies, but got little better. As I suffered from constipation and a bad stomach, I started taking "Fruit-a-tives," and I was agreeably surprised to find that the pains soon left me, and I felt better. I had been ill nearly six months, and I was fearfully run down. I found, soon after I began taking "Fruit-a-tives," that my appetite was better, and the heavy discharge was much less by the time I had finished the first box. I took in all four boxes of "Fruit-a-tives," and I was entirely well again. The discharge had quite ceased, and I had gained many pounds in weight, and I had got my color back again. I

"Fruit-a-tives" are mild as fruit and yet curative.

Fruit-a-tives OF FRUIT LIVER TABLETS

took no medicine but "Fruit-a-tives," but I followed the direction in the pamphlet very closely, and occasionally I used the douche. I cannot praise "Fruit-a-tives" sufficiently, and I consider them a splendid medicine for all the complaints which women suffer from."

OVARIAN DISEASE, or PAIN IN THE OVARIES

Pain, from disease of the ovaries, is felt low down in front and low down in the back, and there may be pains running down the legs. In these cases there is, generally, a heavy yellow discharge which has lasted a long time, and the patient's health has been undermined by the discharge and by the pain. There is, practically always, severe constipation of the bowels and this has produced a poisoned blood supply, indigestion, loss of appetite, headache and nerve depression. The ovarian pain is caused by a hard fecal mass in the lower bowel which crushes and irritates the left ovary. "Fruit-a-tives" will relieve, in these cases, by curing the constipation and relieving the overloaded bowel, but this medicine, also, stimulates the circulation of blood in the womb and ovaries and thus

aids in the cure. Take "Fruit-a-tives" for weeks or months regularly and absolutely cure the constipation. Treat the discharge by using hot douches, as specified in "Ulceration." If the person is bloodless, and very pale, take two or three bottles of the Iron Food Mixture, but steadily persevere with the "Fruit-a-tives" and a cure is certain.

SUFFERED FOR YEARS FROM OVARIAN DISEASE, AND WAS CURED BY "FRUIT-A-TIVES" WHEN EVERY OTHER TREATMENT FAILED.



Mrs. MARY E. SHOREHAM, Church Street, Toronto, tells how she was cured of chronic ovaritis:—

"I was a sufferer from disease of the ovaries for many years, and I was treated

FOR INFANTS DIARRHOEA.—Buy half an ounce of Ipecacuanha Wine at a drug store. Drop out ten drops and add the ten drops to ten teaspoonfuls of clean cold water. Stir well, then give a teaspoonful of this water every hour regularly until the diarrhoea is better. The very best diarrhoea medicine for infants, harmless but excellent.

FOR INFANTS DIARRHOEA.—Buy half an ounce of Subnitrate of Bismuth at a drug store Give as much as will hold on half an inch of the point of the small blade of a pen knife, three or four times a day, while the Ipecac drops are being given every hour as well. Bismuth is harmless and yet excellent. Give a dose of Castor Oil at the beginning of treatment to be sure that the bowels are cleared out of any irritating particles of food. In bottle fed infants, boil the feeding bottles frequently each day, and rinse out with baking soda, half a teaspoonful to a cupful of hot water, after each washing, and suck some of the soda and water through the rubber nipple



by physicians, and took many kinds of medicine, but got very little relief. Seven months ago I was recommended to try "Fruit-a-lives" by a lady friend, who had been relieved by this medicine of a similar complaint to mine, and I decided to try this medicine, though when I started to take it I had very little faith that it would cure me. I suffered from a constant backache and pains over the ovaries in front, and a very horrid discharge from the vagina which nothing seemed to cure. I was told by the Doctors that the ovaries were diseased and an operation was necessary. When I had taken one box of the medicine I found the pains in the back, and the ovary pains in front, very much better, and the discharge was a great deal better, and I felt encouraged to persevere. I got the douche which was recommended in the circular and used it every day. Before the second box of the medicine was done I was so much better that I could attend to my house work, which I had not done for many months, and after I had taken four boxes I was free from all pains and I was, I may say, quite as well as ever I was, as my appetite was good and I had gained a great deal in weight. I want to state, also, that my complexion was quite changed. It had been for years very sallow and pale, but under this medicine it was fresh again as ever it was. The discharge also left me much to my relief. I am very thankful to "Fruit-a-lives" for my recovery, as I am now quite well and strong.

MARY E. SHOREHAM,"

UTERINE DISPLACEMENTS AND UTERINE DISEASE

Displacement of the womb is a much more common complaint than is generally supposed, even by phy-

sicians. The womb is suspended, in the pelvis, by cords or ligaments and it is movable downwards, upwards, backwards or forwards. Just behind the womb is the rectum or large bowel, and in front is the bladder and the ovaries are on each side—all these parts are close together within a small space. The rectum, or lower end of the large bowel, is large and if the bowels are confined it becomes full and distended and presses the womb out of place. Thus, an overloaded rectum may press the womb downwards or forwards while at the same time the ovaries are crushed and irritated. The result of this pressure is to cause constant pain, while the bladder will be irritated and frequent passing water will be the result. The irritation of the pressure is pretty certain to produce catarrh, or leucorrhoea, and a heavy discharge will be the result. There will be pain in front and pain in the back, and the health will be undermined. The cause is constipation of the bowels, and if that condition be cured the whole course of the disease will be changed. Take "Fruit-a-lives", regularly to cure the constipation, and use a hot douche to relieve the leucorrhoea, when it is present. The action of "Fruit-a-lives," in these cases, is not only to cure the constipation but the circulation in the womb and ovaries will be stimulated and thereby aid in the cure.

"Fruit-a-tives"
OF FRUIT LIVER TABLETS

SUFFERED FOR TEN YEARS FROM SEVERE WOMB DISEASE, AND CURED BY "FRUIT-A-TIVES" WHEN EVERY OTHER TREATMENT FAILED.



Mrs. F. C. LEDUC, 56 Waverly St., Montreal, writes in reference to her illness from womb disease, which had lasted many years, and was cured by "Fruit-a-tives."—

"I have been a sufferer from womb disease for going on ten years, and I was treated by two physicians who told me my womb was out of place, and that the ovaries were diseased. I have suffered agony at times, especially when my periods were on, with a constant pain in the back and in front and down my legs, and I had a very unpleasant discharge always. Sometimes I was unable to do anything for days at a time, my bowels were always confined, and I had little appetite, and I was very weak. I saw an advertisement of "Fruit-a-tives," and decided to try it, as my bowels were so bad that nothing seemed to do them any good. When I had taken "Fruit-a-tives" regularly for three or four weeks the pains in my back were almost gone, my stomach was much stronger, and I was better in every way. I got a douche,

as recommended, and used it every day, but I took the "Fruit-a-tives" every night at bed time. I kept taking "Fruit-a-tives" for two months steadily, and by that time I was altogether free of the pains, the nasty discharge had quite left me, my digestion and appetite were strong and I had gained over ten pounds in weight. I was really well again much to my surprise, but I kept taking one tablet two or three times a week, and I sometimes take one every night for a few nights, but I find it not necessary to take them every night now as my bowels move freely every day. I may say I have had constipation of the bowels since a young girl, and now is the first time in ten years that my bowels have moved regularly without taking medicine. I found the "Fruit-a-tives," also, gave me sleep, as I had been resting badly for a long time. I cannot praise "Fruit-a-tives" enough, they have cured me of my womb disease, which had made me an invalid for many years, and I am now strong and well. My complexion, also, which was sallow, with dark brown spots on it, has altogether cleared up, and it is now free from spots, is quite clear and my color is good. Indeed, my complexion is better than it has been for fifteen years. I took no medicine except "Fruit-a-tives", only I took this medicine regularly. At first I took one tablet three times a day before meals and one or two on going to bed, but I found that after a few days I could only take two at bed time, and this I kept up for a month, and then I could only take one tablet at bed time as the bowels seemed to be getting stronger and moved freely. I am now quite as well as ever I was, and I feel sure if women with womb disease only knew of this medicine and took it they would be surprised how rapidly it will help them. I can truthfully say that "Fruit-a-tives" is a splendid medicine for women to take, and I can strongly recommend it. Mrs. F. C. LEDUC."

HOW TO USE "FRUIT-A-TIVES." Use "Fruit-a-tives" intelligently and as directed in this booklet, but use this medicine long enough to secure the full benefit of the treatment. "Fruit-a-tives" consists of concentrated and intensified fruit extract and tonics and it will do you no harm if you take it for years. In chronic constipation take, at the outset, sufficient to move the bowels once, say three tablets on going to bed. The next day, if the bowels move more than once, reduce the number of "Fruit-a-tives" to two on going to bed; then keep taking two every night at bed time and when two tablets act too much then reduce the number to one tablet. When you get down to one tablet each night continue this regularly for weeks until the bowels have been healed and strengthened. Finally, reduce the quantity to one every other night—then to one every third night and then lastly only take them once in a while. The action of this fruit medicine on the liver, kidneys, skin, pelvic organs and nervous system is wonderfully curative but the medicine must be continued until it does its work.

WHERE TO GET "FRUIT-A-TIVES." "Fruit-a-tives" are sold at all drug stores and stores where medicines are sold throughout Canada. If the druggist or dealer, that you apply to, does not keep "Fruit-a-tives," or will not secure them for you, send to us direct and we will send them to you by prepaid post. The price of "Fruit-a-tives" is 50c. per box or 6 boxes for \$2.50, and if you enclose the price to us by Postal Note or Money Order we will send them to you at once.

HOW TO KNOW IMITATIONS. "Fruit-a-tives" are never sold in bulk but are only sold in sealed boxes as shown in the colored lithographed cut on the back of this booklet. Every box is sealed and registered and if a box is open do not buy it as it is not genuine. All boxes of "Fruit-a-tives" are exactly the same, all are sealed and cannot be opened unless the outside colored box is broken—so that the public will always know the genuine article.

LOOK OUT FOR SUBSTITUTES. Occasionally a dishonest dealer when asked for "Fruit-a-tives" will say "no, but I have something just as good." The man who states that is unscrupulous and dishonest as there is no medicine made which is just as good as "Fruit-a-tives." There are plenty of medicines that are cheaper and that the dealer makes more profit on than on "Fruit-a-tives." "Fruit-a-tives" is the most expensive medicine made as fruit is a costly material to make medicine out of, but every box of "Fruit-a-tives" is worth, to the afflicted, ten times the price of any ordinary medicine.

FRUITATIVES LIMITED,

386-390 BANK STREET,

OTTAWA, CANADA

"Fruit-a-tives"

or "Fruit Liver Tablets"



The Great Liver Medicine
Made From
Fresh Ripe Fruit
With Tonics Added.