

# NO MORE KIDNEY TROUBLE

## Since He Commenced to Take "Fruit-a-lives"

73 LESS AVENUE, OTTAWA, ONT.  
 "Three years ago, I began to feel run-down and tired, and suffered very much from Liver and Kidney Trouble. Having read of 'Fruit-a-lives', I thought I would try them. The result was surprising. I have not had an hour's sickness since I commenced using 'Fruit-a-lives', and I know now what I have not known for a good many years—that is, the blessing of a healthy body and clear thinking brain."  
 WALTER J. MARRIOTT,  
 68, a box, 6 for \$2.50, trial size 25c. All dealers or sent postpaid on receipt of price by Fruit-a-lives Limited, Ottawa.

### TRAVELLERS' GUIDE

## DOMINION ATLANTIC RAILWAY

### Change of Time January 7th, 1918

For information and new folders apply at nearest ticket office.

R. U. PARKER,  
Gen'l Passenger Agent

## H. & S. W. RAILWAY

Accom. Thursdays only  
 TIME TABLE IN EFFECT Jan. 13, 1918  
 Read down  
 11.10 a.m. Lv. Middleton Ar. 5.00 p.m.  
 11.41 a.m. "Clarence " 4.25 p.m.  
 12.00 p.m. "Bridgetown " 4.10 p.m.  
 12.32 p.m. "Granville Centre " 3.43 p.m.  
 12.49 p.m. "Granville Ferry " 3.25 p.m.  
 13.12 p.m. "Karsdale " 3.05 p.m.  
 13.39 p.m. Ar. Port Wade Lv. 2.45 p.m.

Connection at Middleton with all points on H. & S. W. Railway and Dominion Atlantic Railway.  
 W. A. CUNNINGHAM,  
 Div. F. & P. Agent.

## Yarmouth Line

WINTER SERVICE  
 Leave Yarmouth Wednesdays and Saturdays for Boston.  
 Return, leave Central Wharf, Boston, Tuesdays and Fridays.  
 For tickets, staterooms, and additional information, apply at Wharf office.  
 J. ERNEST KINNEY,  
 Superintendent,  
 Yarmouth, N. S.  
 BOSTON & YARMOUTH S. S. Co., Ltd.

The Safest Matches in the World Also the Cheapest

### Eddy's "Silent 500s"

SAFEST, because they are impregnated with a chemical solution which renders the stick "dead" immediately the match is extinguished.  
 CHEAPEST, because there are more perfect matches to the sized box than in any other box on the market.  
 War time economy and your own good sense will urge the necessity of buying none but EDDY'S MATCHES.

## THIRTEEN WEEKS

In either our Business or Short-hand Departments or for an elective course from each for \$5 is what we offer. You cannot combine your training in any other school in this city. We have many more calls for help than we can supply. Enter any day at

MARITIME BUSINESS COLLEGE  
 HALIFAX, N. S.  
 E. KAULBACH, C. A.

### THE FAILURE OF THE RAILROADS

Government Ownership Made Inevitable by the Cheats Practiced by the Great System.

The railroads have only themselves to thank for the loss of private ownership; this is the conclusion of Bradford Merrill, after careful study of the records, which he makes public in the article, "Railroads Themselves Prove—" in the February number of Hearst's Magazine. Public ownership has become necessary because the public has been systematically and for many years deceived and cheated out of its just dues. High finance sometimes seems too complicated to be readily understood, but Mr. Merrill brings out with a clearness which cannot be withstood, the sensational story of the rise of the New York Central lines to power, and the means which were taken to get every possible concession from the state, while seeing that the public never got the benefit of their success. The story reads like a novel of Big Business, or, with a change of ideals, like the depredations of the robber barons of the middle ages who held the highways and exacted toll from every one who passed. How money was borrowed from the state and never repaid, how railroads which never existed off of paper were capitalized at large figures, how surplus profits were turned into this over-capitalization, and how, after all this, the railroads have put a cry of a need for increase in rates which would put a burden of \$400,000,000 on the nation's cost of living, is a startling revelation which the public has been sorely needing, and which clearly explains the reason why the railroads have forfeited their right to the unquestioning trust of the public to whom they acknowledge no obligations. This question of government ownership is one of the most important in our present domestic affairs, and it is one which no one, after reading Mr. Merrill's article in Hearst's for February, can fail to understand.

### GIRLS! LEMON JUICE IS SKIN WHITENER

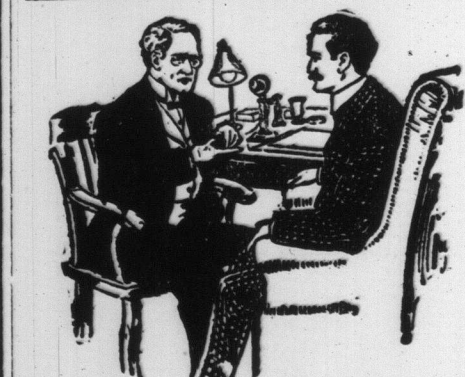
#### How to Make a Creamy Beauty Lotion For a Few Cents

The juice of two fresh lemons strained into a bottle containing three ounces of orchard white makes a whole quart of the most remarkable lemon skin beautifier at about the cost one must pay for a small jar of the ordinary cold creams. Care should be taken to strain the lemon juice through a fine cloth so no lemon pulp gets in, then this lotion will keep fresh for months. Every woman knows that lemon juice is used to bleach and remove such blemishes as freckles, sallowness and tan and is the ideal skin softener, whitener and beautifier. Just try it! Get three ounces of orchard white at any drug store and two lemons from the grocer and make up a quart of this sweetly fragrant lemon lotion and massage it daily into the face, neck, arms and hands.

### Food Control in the West.

Mr. J. D. McGregor, Western representative of the Food Controller, is organizing work in the West from his office in Winnipeg. The co-operation of all the Provincial Governments in the West has been pledged and various progressive measures have already been adopted.

When the Kaiser dumps his medals into the ammunition melting-pot, the end of the war will be visible even to the naked eye.



### Gin Pills FOR THE KIDNEYS

Succeeded Where Operation Failed!  
 "During August last I went to Montreal to consult a specialist as I had been suffering terribly with Stone in the Bladder. He had decided on an operation and was assisted by another doctor. They said the calculus was larger than a bean and too hard to crush and they could not take it out. I was recommended by a friend to try Gin Pills. I bought a box and found relief from the pain at once. I do not expect that they would relieve me of the stone, but to my great joy I passed the stone on October 3rd and am now a well man and very happy."  
 J. ALBERT LESSARD.

Gin Pills are the greatest solvent for uric acid ever offered. Profit by Mr. Lessard's example if you have Stone or Gravel, Rheumatism or other Kidney or Bladder disorder.  
 Sold at all dealers at 50c a box or 6 boxes for \$2.50.  
 Sample free if you write National Drug & Chemical Co. of Canada, Limited, - Toronto, U. S. Address: No-Dry-Co., Inc., 202 Main St., Buffalo, N. Y. 316

## DOCTOR URGED AN OPERATION

### Instead I took Lydia E. Pinkham's Vegetable Compound and Was Cured.

Baltimore, Md.—"Nearly four years I suffered from organic troubles, nervousness and headaches and every month would have to stay in bed most of the time. Treatments would relieve me for a time but my doctor was always urging me to have an operation. My sister asked me to try Lydia E. Pinkham's Vegetable Compound before consenting to an operation. I took five bottles of it and it has completely cured me and my work is a pleasure. I tell all my friends who have any trouble of this kind what Lydia E. Pinkham's Vegetable Compound has done for me."  
 NELLIE B. BRITTINGHAM, 609 Calverton Rd., Baltimore, Md.

It is only natural for any woman to dread the thought of an operation. So many women have been restored to health by this famous remedy, Lydia E. Pinkham's Vegetable Compound, after an operation has been advised that it will pay any woman who suffers from such ailments to consider trying it before submitting to such a trying ordeal.

### NUMBER PLATES FOR 1918.

#### The Motor Vehicle Act, 1914, as Amended.

[From the Royal Gazette.]

The following is a description of the number plates that have been and will be issued by the Provincial Secretary or by the Deputy Provincial Secretary in respect of the calendar, A. D., 1918, under the provisions of said Act:

All the plates are made of steel. The Nova Scotia Coat of Arms is displayed on the left side of all the plates with the words "Nova Scotia" above and the arabic numerals "1918" below the Coat of Arms; the number of the Permit issued respecting a motor vehicle is displayed in arabic numerals to the right of the Coat of Arms on the plates issued with such permit. All numerals and letters on the plates are white on a green ground and the Coat of Arms is in white and green.

Sub-section 3 of Section 13 of the Motor Vehicle Act 1914 as amended is as follows:

"The Secretary may at any time publish in one or more issues of the 'Royal Gazette,' a brief description of the number plates that will be or that have been and will be issued by him in respect of any calendar year under the provisions of this Act. The production of a copy of the Royal Gazette containing such description, shall be prima facie evidence of the matters stated in such description."  
 FRED F. MATHERS,  
 Deputy Provincial Secretary.

### Odd Items

[From Puck.]

At last accounts, Mr. Nicholas Romanoff was much addicted to whist. If such is still the case, he is the only noiseless thing in Russia.

It takes all sorts of people to make a world; including, of course, the woman who pays one dollar to the Red Cross and eighteen dollars for a knitting bag.

The New Yorker is prey to much uncertainty. For instance, when the Red Ball appears he doesn't know whether to go skating in the park, or to line up on Fifth Avenue to welcome a Japanese Commission.

The characters of Mother Goose are sometimes too demonstrative. Little Boy Blue wound his horn, you recall, simply because there were cows in the corn and sheep in the meadow. If there had been coal in the cellar, he would have had something to blow about.

### Advisable But Not Compulsory.

Women's boots are to be lower, that is, lower in height, but not in price. This is a decree that has gone forth from the National Boot & Shoe Manufacturers' Association, of New York, at its recent convention. The height of women's shoes next fall will not exceed nine inches above the heel, with the possibility of another cut of half an inch if further saving becomes necessary. The association has also decided to limit the colors this year. The shoes will be made only in black, white, two shades of tan and two shades of grey. Men's shoes will be made in black and two shades of tan. It is said this will necessitate the lengthening of ladies' gowns, but this is not to be compulsory.

Several flocks of robins have been seen amongst the trees in various parts of the town during the past day or so.

### The School Teacher's Opportunity.

(From Province of N. B. Rural Education Monthly.)

For fifteen years the writer of this article has been engaged in the teaching profession. In common with many others, he has endeavored to give the best of his energies to educate boys and girls, in order that they may possess a greater degree of character, intelligence and usefulness in after life. Since education lies at the very base of the progress and success of all people, the teacher realizes the great responsibility resting upon him. But no teacher can achieve success without the cooperation of the homes of the District and all should realize this.

The home is the most vital thing in one's life and should possess the attention of every right minded individual. The present awful war is being waged in the interest of "home and loved ones," as indeed all wars have been. The school stands for the home and the teacher therefore has an obligation placed upon him regarding both. In cases where the Annual School Meeting of the district fails to transact the business of the year through insufficient numbers such may usually be attributed to the inactivity of the teacher whose personality should influence every home. The medium by which the affiliation between school and home may be most easily affected is the School Garden. Besides the advantages of correlation, it affords opportunity to do a practical work and much benefit to the farmers of our land, who are admittedly chief among "win-the-war" parties in these days of tragic events.

Little did we think, once, that such a topic as the "cost of living" would be so universally discussed in this "Land of Plenty." Britain's food controller says that food will bring an Allied Victory. France, we are told, needs wheat and meat. Canada's food controller informs us that North America's wheat supply falls 250,000,000 bushels short of the Allies' consumption, should this continent be compelled by necessity to feed the Allies. The greater portion of teachers of our Public Schools are country born, and in most cases, have some practical knowledge of farming. It behooves every teacher, whether holding a Nature Study certificate or not, to prepare now for greater production next year. Your country calls for you to assist. You will incite greater unity between school and home if you encourage your pupils and assist them and your school work will be correspondingly benefited. You may assist in this work by encouraging your pupils to cultivate any available fertile ground.

The pupils of this district harvested this year, 66 bu. potatoes, 2 bu. beans, 2 1/2 bu. green peas, 6 bu. turnips, 2 bu. onions, 50 heads of cabbage, 50 squash, 4 1/2 bu. carrots, 5 bu. beets besides a large quantity of cucumbers, pumpkins, tomatoes, celery, radishes, spinach and corn. Who will say that this was not worth the feeble effort? Though the work suffered from a change of teacher it represents an additional District asset equivalent to one hundred and forty dollars or more. The school itself is a growing field. The teacher is the gardener. The subjects of the prescribed course are the tools by which the work of mind training is carried on by the teacher. Chief of all is the gardener. Never before have teachers had such an opportunity as at the present time, to greater home and school cooperation. Let us "seize the current when it serves" by giving every assistance to the rural committees in the patriotic work of food production, and let our motto be "Labor conquers all things."  
 —Martin G. FOX, B. A.

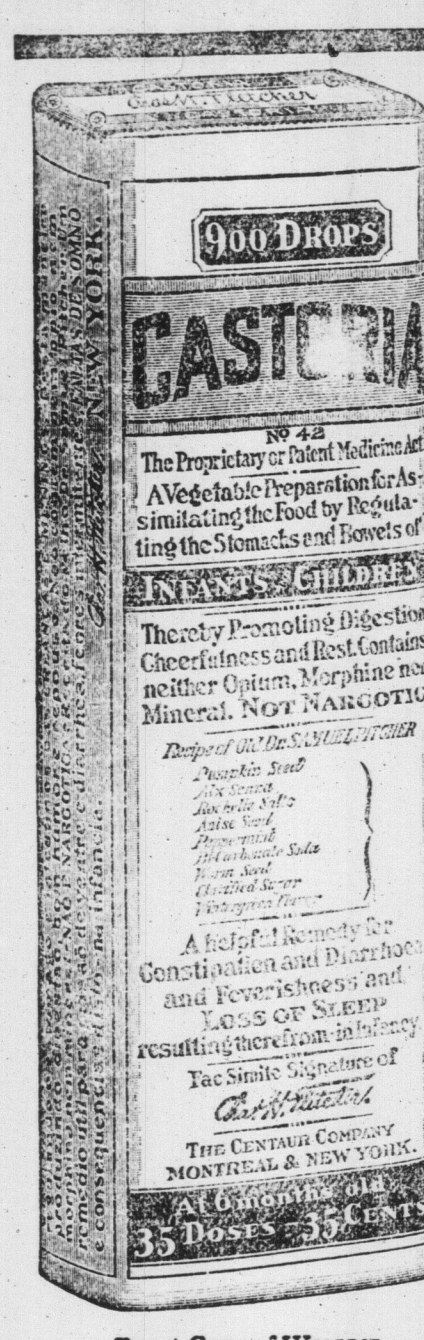
### Soldier Votes Thrown Out.

OTTAWA, January 31.—Fifteen thousand of the 54,500 soldiers' votes cast in Canada will be thrown out according to the latest estimate. W. F. O'Connor, K. C., chief returning officer, has set aside as contravening the soldiers' votes legislation these votes which were cast for constituencies to which men so voting had no claim. For instance a number of Ontario soldiers who happened to be at St. Johns, Quebec, elected to vote in Chambly-Vercheres. This they had no business to do. They should have placed their votes in their home constituencies or where they enlisted. The option of constituencies was intended for soldiers in the Canadian forces who had no home in Canada.

### Ford Doing His "Bit."

WASHINGTON, Jan. 31.—Secretary Daniels announced today after his appearance before the navy naval committee that the navy department has let a contract to Henry Ford for scores of new type of anti-submarine craft developed by the navy. The vessels will be fabricated at Ford's Detroit plant and the parts shipped to seaboard and there assembled.

### Minard's Liniment Cures Diphtheria.



Exact Copy of Wrapper.

## CASTORIA

### For Infants and Children.

## Mothers Know That Genuine Castoria

### Always Bears the Signature of

### In Use For Over Thirty Years

## CASTORIA

THE CENTAUR COMPANY, NEW YORK CITY.

### What the Food Controller Says

Every pound added to the nourishing things to eat, animal or vegetable, will count in this momentous year of 1918. No one should shirk taking up work on a small plot through too modest an idea of its value. Food control has to begin on the small scale. It will be chiefly effective through its thoroughness in the small but innumerable households in the land. So, if more foods can be grown on the home plot, no matter how small, there will be a saving in exportable food and to that extent an increased amount of food will be released for shipment to the Allies. Every new bushel of vegetables next Spring and Summer will release its equivalent in wheat. It is the drops of water in the ocean that go to make up the mighty tide of the Bay of Fundy. The essence of more production does not mean simply more acres put to wheat, but more eatable things from each man's labor. A small area well looked after is often more profitable in an unfavorable season than a large area. An English farm is often measured downward, i. e. by the depth of its productive soil, rather than valued for its sheer acreage.

Of the need for all exportable Canadian food products no one should longer be in doubt. The first of a series of fortnightly cablegrams from France to the Food Controller, states with a plainness that would be pitiful if it were not so noble, how badly off the French civilians are. "The supply of breadstuffs is causing grave anxiety. Imports are very short. Our bread car machinery has been completed but present lack of cereals will not permit of its application" it says. What does that mean? Simply that France is so short of bread that it cannot risk even a readjustment of what must be literally a hand-to-mouth system, lest some should starve. Yet France fights on gloriously! Surely a common pride in an Ally fighting the bravest fight of all the ages should be enough to make anyone determine that in as far as in him lies he will aid such a noble race. The cablegram adds that sugar, farinaceous foods other than wheat, butter and meats are all dread-

fully short and that oils and fats are practically unobtainable as the only one of the British Dominions practically accessible to cargo carriers, as it is manifestly "up to Canada" to strain every nerve to increase the exportable quantities of those commodities so much needed overseas.

### KEY TO CIPHER FOUND ON SKIN

#### The Extraordinary Method Adopted by Female Spy.

LONDON, Jan. 29.—From Milan comes an interesting story of the capture of an international spy, a woman well known in opera, through the aid of the American secret service. More than twenty years ago a Roumanian girl, Elena Teodorina, appeared in opera at Rome and scored a remarkable success. Ultimately she sang with great success in the United States and South America. Recently it was reported that she had been arrested as a German spy. It is now revealed that when she was in Buenos Aires she was in the entourage of the notorious Count von Luxburg, the German i. e. by the depth of its productive soil, rather than valued for its sheer acreage.

When the liner was approaching Cadiz she was stopped and boarded by officers of a British destroyer. Mrs. Teodorina's baggage was examined and some papers were found that appeared to be innocent, but under chemical treatment they displayed peculiar hieroglyphic writings, which could not be deciphered. Then Mrs. Teodorina was taken by female attendants to a bathroom, stripped and her skin was treated with chemicals. The complete key to the hieroglyphics was found on her shoulders. She is now held as a spy at some place which is not divulged.

The Turk has somewhat the mental attitude of the Minor Leagues of Base Ball. He doesn't quite know whether to prepare for spring training or not.

If he is at all patriotic, the hold-up man remains quietly at home on all lightless nights.

Put It To The Test

Order a barrel of Purity Flour, and prove its superior quality in your home. Your success with bread, rolls, cakes, and pastry will be such that you will never be satisfied to use any other flour.

**PURITY FLOUR**

More Bread and Better Bread---and Better Pastry, too.