WOMAN'S BEST MEDICINE

Mrs. Kelly Advises all Women to Take "Fruit-a-Tives"

HAGERSVILLE, ONT., AUG. 26th. 1913.

"I can highly recommend "Fruit-a-tives" because they did me an awful lot of good and I cannot speak too highly about them. About four years ago, I commenced taking "Fruit-a-tives" for a general break-down and they did me a world of good. We bought a good many dollar's worth, but it was money well spent because they did all that you claim for them. Their action is so pleasant, compared with other laxatives, that I found only pleasure, as well as health, in taking them. They seemed to me to be particularly suited to women, on account of their mild and gentle action, and I trust that some other women may start taking "Fruit-a-tives" after reading my letter, and if they do, I am satisfied the results will be the same as in my own case".

MRS. W. N. KELLY

"Fruit-a-tives" are sold by all dealers at 50c. a box, 6 for $2.50, trial size, 25c, or sent postpaid on receipt of price by Fruit-a-tives Limited, Ottawa.

White Ribbon News.

Woman's Christian Temperance Union first organized in 1874.

AIM.—The protection of the home, the abolition of the liquor traffic and the triumph of Christ's Golden Rule in custom and in law.

MOTTO—For God and Home and Native Land.

BADGE—A knot of White Ribbon.

WATCHWORD—Agitate, educate, organize.

OFFICERS OF WOLFVILLE UNION.

President—Mrs. L. W. Sleep.
1st Vice President—Mrs. G. Bryant.
2nd Vice President—Mrs. J. D. Chambers.
3rd Vice President—Mrs. Geo. Fitch.
Recording Secy—Mrs. W. Mitchell.
Cor. Secretary—Mrs. Geo. DeWitt.
Treasurer—Mrs. H. Pineo.

SUPERINTENDENTS.

Peace and Arbitration.—Mrs. L. Reid.
Evangelistic—Mrs. Geo. Bishop.
Temperance in Sabbath-schools—Mrs. (Dr.) Brown.
Scientific Temperance in Schools—Mrs. G. Cutten.
Lumbermen—Mrs. J. Kempton.
Willard Home—Mrs. M. Freeman.
U. B. Bulletin—Mrs. Langille.
Press Work—Miss Margaret Barss.
Parlor Meetings—Mrs. J. Kaye.
L. T. L.—Mrs. Howe.

Comfort Ye My People.

Immortal land, how shall we comfort thee
Whose noble cities wrecked and ruined lie,
Whose fields stretch desolate beneath the sky?
What shall restore time's wonderous legacy
From dust and ashes? Nevermore shall be
Soft benediction from those bells hung high
Above men's griefs and passions; shattered die
The dreams men carved in some lost century.
How comfort ye? The hosts that march to death,
The silent women who besought them not,
Never while speech is fashioned of men's breath
Shall they or their, smith, plow, weaver's, age to age
Shall point its sons to Belgium's glowing page.

—Mary E. Fletcher.

PILES Do not suffer another day with Itching, Bleeding, or Protruding Piles. No surgical operation required. Dr. Chase's Ointment will relieve you at once and as certainly cure you. 60c. a box; all dealers, or Edmanson, Bates & Co., Limited, Toronto. Sample box free if you mention this paper and enclose 2c. stamp to pay postage.

'Henpeck hasn't spoken to his wife in over a year.'

'Doesn't like to interrupt her, eh?'

WOMAN IN TERRIBLE STATE

Finds Help in Lydia E. Pinkham's Vegetable Compound.

Cape Wolfe, Canada.—"Last March I was a complete wreck. I had given up all hope of getting better or living any length of time, as I was such a sufferer from female troubles. But I took Lydia E. Pinkham's Vegetable Compound, and today I am in good health and have a pair of twin boys two months old and growing finely. I surprised doctors and neighbors for they all know what a wreck I was.

"Now I am healthy, happy and hearty, and owe it all to Lydia E. Pinkham's remedies. You may publish this letter if you like. I think if more women used your remedies they would have better health."—MRS. J. T. COOK, Lot No. 7, Cape Wolfe, P.E.I., Canada.

Because your case is a difficult one, and doctors having done you no good, do not continue to suffer without giving Lydia E. Pinkham's Vegetable Compound a trial. It surely has remedied many cases of female ills, such as inflammation, ulceration, displacements, tumors, irregularities, periodic pains, backache, and it may be exactly what you need.

The Pinkham record is a proud and peerless one. It is a record of constant victory over the obstinate ills of women—ills that deal out despair. It is an established fact that Lydia E. Pinkham's Vegetable Compound has restored health to thousands of such suffering women. Why don't you try it if you need such a medicine?

Minard's Liniment for sale everywhere.

The Strut and Gobble.

'When I buy a turkey, I don't pay for the strut and gobble,' says Billy Sunday.

Some men do that when they buy advertising. They pay for excess baggage on a trip to nowhere.

The manufacturer or merchant who puts his money into newspaper advertising buys 'net weight.'

He gets his message before the people he wants to reach.

He is introduced by a medium in which they have confidence.

And returns follow to a certainty.

Newspaper advertising is not an expense, it is an investment.

Little Dorothy, whose father owned a canning factory, went to Sunday School for the first time, but soon came running home, screaming at the top of her voice.

'Why, Dorothy,' said the father, 'what is the matter?'

'Oh, daddy!' she cried. 'Don't let them do it, will you?'

'Do what, my child?'

'Don't let them can me,' she sobbed.

'Can you? What do you mean?'

'Why, the teacher said for everybody to sing, 'Can a little child like me,' and then I ran away 'fore they did it!'

WHY YOU ARE NERVOUS

The nervous system is the alarm system of the human body.

In perfect health we hardly realize that we have a network of nerves, but when health is ebbing, when strength is declining, the same nervous system gives the alarm in headaches, tiredness, dreamful sleep, irritability and unless corrected, leads straight to a breakdown.

To correct nervousness, Scott's Emulsion is exactly what you should take; its rich nutriment gets into the blood and rich blood feeds the tiny nerve-cells while the whole system responds to its refreshing tonic force. Free from harmful drugs.

Scott & Bowne, Toronto, Ont.

'What is your name, little boy?' inquired the teacher of her new pupil.

'I don't know,' replied the little boy, bashfully.

'Well, what does your father call you?'

'I don't know', still more bashfully.

'What does your mother call you when the tea is waiting?'

'She doesn't have to call me,' beamed the new pupil, 'I'm always there.'

Children Cry
FOR FLETCHER'S
CASTORIA

Pete, the hired man, was known for his prodigous appetite. One morning he had eaten a normal breakfast of oatmeal, buckwheat cakes, toast, fried potatoes, ham, eggs, doughnuts, coffee, and the usual trimmings, and gone to a neighbor's to help with extra work. Pete arrived before the family had risen from the morning meal.

'Well, Pete,' hospitably inquired the farmer, 'had breakfast yet?'

'Aw,' drawled Pete in a wheedling tone, 'kinda.'

I cured a horse of the Mange with MINARD'S LINIMENT.
CHRISTOPHER SAUNDERS.
Dalhousie.

I cured a horse, badly torn by a pitch fork, with MINARD'S LINIMENT.
I cured a horse of a bad swelling by MINARD'S LINIMENT.
THOS. W. PAYNE.
Bathurst, N. B.

It was never a happy day for Sammy's painstaking father when his young hopeful's school report arrived at his Boston home.

As for Sammy himself—well, he was a philosopher.

The awful day had come once more, and father was in the lowest depths of misery.

'Sammy—Sammy,' he groaned, 'why is it that you are at the bottom of the class again?'

'What does it matter, father, whether I am at the top or at the bottom?' queried that wise youth. 'They teach the same at both ends, you know.'

A Wonder Worker.

'It heals like magic,' is a favorite expression when Dr. Chase's Ointment is used. It works quickly, stops all itching at once, often heals in a single night. For eczema, salt rheum, barbers' itch, skin irritations or eruptions, it is a most satisfactory treatment. Being antiseptic it prevents blood poisoning.

Mrs. A.—Yes, Belle is married at last, and do you know her husband's the very man who proposed to her ten years ago.

Mrs. B.—She ought to have married him then.

Mrs. A.—Oh, my dear, he was really quite too old for her at that time.

Children Cry
FOR FLETCHER'S
CASTORIA

'Arthur seems a bright, capable fellow. I think he'll get on.'

'Well, he's certainly a worthy young man; but I doubt whether he has head enough to fill his father's shoes.'

'I understand Mrs. Neurich has had her house done over.'

'Yes, and herself also.'

'How about her husband?'

'Oh, he has been done over and over again!'

Flim—What's your business?
Flam—Contractor.
Flim—What line?
Flam—Debts.

Strange that no Liberal paper has blamed the reverses at Ypres on the Canadian boots.

Those Who Stay at Home.

It has now come home to thousands of Canadians that this country is at war, that we, no less than the people of Britain and the people of Belgium, are engaged in the most terrible struggle of all history, a struggle for existence. That our brother Canadians, when called upon to meet the supreme test of battle, would not fail was something every one of us took for granted. The sobering thought that this test would call for the lives of some of the finest of our youth and chivalry was not driven home until the publication of the casualty list laid its shadow of grief upon the land. That shadow is not wholly dispelled by the reflection that the Canadians behaved heroically, that they won the admiration of the best armies in Europe and that they exalted the name of Canada. Today the thought that should be uppermost in this country is a determination that every man and woman will do what he or she can to support our men at the front, to take some personal share of the burden that is being carried by the soldiers in France and Flanders, to do something to really justify British citizenship.

There must be hundreds of thousands of Canadians who have passed sleepless nights because no way in which they could help in this struggle was clear to them. All the soldiers Canada wants can be had, and yet millions of able bodied men and women will be left to do nothing apparently, but hope and fear, yearning to be of use, and not knowing how. A contribution to a patriotic fund, no matter how liberal, can never satisfy the desire of all British subjects to 'do their bit,' to show that they are worthy of the supreme sacrifice others are making for them. The restless desire of those condemned to stay at home is, we believe, largely responsible for the agitation in England that sports should be curtailed, that drinking should be moderated, and that some self denials, however inconnected with the prosecution of the war, should be practised by those who have no other means offered them of proving that their hearts and heart are in the fight. Canada, not less than the British Isles, is doing her share already. She will do what ever she has a chance of doing. It is when we read of our boys laying down their lives that the question we are at home put, that some way might be opened up by which they might show their realization of, and willingness to share the sacrifice made for them.

CASTORIA
For Infants and Children.
The Kind You Have Always Bought
Bears the Signature of Chas. H. Fletcher

Seed-Growing in Canada.

In 1913—14 according to information gathered and supplied by Mr. George H. Clark, the Dominion Seed Commissioner, Canada imported from France and Germany no less than 1,000,745 pound of beet and mangel seed; from Holland and France 45,[illegible] pounds of carrot seed. Radish, cabbage, cauliflower, celery and parsnip seed were also imported in large quantities, mainly from France. While it is thought there was nearly sufficient of these seeds on hand to meet the requirements for this year, these channels being closed, for 1916 there will plainly be a dearth.

The foregoing important facts are duly set down in Bulletin No. 22, of the second series of the Central Experimental Farm, of which M. O. Malte, Ph. D., Dominion Agrostologist, and W. T. Macoun, Dominion Horticulturist, are the authors. 'Canada,' the Bulletin very emphatically says, 'should make herself independent of foreign markets, and produce at home what now has to be bought abroad. Canadian farmers should not only try to meet the emergency demand for field root seed in the immediate future, but should also try to establish a permanent seed growing industry which would make them independent of any other countries.' There will assuredly not be a dissenting voice to this doctrine as a general principle and the Bulletin, which is being gratuitously distributed and can be had on application to the Publications Branch, Department of Agriculture, Ottawa, tells in detail how this desirable state of affairs can be brought about. Cases are given where successful effort has already been made, but the data regarding the matter, it would seem, is not quite as available as could be wished. What is definitely known is that quantities of seed are brought in from abroad, much of which it is believed could, with the requisite care, be produced in Canada and of a character equally as good and high.

General principles for successful seed-growing, of selection, etc., are laid down in the Bulletin, which also details methods that could profitably be adopted for planting, threshing and cleaning of many species of field roots. A list that is given of the best varieties of vegetables for stock seed is of good practical value. Farmers and gardeners are also reminded that as an inducement to the growing of field roots and garden seeds in Canada the Dominion government is willing to aid seed-growers by cash subventions, particulars of which can be obtained from the Seed Branch, Department of Agriculture, Ottawa. It should be added that as the purpose is to encourage the growing of selected seed, only bona fide growers of such seed are eligible to receive the subventions.

Always Cane Sugar

Lantic Granulated is pure cane sugar—no beets—no substitutes! Made in a new Refinery by new and improved methods—packed by automatic machines in original packages.

Lantic Granulated is perfect for cooking and preserving. Sold in 2 lb. and 5 lb. sealed cartons, also in 10 lb., 20 lb. and 100 lb. bags. Weight guaranteed.

Buy "The Sugar of Extra Quality"

Lantic Sugar

Lantic Sugar

Atlantic Sugar Refineries Limited MONTREAL, QUE. ST. JOHN, N. B.

Let's make a Jelly Roll—
With FIVE ROSES flour.
Its *Strength* and *Fineness* hold your batter together in the long well-greased pan.
Bakes *evenly*.
Smooth Texture—soft, golden Crumb, spongy, porous, yielding.
No holes, nor lumps to *cox* you.
And when you turn it out on the damp napkin hot and *savory*, and you spread the under side with "Jell"—
It doesn't get *soggy* nor *crumbly*.
Roll it gently, *carefully*.
Not a *crush*—not a *break*.
Perfect Smoothness—a Perfect Roll—Pears.
Bake anything, make anything.
Use FIVE ROSES—*bread and pastry*.
Melting puff paste—flaky pie crust—crisply fritters—tooth some rolls.
FIVE ROSES for anything—everything.
Be flour-wise.

Five Roses Flour

Not Bleached — Not Blended

LAKE OF THE WOODS MILLING COMPANY, LIMITED, MONTREAL

FOR SALE BY WM. C. BLEAKNEY

DOMINION ATLANTIC RY
& STEAMSHIP LINES
TO ST. JOHN VIA DIGBY AND TO BOSTON VIA
DOMINION ATLANTIC RY TO YARMOUTH thence Steamers of the BOSTON & YARMOUTH STEAMSHIP COMPANY
— — YARMOUTH LINE — —
LAND OF EVANGELINE ROUTE

Wolfville Time Table

Corrected to Jan. 15th, 1915.

LEAVING.

Express for Truro and Halifax	6.15 a.m.
Accom. for Halifax	12.35 p.m.
Express for Truro and Halifax	4.15 "
Express for St. John and Yarmouth	9.51 a.m.
Accom. for Annapolis	1.30 p.m.

Express leaving at 9.51 a.m. connects at Kentville with C. V. Branch train for Kingsport.

ARRIVING

Express from Kentville	6.15 a.m.
Accom. from Annapolis	12.35 p.m.
Express from Yarmouth and St. John, N.B.	4.15 "
Express from Truro & Halifax	9.51 a.m.
Accom. from Halifax	1.30 p.m.
Express from Halifax	5.54 "

These trains only run on week days.

Boston Service

Express train leaving at 9.51 a.m. for Yarmouth connects with steamers of the Boston & Yarmouth S. S. Co., Ltd., sailing Wednesdays, and Saturdays for Boston.

R. U. PARKER
General Passenger Agent,
P. Gifkins, Manager.
Kentville, N. S.

FOR SALE.

BUILDING MATERIALS. — Hemlock, Spruce and Birch Timber and Lumber; also Stone and Sand suitable for concrete.

Timber sawed to order.

Will quote prices on material delivered.

J. A. ELDERKIN,
'Broadview Farm',
Wolfville.

25 tf

Are You Painting on the "24th"

"Victoria Day" is "Spic and Span Day", when everybody gets out their paint brushes.

The "24th" comes just at the right time for you to give the House its new coat of paint—to freshen up the Porch and Front Fence—to do the Floors and Walls—in short, to make your home spic and span, inside and out.

MARTIN-SENOUR PAINTS AND VARNISHES

include everything you need for Paint Day. We carry the full line of "100% Pure" Paint—also Spic and Span Finishes—and will be pleased to give you color cards of these reliable brands.

Ask for a copy of our books, "Town and Country Homes" and "Harmony in Neu-Tone". You will find them of the greatest assistance when deciding on color schemes for the different rooms and also for the outside of the house. Free to our friends.

F. O. Godfrey, Wolfville, N. S.

Special Notice.

Owing to the fact that Nova Scotia housekeepers have become more convinced than ever of the ability of the "Big Store" to help them keep down the cost of living, notwithstanding the fact that we had printed a very much larger edition than usual of our Catalogue the supply is completely exhausted.

As soon as prices adjust themselves after the dearrangement caused by the increase of the tariff we shall publish and have ready for distribution our Annual Spring and Summer Catalogue.

In the meantime if there is anything you require send in your list and we shall quote you very lowest prices.

WENTZELL'S LIMITED
The 'Big Store,' Halifax, N. S.
Acadian

Building Repairs.

We manufacture and keep in stock building finish necessary for repair work or new buildings.

Ask for our prices on soft and hardwood flooring, sashes, doors, verandah stock, sheathing, gutters, mouldings, frame stock, shingles and laths.

Ask for our Furniture Catalogue.

J. H. HICKS & SONS

Furniture and Builders' Materials
Factory and Warerooms, - BRIDGETOWN, N. S.

COAL! COAL! COAL!

Carefully Screened and Promptly Delivered.
Springhill, Albion Nut and Old Sydney.
GIVE US A TRIAL.
Burgess & Co.

Great-West Life Assurance Co.

Halifax Fire Insurance Co.

R. W. TUFTS
Local Representative.

R. J. Whitten & Co.
HALIFAX

Receivers and Sellers of all kinds of Farm Produce.

Consignments Solicited.

Prompt Returns.

Professional Cards.

DENTISTRY.

Dr. A. J. McKenna
Graduate of Philadelphia Dental College
Office in McKenna Block, Wolfville.
Telephone No. 43.
Gas Administered.

C. E. Avery deWitt
M. D., C. M. (McGILL)
One year post graduate study in Europe.
Office hours: 8—10 a. m.; 1—3, 7—9 p. m. Throat work a specialty.
Tel. 81 University Ave.

M. R. ELLIOTT
A.B., M.D. (Harvard)
Office at residence of late Dr. Bowles.
Telephone 23.
Office Hours:—8-10 a.m., 1-3, 7-9 p.m.

O. PURVES SMITH
M.B.—C.M., Edinburgh
OCULIST.
Consultation Hours: 10 a.m.—12 noon. 2 p.m.—4 p.m.
Monday Excepted. Telephone 163.
Westward avenue, Wolfville, N. S.

W. E. ROSCOE, K. C. HARRY W. ROSCOE, LL.B.
ROSCOE & ROSCOE
BARRISTERS, SOLICITORS, NOTARIES, ETC.
KENTVILLE, - - N. S.

Mrs. Huff—What shall I do with this picture of my Christian Science friend?

Mr. Huff—Buy a frame of mind for it.

To Check a Cold.

It is easy to check a cold if you begin in time. Frequent doses of Dr. Chase's Syrup of Linseed and Turpentine keep the cough loose, allay the inflammation and so prevent it spreading to the bronchial tubes and lungs. Mrs. S. M. Moore, Shortreed, B. C., writes: 'I wish to state my gratitude for Dr. Chase's Syrup of Linseed and Turpentine, for it cured a cold which a friend said would soon put me in the grave.'

Mrs. Ager—My husband always takes a day off when he has a birthday.

Mrs. Kutting—When you have one I suppose you take a couple of years off.

Minard's Liniment Cures Diphtheria

The best kind of preparation for married life is to be a saleswoman, because in selling goods you learn patience and courtesy and how to manage people.

Mrs. Rosenbaum—Oh, Jacob, little Ikey has swallowed a dime.

Rosenbaum—Send him to bed without his supper. Dot vill make it aboudt even.

In old days you never mentioned love affairs or pains inside. But now your lovers and your appendix are public property, so to speak. Everybody talks about them.

Bix—I wonder why they have those big mirrors in saloons?

Dix—To enable a man to get a full view of himself, I suppose.

The Dominion Department of Agriculture comes along with a timely little wartime brochure entitled, 'The Army Worm.'

Cash Store.

Purity Flour,
Regal Flour,
Banner Flour,
Grass Seeds
Peas, Beans and Corn Seed.
Small Seeds in pkges. and bulk.
Oranges, 25, 30, 35, 40 and 50c.
Moir's XXX Chocolates, 35c. lb.

C. W. STRONG
Wolfville.

Men always fancy a change of type in the womankind they habitate and that which they choose. He had a tweed sister, so he wanted a chiffon wife.

And Herod, too, gave the mothers warning before starting slaughtering the babies.