# HOW TO GET RID OF RHEUMATISM

## "Fruit-a-tives" Point the Way to Quick Relief

VERNON, ONT.

"I suffered for a number of years with *Rheumatism and severe Pains in my Side and Back*, caused by strains and heavy lifting.

When I had given up hope of ever being well again, a friend recommended 'Fruit-a-tives' to me and after using the first box I felt so much better that I continued to take them; and now I am enjoying the best of health, thanks to your wonderful fruit medicine".

W. M. LAMPSON,

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


## White Ribbon News.

*Women's Christian Temperance Union first organized in 1874*

AIM.—The protection of the home, the abolition of the liquor traffic and the establishment 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. B. O. Davidson
1st Vice President—Mrs. O. W. Miller
2nd Vice President—Mrs. McKenna
Recording Secy.—Mrs. Ernest Redden
Cor. Secretary—Mrs. W. O. Taylor
Treasurer—Mrs. H. Pineo

SUPERINTENDENTS

Evangelistic—Mrs. George Bishop
Parlor Meetings—Mrs. Young
Laborador Work—Mrs. Fielding
Red Cross and Lumbermen—Mrs. J. W. Vaughn.
Press and Willard Hall—Mrs. M. P. Freeman.
White Ribbon Bulletin—Mrs. Hutchinson.
Temperance in Sabbath schools—Mr. G. A. Patriquin.

Let us not therefore judge one another any more, but judge this rather, that no man put a stumbling block or a occasion to fall in his brother's way.—Rm. 14: 91.

Business meeting of the W. C. T. U. the last Friday of every month.

## "Not My Business."

A wealthy man in St. Lewis was asked to aid in a series of temperance meetings, but he scornfully refused. After being farther pressed, he said:

'Gentlemen, it is not my business.'

A few days after, his wife and two daughters were coming home in the lightning express. In his grand carriage, with liveried attendants, he rode to the depot, thinking of his splendid business and planning for the morrow. Hark! did some one say 'accident?' There are twenty-five railroads centering in St. Louis. If there has been an accident it is not likely it has happened on the ——— and Mississippi Railroad. Yet it troubles him. It is his business now. The horses are stopped on the instant and upon inquiring, he finds it has occurred twenty-five miles distance on the ——— and Mississippi. He telegraphs to the superintendent:

'I will give you five hundred dollars for an extra engine.'

The answer flashes back 'No.'

'I will give you one thousand dollars for an engine.'

'A train with surgeons and nurses has already gone forward, and we have no other.'

With white face and anxious brow, the man paced the station to and fro. That is his business now. In half an hour, perhaps, which seemed to him half a century, the train arrived. He hurried toward it, and in the tender found the mangled and lifeless remains of his wife and one of his daughters. In the car following lay his other daughter with her dainty ribs crushed in, and her precious life oozing slowly away.

A quart of whiskey, which was drunk fifty miles away, by a railroad employee, was the cause of the catastrophe.

Who dares say of this tremendous question, 'It is not my business'—Unknown.

To remove axle grease on clothing, rub the stains with fresh lard; rub on good, hard soap; wash in cold water.

To remove the smell of fresh paint, put a pail of cold water in the room and change it every two or three hours.

Do not throw away the lettuce leaves that are unfit for salads. They can be cooked and served with butter, the same as cabbage.

Dad's Corn Gems.—One cup Indian meal, 2 cups flour, ½ cup sugar, 2 teaspoons baking powder, 2 eggs, salt, milk to consistency of cake.

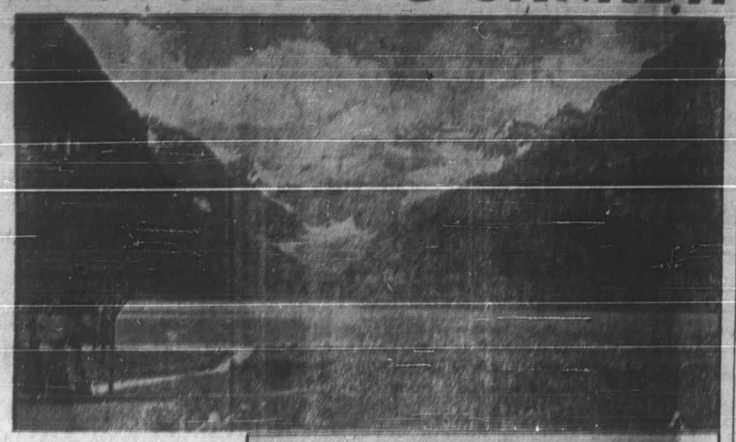
Thoroughly wash figs, dates and all dried fruits before cooking them. The saccharine coating readily collect dust, hence the washing is a necessary precaution.

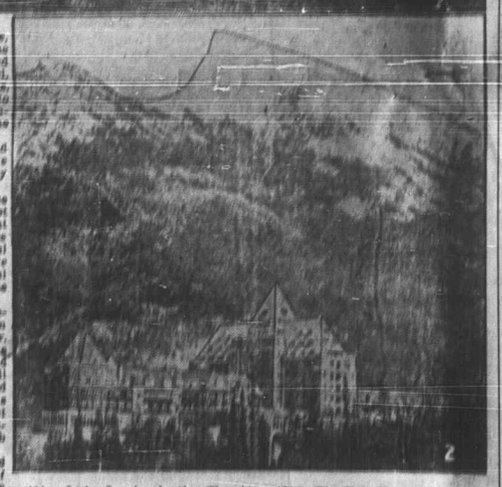
One Egg Delicious Cake.—One cup sugar, 1 tablespoon butter creamed together; yolk of 1 egg, ½ cup sweet milk, ½ teaspoon soda, 1 teaspoon cream tartar, 1½ cups flour, 1 teaspoon vanilla, then add white of egg, beaten stiff.


**A Cure for Bad Breath**

"Bad breath is a sign of decayed teeth, foul stomach or sluggish bowels." If your teeth are good, look to your digestive organs at once. Get Knight's Castile Syrup of Buckthorn. 15 to 30 drops after meals, clean on your tongue, and stop the bad breath odor. 50c and $1.00 Bottles. Do not buy substitutes. Get the genuine.


# DISCOVERING CANADA





(1) Lake Louise in the Clouds. (2) Banff Springs Hotel.

One of the interesting, if inevitable, results of the great war is the way in which it has diverted the course of summer travel. Formerly, when Mr. and Mrs. Upper Ten of Halifax or Toronto wished to arrange their holiday itinerary, there was positively only one place to go—Europe.

Now things have changed. Mr. and Mrs. Upper Ten must go somewhere for a summer vacation, and so they have discovered Canada.

They have found to their immense surprise, that Canada has the most gorgeous scenery in the world, that nothing in any of the older countries can compare with our wonderful Rocky Mountains, and that nowhere is there a more exquisite pastoral landscape than in Ontario, or in the British Columbia Valleys.

Even the prairies, despised and rejected by descriptive writers, have an infinite charm to the real Westerner. "Monotonous?" he says, in genuine surprise, "monotonous? Never! I'd sooner motor over a prairie trail than take the finest macadamized lakeshore drive in the world. That's monotony, if you like. Nothing but smooth pavements, conventional boulevards and formal city houses with their neat little gardens."

"No; sir, give me the open road where you can let out a warwhoop if you like, sing if you want to, drive with your hat off, and your sleeves rolled up, take a pot-shot at the gophers bobbing up to watch you pass, or stop for a 'chin-chin' at a homesteader's shack and find him mighty glad to see you. What would one of your city folk think, I ask you, if you stopped at his door to say, 'I'm driving across your town, and thought I'd just stop for a chat.' Jiminy! He'd have you arrested! Me for the prairie!"

But it isn't all prairies and homesteaders in the West. You may be just as formal and "dressed-up" as you like at the beautiful mountain hotels of Banff, Lake Louise, Field, Glacier, and at the coast. All the hotels from Winnipeg to Victoria are excellent, but personally I like the Banff Springs Hotel at Banff, the Chateau at Lake Louise, and the Empress at Victoria. These three hotels are so particularly restful and "homey" in their atmosphere, that one feels as if one could linger there forever in a lotus-eater's paradise, always happy and comfortable.

At Banff there are innumerable methods of enjoying oneself — such sulphur baths, such mountain walks and rides, such fishing, such meals, such evenings of talk and music before blazing log fires, such a splendid dancing floor in the sun parlor—I grow quite homesick when I think of Banff.

At Lake Louise one could be happy if one did nothing all day but lie still and gaze at that exquisite emerald lake, set like a gem in its circle of snow-crowned mountains, the sun transmuting the wooded slopes into purples and golds and greens such as one would see nowhere else in the world. And when you add to that unrivalled view the charm of the hotel with its lawns like green velvet and its beds of white and golden poppies, its chintz-hung bedrooms and its cosy sitting-rooms, you have scenery viewed under ideal conditions.

If you really want to "rough it," you may, at any of the mountain resorts, change your Swiss guides and start out for several days, weeks or even months of mountain-climbing. You may ride and fish and tramp and sleep out under the stars and get just as far away from civilization as your heart desires.

And then, when you come to Vancouver and Victoria, you may have all the advantages of shops, macadamized roads, good hotels, and Lea-tree, together with a certain Oriental flavor that is both piquant and fascinating. Japanese servants in the hotels, Japanese and Chinese shops with all sorts of intriguing novelties in the windows, tall, dignified Hindus with their picturesque turbans, stalking about the streets, sailors from every country off the various ships in port—nothing is quite so interesting as a coast town.

"Buy Canada first," should be the slogan of all loyal Canadians in these days of storm and stress. It would give each and every one of us a more passionate love for our country if we could go from Halifax to Vancouver to see just what an inestimable treasure we have in our Dominion and how worth while it is to fight for, to live for her, and even to die for her.

The Ottawa Department of Agriculture mailed eight and a half million bulletins last year.

The distance flown by Alcock and Brown was 1650 nautical lines or 1921 land miles.

The 2nd U. S. Engineers recently bridged the Rhine in less than an hour, or exactly 58½ minutes. And now the 1st Engineers have done it in forty-one minutes.

Practical socialism as they tried it out in Winnipeg does not look like the harmless thing you read about.


Children Cry
FOR FLETCHER'S
CASTORIA


'Why do you go visiting every Sunday afternoon?' asked Binks.

'To keep from being visited,' replied Jinks.

Brown Bread.—Two cups meal, 1 cup flour, 1 cup sour milk, 1 heaping teaspoon soda, a little salt. Steam three hours.

'Pa, what is a paradox?' asked the young son of an old family.

'Two physicians who can agree on the name of the disease that's pestering a fellow's interior', explained pa.


Children Cry
FOR FLETCHER'S
CASTORIA


'The lawyers can't split hairs over that case.'

'Why not?'

'Because it has nothing in it but bald fact.'

'I see they have a circus giant outer at the hospital. What is the matter with him?'

'I think he has a pane in his stomach.'


Children Cry
FOR FLETCHER'S
CASTORIA


She—Oh, my dear, they had such bargains downtown today. They sold such cheap things.

He—I don't doubt it. I notice they sold you.

Miss Boutet, of Paris, who has just died at Perpignan, at the age of 75, has left her whole fortune to France, to be devoted to the work of rebuilding churches destroyed by the Germans. The amount will exceed 500,000 francs, or $100,000.


CASTORIA
For Infants and Children
In Use For Over 30 Years
Always bears the Signature of Chas. H. Fletcher


He—Isn't that 'gone' feeling dreadful, Miss Susie?

Susie—Oh, I don't know. There are times when I positively enjoy it.


PILES


The King and Queen will not hold any Courts this year, but, in the place of these functions, will give a series of afternoon parties in the garden of Buckingham Palace during June and July. Invitations to which will be equivalent to and recorded as attendances at presentations at Court, as the case may be.


**Used For Shaving.**

Many men are troubled, more particularly in the cold weather, with a sort of roughness of the skin or eczema caused by shaving. The application of Dr. Chase's Ointment after the shave soon cures the trouble and by using it after each shave you keep the skin soft and prevent irritation and soreness. Because of its antiseptic qualities this ointment prevents and cures Barber's Itch.


Every man should have a graveyard of his own. If you hear a bit of malicious gossip—bury it deep. If you have been nursing a feeling of hatred toward somebody for years—bury it. And when you have hastily filled your graveyard with the worst that was in you—you will find the world and all that goes to make it a much better world than ever before.

Now that aeronautics have developed so far, it will certainly be no surprise if we see many a flower fly this summer.


Every 10c Packet of WILSON'S FLY PADS WILL KILL MORE FLIES THAN $8.00 WORTH OF ANY STICKY FLY CATCHER

Clean to handle. Sold by all Druggists, Grocers and General Stores.



**HUTCHINSON'S**
**Livery and Automobile Service**
WOLFVILLE, N. S.

Teams or Autos always ready for a drive through the Evangeline Land.
Teams at all trains and boats.
Weddings carefully attended to by Auto or team.
Give us a call. Telephone 55.

T. E. HUTCHINSON, - Proprietor



...ream I Dwelt in Marble Halls"
...m You'll Remember Me"
...s Forever Past"
...e Fair Land of Poland"
...e Gypsys' Chorus"

At Prices You Can Afford

40 - PEOPLE

Prices—Lower Floor, $1.50; First Two Balcony, Balance of Balcony, $1.

Seats now on sale at Box Office. Mail orders must be paid for.



YOU can depend upon Wentzells' Limited—Eastport—giving you every advantage of any drop in the cost of living. Send us your name and dollars of any special snaps which we may have to offer.


# Growing Tomatoes in Alberta

The production of tomatoes in large quantities on the prairie does not appear to have been a success in the past, but prairie people are of a type who are forever doing something which was never done before. Messrs. G. O. Kerr and J. E. Tirrill, of Lethbridge, Alberta, have observed for some years that tomatoes in small quantities were matured in the Lethbridge district and decided that there was no reason why the experiment should not be made on a commercial scale. As a result about two acres of tomatoes were set out last summer on land farmed by Mr. Kerr, a few miles east of Lethbridge. The plants were started under glass in Lethbridge and set out on June 6, 7, and 8, at which time they were from 6 to 8 inches in height. Three thousand five hundred plants were set in the plot, some of them three feet apart and some four feet apart. The experience of the season seems to indicate that the four foot plant is preferable.

The soil secured was an old pasture which had since been in alfalfa and is protected by a wind break of trees on the western side. It is a very rich loam with a gentle south slope and, of course, is irrigated. The land was cultivated in the ordinary way and irrigated before planted and three times afterwards.

The first of the ripe fruit was available seven weeks after setting out the plants, or about the end of July. During the month of August from five to six hundred pounds of beautiful ripe fruit was taken off the plot each day and this rate of production continued into September. The total yield of the plot is estimated at 35,000 pounds and a ready market was found for the product in the city of Lethbridge, the early ripe tomatoes bringing twenty-five cents a pound and the latter crop fifteen cents a pound. The gross price of 35,000 pounds at the latter figure is $5,250.

According to Mr. Kerr, no difficulties were experienced in the production of this crop. The vines were trimmed early in July for the purpose of producing heavier fruit and also admitting more sunshine which ripened it very rapidly. The tomatoes were as large and as well developed as the best imported stock from British Columbia or Washington and, being local grown, they, of course, reached the consumer in better condition. The crop was so heavy that in many cases the support stakes which had been put in for the vines to climb on were broken down. One vine was noted which had eighty-three tomatoes on it.

Gathering Tomatoes in Alberta.

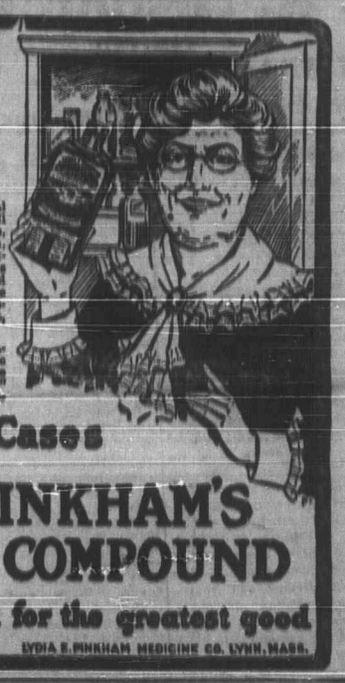
Up to the middle of September no damage had been experienced from frost, although as a precautionary measure flax straw had been dumped about the plot, so that smudges could be started if necessary. Mr. Kerr points out that the essential thing in the production of this crop was the irrigation, which not only increased the amount of fruit but by affording ample moisture at the right time resulted in early ripening. Without irrigation it is doubtful if the experiment would have been at all successful, and while it is not suggested that every person can go into tomato raising in Southern Alberta and produce $2,500 per acre the experience in this case is at least instructive as to what these irrigated lands are capable of. It is not too much to say that such lands, if located in the mountainous part of the continent, would be sold at many hundreds of dollars per acre, but because they are found in Alberta in practically limitless sweeps of prairie they are still sold ready for the plow at less than what would be the cost of clearing them in even lightly timbered regions. Their very abundance makes it difficult to grasp their value but there is little doubt that some day they will be the home of the most productive and closely settled agricultural community on the continent.


**Middle Aged Women**

**Are Here Told the Best Remedy for Their Troubles.**

Fremont, O.—"I was passing through the critical period of life, being forty-six years of age and had all the symptoms incident to that change—hot flashes, nervousness, and was in a general run down condition, so it was hard for me to do my work. Lydia E. Pinkham's Vegetable Compound was recommended to me as the best remedy for my troubles, which it surely proved to be. I feel better and stronger in every way since taking it, and the annoying symptoms have disappeared."—Mrs. M. Gonseil, 958 Napoleon St., Fremont, Ohio.

North Haven, Conn.—"Lydia E. Pinkham's Vegetable Compound restored my health after everything else had failed when passing through change of life. There is nothing like it to overcome the trying symptoms."—Mrs. Florence Isella, Box 107, North Haven, Conn.



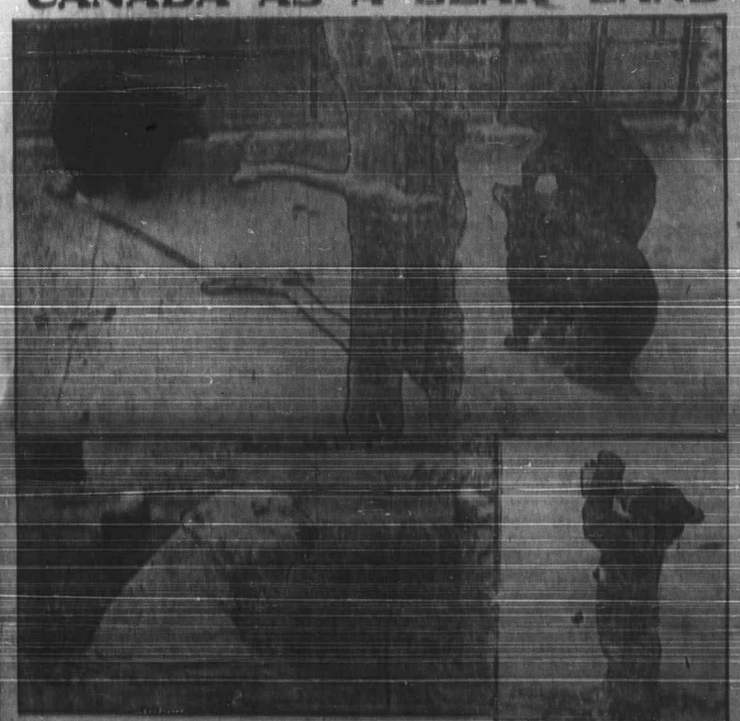
**In Such Cases**

**LYDIA E. PINKHAM'S VEGETABLE COMPOUND**

**has the greatest record for the greatest good**

LYDIA E. PINKHAM MEDICINE CO. LYNN, MASS.


## 'CANADA AS A BEAR LAND



(1) Grizzlie bear at Banff. (2) Polar bear in Banff Zoo. (3) Black bear cub, Alaska.

CANADA grows bears as well as grains and fruits and other products of the soil.

Bruin is to be found in every province, but it is in the mountain region of British Columbia that he flourishes. There one will find grizzlies and silver tips, browns and blacks and cinnamons, and all the intermediates in between, including Teddy and Jimmy cubs among the children. All of these gentlemen may be seen at Banff, where they are lined up like soldiers on parade, in front of their cages, especially at dinner time, nearby.

But it is more interesting and exciting to see bruin as he runs wild in the woods. One day we were following a narrow mountain trail in the Rockies, I was perched in the x x few yards ahead, what seemed like a piece of the trail move to one side. It was a half-grown black bear. Our curiosity was mutual, as we usually meet very rude in America. On another occasion in Muskoka, when we almost walked on a big shaggy specimen enjoying a supper of wild berries. Here, too, we apologized for disturbing him at his meal, and politely and quickly withdrew.

On yet another occasion we came upon bear footprints on a snowbed in the Rockies in the Platrieux Pass, north of Lake Louise. Guides were ready many on new trails, "Bear, eh? Saw a whopper, remarked the guide, as the toe marks were studied "and somewhere near too—an old grizzly I guess."

That led to some great bear stories that night around the campfire by our guide, who is a hunter as well as a x x and mountaineer. One especially gave us—x x—shiver, of a young grizzly as he had slung and single-handed, with a monster grizzly, who, when he stood upright towered above his human foe. It was literally a fight to the death, with the grizzly for the prize.


**CONQUER WEAKNESS**

by keeping your powers of resistance at highest peak. It is as natural for

**Scott's Emulsion**

to strengthen as it is for your food to nourish the body. *If you would conquer weakness increase your resistance take Scott's Emulsion often.*

Scott & Bowne, Toronto, Ont. 19-7



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DENTISTRY.

**A. J. McKenna, D. D. S.**

Graduate of Philadelphia Dental College. Office in McKenna Block, Wolfville.

Telephone 43

**M. R. ELLIOTT**

A. B., M. D. (Harvard)

Office at residence of late Dr. Boskos. Telephone 23.

Hours—8 10 a. m., 1 3, 7 9 p. m.

**D. S. HART,**

**Consulting Accountant and Auditor.**

**Wolfville and Halifax.**

**Charles Hogan, C. E.**

**Provincial Land Surveyor**

Surveys, Plans, Levelling & Estimates.
Church Street,
Greenwich, Kings Co., N. S.
Long distance telephone, Wolfville, 1 2 3 4 5

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**DR. J. T. HOTCHKIS**

**Veterinary Surgeon**

WEBSTER ST. KENTVILLE.

Phone 10

**E. B. SHAW**

**Repairing of Boots and Shoes of all Kinds**

Has resumed business at the old stand in his new building.

**Orders Solicited and Carefully Executed**


## PUBLIC NOTICE!

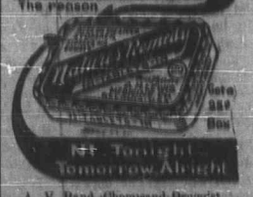
All persons having legal demands against the estate of Avard J. Woodman, late of Wolfville, merchant and undertaker, deceased, are requested to render the same duly attested within twelve months from the date hereof, and all persons indebted to said estate are requested to make immediate payment to:

SELINA WOODMAN, Administratrix.
OTTA FOSHAY, Administrator.

Wolfville, October 6, 1919.


Better Than Pills For Liver Ills

The reason



Tonight Tomorrow Alright

—A. V. Reed (Thousand Druggist)


## Public Notice!

All persons having legal demands against the estate of Robert Shaw, late of Avonport, merchant, deceased, are requested to render the same duly attested within twelve months from the date hereof, and all persons indebted to said estate are requested to make immediate payment to:

T. E. SHAW } Administrators
F. E. COX }

Avonport, May 30, 1919.

## Administrator's Notice.

All persons having legal demands against the estate of Annie W. Bishop, late of Lawrencetown, in the county of Annapolis, Widow, deceased, are requested to render the same, duly attested, to the undersigned, within three months of the date thereof, and all persons indebted to the said estate, are required to make immediate payment to the undersigned.

MURIEL G. BLAUVELDT,
ROBERT H. BLAUVELDT,
Administrators,

Administration granted June 9, 1919. Dated at Lawrencetown, June 13, 1919


**COAL!**

**Acadia Lump,**
**Albion Nut,**
**Springhill**
**Inverness**

**A. M. WHEATON**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