

## FAMILY DOCTOR'S GOOD ADVICE

To Go On Taking "Fruit-a-tives" Because They Did Her Good

Rochester, P. Q., Jan. 14th, 1915.  
"I suffered for many years with terrible indigestion and constipation. I had frequent dizzy spells and became greatly run down. A neighbor advised me to try 'Fruit-a-tives'. I did so and to the surprise of my doctor, I began to improve, and he advised me to go on with 'Fruit-a-tives'.  
I consider that I owe my life to 'Fruit-a-tives' and I want to say to those who suffer from indigestion, constipation or headaches—try 'Fruit-a-tives' and you will get well". CORINE GAUDREAU, 50c. a box, 6 for \$2.50, trial size, 25c. All dealers or sent postpaid 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.  
BAND.—A knot of White Ribbon.  
WATCHWORD.—Agnate, educate, organize.  
OFFICERS OF WOLFVILLE BRANCH.  
President—Mrs. L. W. Stoop.  
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Peace and Arbitration—Mrs. J. Reid.  
From—Miss Margaret Hane.  
White Ribbon Balladeer—Mrs. Walter Mitchell.  
Loyal Temperance Legion—Mrs. L. Hane.

### Answered Prayer.

Private John W. Allison, of the 6th Durham Light Infantry, who is a Salvationist, recently told the following story:  
"While on duty between Ypres and Hill 6 (the said twelve of us who were on advance guard duty were ordered to raid a farm-house and out buildings in the occupation of the enemy. This was about ten o'clock as near as I can give you.  
The first advance line had swept past, and firing had ceased from the buildings, but we were approaching with great caution before making a rush at every door and window.  
When we were about thirty or forty yards away we heard someone singing, and what do you think it was? 'When I Survey the Wondrous Cross'!  
When the singing ceased we advanced about another fifteen yards and then made the rush. Every door was covered, and we found no difficulty in getting in. Imagine my feelings when in front of me I saw eight German soldiers on their knees, and one of them praying aloud. When we rushed up to them with fixed bayonets they did not move, but kept on praying.  
Presently they ceased, sprang to attention with hands raised above their heads in token of surrender, and shouted: 'Thank God for deliverance and answered prayer!' Then they struck up 'Jesus, Lover of My Soul'. I can tell you it was touching to see how relieved they seemed to be. When I told them I was a Salvationist they nearly ate me, they were that pleased, and the German who had been leading the singing said he, too, was a Salvationist. With others I was told to escort the men into our lines. So we marched off with them. They seemed so pleased to be in safe hands that they could not help shouting: 'Thank God for deliverance!'  
We handed them over, and when I gave the officer the report, he said, 'Take them into safety.' From that day to this I have not seen them, but I shall never forget the scene as long as I live.  
From what could be gathered, the Germans had been told that the British rarely took prisoners, but killed all who fell into their hands, hence the great joy of the captured men at finding they were well treated. I can tell you it cheered me.—British War Cry."

### Sugar Instead of Alcohol.

Pure candy ought to be marketed at cost by temperance organizations. It is a great foe to old King Alcohol. Let a man keep a box of candy in his desk or handy by his work bench, to nibble at when he is tired, and he won't crave a drink of beer or whisky—all he'll want is water.  
The United States authorities ship tons of candy to the Philippines to be sold through the canteens to the soldiers. It satisfies the soldier's need of an easily digested, quickly available carbohydrate food, and so makes spirits unnecessary to his welfare. This is what a medical man has to say

### Why You Are Nervous

The nervous system is the alarm system of the human body.  
In perfect health we hardly realize that when a network of nerves, but when health is failing, when strength is declining, the same nervous system gives the alarm in headaches, dizziness, drowsiness, sleep, irritability and unless corrected, leads straight to a breakdown.  
To correct nervousness, Scott's Emulsion is exactly what you should take; its rich nutritious oils enter 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's Emulsion Relieves Nervousness.  
Scott & Bowne, Toronto, Ont.

of slight in connection with temperance; and the same doctor when asked for directions for the use of whisky in the case of chill, faintness, or shock, said to keep the bottle tightly corked and not reach to the patient, and if a stimulant was wanted to administer half a teaspoonful of aromatic spirits of ammonia in a few spoonfuls of cold water. It is very significant, this same writer remarks, that the free lunch counter presents nearly every variety of food but candy. It would seem that such places have little use for a food that kills the craving for alcohol.

### Paying Calls in Russia.

Town life in Russia is as different as can be from "lille in the country districts. One curious custom is the after dinner call. People call on their friends after dinner at night or even after the theater, paying calls at midnight being quite the thing to do. The Russian dinner always begins with a sideboard course of cold meats, hors d'oeuvres etc.—that is to say, the dishes are laid out on the sideboard and the guests help themselves before sitting down to partake of the regular meal. It is from this custom that we derive the term "service a la russe" as applied to dinners at which the carving is done for the sideboard.—London Answers.

## PILES

Do not suffer another day with these troubles. Do not let them get so bad that you will have to use a knife. Do not let them get so bad that you will have to use a knife. Do not let them get so bad that you will have to use a knife.

### How Marbles Are Made.

All the boys like marbles, but who knows how they are made or where they come from?  
"Marbles," says the Chicago Herald, "are made in great quantities in Saxony for export to India, China and the United States. A hard, calcareous stone is used. This is broken into square blocks, and about 150 of these blocks are thrown into a mill, in which is a flat slab of stone with numerous concentric furrows on its face. A block of oak of the same diameter as the stone, a part of which rests on the small stones, is made to revolve on the slab while water flows upon it. The whole process requires but a quarter of an hour, and one mill can turn out 20,000 marbles a week. The mills at Oberstein, on the Nahe, in Germany, manufacture marbles and agates especially for the American market."  
So marbles are made by going through the mill and getting the rough corners rubbed off the edges smoothed down, and a mass ground into a globular form. And boys are made into men in much the same way, by being run through life's school which is their mill. Till their rough corners and edges disappear, and they become rounded and smoother and fit for use in the world. Poverty, adversity, hard times, and hard fare, all have their uses in this world, to round men and smooth them, and polish them, and fit them for usefulness here and for the glory hereafter.—Selected.

### Got Rid of Bronchitis.

Mr. W. H. Walker, Calmar, Ala., writes: "I am pleased to say that Dr. Chase's Syrup of Lungs and Turpentine has done much good to myself, wife and children. My eldest girl 7 years, had bronchitis and the doctor who attended her did not seem to do much good. We got Chase's Syrup of Lungs and Turpentine for her and she soon got well. We always keep this medicine in the house now ready for use and find that it soon cures coughs and colds."

### Current Cynicism.

The book of life is illustrated in black and white, dreams are the color supplement.  
Most women start a love affair by having a secret with a man and end by having secrets from him.  
Plenty of men want a girl to be their very own, but they don't want a wife of their very own.  
For a social career a degree is a much higher recommendation than any scholastic degree.  
"Pain of 20 years' standing removed in one night."—(Advertisement.) Who could blame them for lying after that?  
A man does not leave off loving a woman without a reason, and if the reason isn't good she is probably pretty.  
By all means be mysterious as long as your mystery is impenetrable. A mystery solved becomes a scandal, and no one likes a scandal.  
Love is not only blind, but deaf and dumb, in the case of a woman who is a missionary spirit foolishly persists in marrying a man to reform him.

### Castoria

The Kind You Have Always Bought Bears the Signature of *Wm. D. Hooper*  
An Englishman went into a restaurant in a New England town and was served for his first course with a delicacy unknown to him. So he asked the waiter what it was, and the waiter replied: "It's bean soup, sir."  
Upon this the Englishman rejoined in high dudgeon, "I don't care what it's been; I want to know what it is!"  
Mildred's Linctum Relieves Nerve-pain.

### The Boy Who Will be in Demand.

One of the first qualities in a workman is the quality of seeing what needs to be done and doing it without being told. One of the rarest in a servant in the house is the doing of things that need to be done without being told. Young men working their way through college are invaluable if they have this quality. A tool is left out on the lawn; there is a nail on the fence; there is a lock broken off the door; there is a window pane gone somewhere. The boy who tends to these things because they need attending to, is not only a great help to his employer, but other things being equal, is going to be in demand when he gets out into the great world, and it is to attention to little things and the habit of observation, which sees what needs to be done and then does it which makes a man's usefulness to his employer and woman. There will always be a position for such persons. Their will always be a call to come higher. It is in one sense a small thing to do these things without orders, but it is the doing of them that make great capacities great engineers, great artists, great workers in any department and it is the absence of this quality that makes commonplace men and women who will always have to live under the domination of petty orders and we men who do nothing but see that they are told to do it. It is this quality which makes volunteers in church work, and the invaluable men and women who do not have to be stood over. They are the joy of the pastor; they are the ones who do not have to be watched.

### Children Cry FOR FLETCHER'S CASTORIA

Seventeen Golden Maxims  
1. It does not really believe who does not live according to his belief.  
2. Tell not all you know, believe not all you hear, judge not all you see, do not all you can.  
3. Chasing an ideal is better than chasing a dollar, and the two things are not compatible.  
4. He who cannot learn what he is not prepared for, to face the teaching of a morning.  
5. He is not good himself who speaks of his every body alike.  
6. Good manners are made up of petty sacrifices.  
7. The man who never makes any blunders seldom makes any good hits.  
8. Take thoroughly good-natured and yet avoid being imposed upon.  
9. It is not great to be superior to others without letting them know it.  
10. He that will not be ruled by the rules may be ruled by the rock.  
11. We have not failed until we cease trying. Do not let anything but education on the first steps to poverty.  
12. All virtues are in the power of leaving out details when reason does not authorize them.  
13. If given words, they are not to be used to fill the air.  
14. The world is a thing which will be better if it were not.  
15. Never say "I am a poor man" until you have tried to be a better man.  
16. The best thing in the world is care, must be had.  
17. If we were more than show, speak less than that we know, spend less than that we own.

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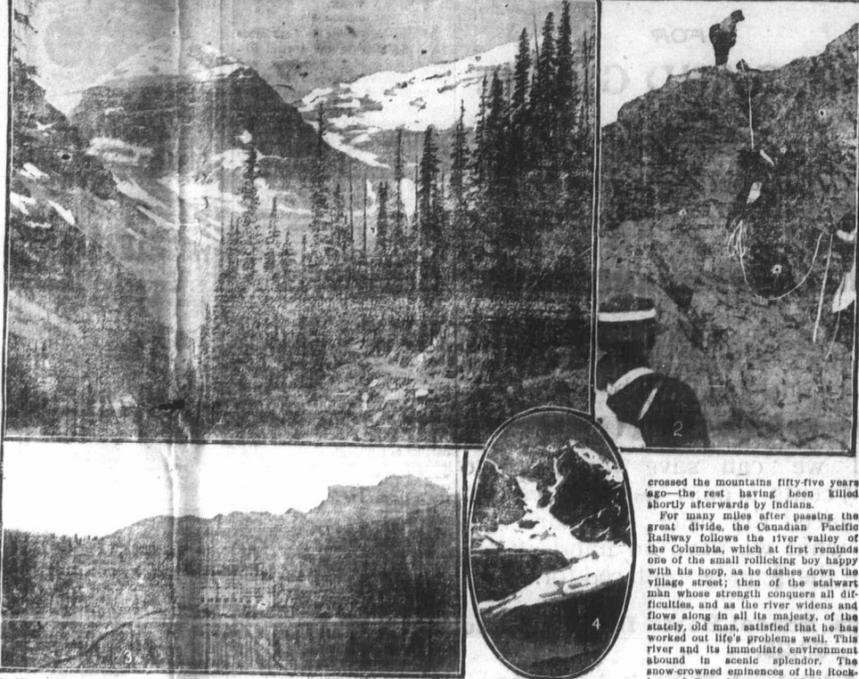
### Public Notice.

The public are hereby forbidden the use of my property as a thoroughfare for teams between Main and Front Streets. Persons persisting in thus trespassing will be prosecuted without further notice.  
EVANGELINE D. BOWLES.  
Wolfville, Sept. 10th, 1915.

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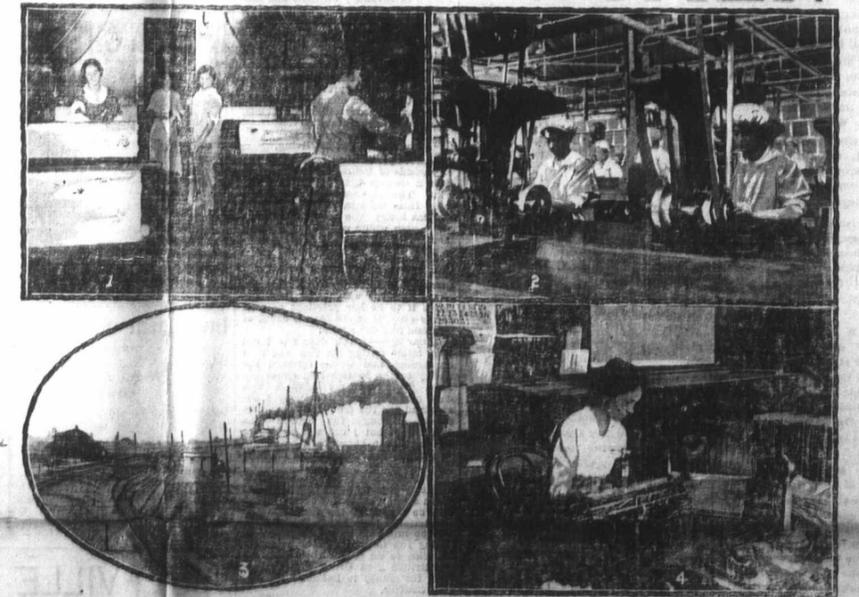
# A WORTH WHILE HOLIDAY



(1) View Near Lake Louise. (2) An interesting bit of rock-work. (3) Panoramic View of Lake Louise and its Chateaux. (4) Lake Louise and Mt. Hungabee.

crossed the mountains fifty-five years ago—the rest having been killed shortly afterwards by Indians.  
For many miles after passing the great divide, the Canadian Pacific Railway followed the river valley of the Columbia, which at first remains one of the small rolling hills happy with his hoop, as he dashes down the village street; then of the staid man whose strength conquers all difficulties, and as the river widens and flows along in all its majesty, of the stately old man, satisfied that he has worked out life's problems well. This river and its immediate environment abound in scenic splendor. The snow-crowned eminences of the Rockies and Cascade ranges with their rivulets and glaciers, lakes as clear as crystal and swiftly flowing mountain streams abounding in gamay trout and other fish, the dense forests and fastnesses wherein roam the larger game, all fascinate and invite the sportsman and mountain lover; and are within easy reach of a metropolitan city. Along its banks can be seen magnificent cataraacts, cliffs, which tower from dizzy heights and are clad with verdure from base to summit; deep and shady canyons and gorges. Here it is smooth and untroubled with no perceptible motion. A little farther along and it is still waving content to the barriers to its uninterrupted flow. It rushes to the partly submerged rocks to be dashed away to foam. It is ceaseless in its attack, unrelenting in its endeavor and irresistible to the last.  
Seventy miles east from Vancouver, on the main line of the Canadian Pacific Railway, and picturesquely situated at the foot of the beautiful Harrison Lake is a delightful drive of four or five miles from the station of Agassiz, are the famous Harrison Hot Springs. Since the "early days of mountain engineering, this resort has been the mecca for both health and pleasure seekers—the efficacy of the waters proving a boon to many who are troubled with rheumatism. There are many beautiful walks overlooking the lake, and the waters are bordered with ferns and flowers; mountainous rugged paths invite the amateur mountain climber, good fisherman and hunter in season, and boating unsurpassed anywhere. E. S.

# INVASION OF WOMEN



(1) Women Car Cleaners at Work. (2) Turning Fuses. (3) Port McNeill. (4) Women Workers at Galt.

BEFORE the war there were five million, the highest women wage earners in Great Britain; to-day there are said to be over ten million. Five million more have enlisted for active service, and a woman has taken the place of every able-bodied man who might have been engaged in peaceful occupations. England has never been so busy a manufacturing and industrial country as she is in 1915, but this would never have been possible if women had not stepped into the breach.  
In Canada there is not the same supply of surplus available women, so that in this respect Canada has not experienced as great a revolution in industrial life, but many new occupations are being opened to Canadian women, and the demand for women workers in factories and in the great industrial life of the railways is steadily on the increase. If Sir Robert Borden is to secure his 600,000 Canadian soldiers, 100,000 women must temporarily step into the shoes of men so that the latter may be released for service, as the limit of available men seems almost to be reached. Women are already working alone of men in sackings and hauling of grain at the Great Lakes elevators, in the Canadian Pacific river boats and shops where they are clearing cars, in the telegraph service and in many clerical positions, either to hold by men. They are working in some places as Stating Agents of satisfaction to their employers. But Canadians who visit England are surprised to find women in elevators, attend the baggage of chauffeurs, and train conductors, women as red tops to many who inspect and drive, women as ticket clerks, women as locomotive firemen and train conductors.

## HUSBAND OBJECTS TO OPERATION

Wife Cured by Lydia E. Pinkham's Vegetable Compound

Des Moines, Iowa.—"Four years ago I was very sick and my life was nearly spent. The doctors stated that I would never get well without an operation and that without it would not live one year. My husband objected to any operation and got me some of Lydia E. Pinkham's Vegetable Compound. I took it and commenced to get better and am now well, am stout and able to do my own housework. I can recommend the Vegetable Compound to any woman who is sick and run down as a wonderful strength and health restorer. My husband says I would have been in my grave ere this if it had not been for your Vegetable Compound."—Mrs. BLANCH JEFFERSON, 703 Lyon St., Des Moines, Iowa.  
Before submitting to a surgical operation it is wise to try to build up the female system and cure the defects with Lydia E. Pinkham's Vegetable Compound; it has saved many women from surgical operations.  
Write to the Lydia E. Pinkham Medicine Co., Lynn, Mass., for advice—it will be confidential.

## Professional Cards

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Westward avenue, Wolfville, N. S.

### Wolfville Time Table

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LAND OF EVANGELINE ROUTE  
Effective July 1st, 1915.  
Service daily, except Sunday.

ARRIVING  
Express from Kentville 6.15 a. m.  
Express from Halifax & Truro 9.33 a. m.  
Flying Bluenose from Halifax 11.11 a. m.  
Accom. from Middleton 11.45 a. m.  
Accom. from Windsor 1.35 p. m.  
Flying Bluenose from Yarmouth 2.40 p. m.  
Express from Yarmouth 4.18 p. m.  
Express from Halifax 6.45 p. m.

LEAVING  
Express for Halifax and Truro 6.15 a. m.  
Express for St. John and  
Yarmouth for Yarmouth 9.33 a. m.  
Accom. for Windsor 11.45 a. m.  
Accom. for Middleton 1.35 p. m.  
Flying Bluenose for Halifax 4.18 p. m.  
Express for Halifax and Truro 4.18 p. m.  
Express for Kentville 6.45 p. m.

Express trains leaving at 9.33 a. m. and 4.45 p. m. daily except Sunday, connect at Kentville with G. V. Branch train for Kingsport.

### ST. JOHN AND DIGBY

Daily Service (Sunday Excepted)  
Canadian Pacific Railway S. S. Express leaves St. John 7.45 a. m. arriving in Digby at 10.05 a. m. Leave Digby 10.15 a. m. arriving St. John 8.00 p. m. making connection at St. John with trains between Halifax and Yarmouth.

### Boston Service

Express train leaving at 9.33 a. m. and Flying Bluenose at 11.11 a. m. for Yarmouth connects with steamers of the Boston & Yarmouth S. S. Co. Ltd., sailing daily, except on Sunday, for Boston.  
Buffet parlor cars run each way daily, except Sunday, on Flying Bluenose trains between Halifax and Yarmouth.

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We manufacture and keep in stock building finish necessary for repair work or new buildings.  
Ask for our prices on soft and hardwood flooring, ashes, doors, veranda stock, sheathing, gutters, mouldings, frame, stanchions and laths.  
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