

THE TORTURES OF RHEUMATISM

Happily Stopped When He Began To Take "Fruit-a-tives"

3 OTTAWA ST., HULL, P. Q.
 "For a year, I suffered with Rheumatism, being forced to stay in bed for five months. I tried all kinds of medicine without relief and thought I would never be able to walk again. One day while lying in bed, I read about "Fruit-a-tives" the great fruit medicine; and it seemed just what I needed, so I decided to try it. The first box helped me, and I took the tablets regularly until every trace of the Rheumatism left me."
 LORENZO LEDUC.
 50c. a box, 6 for \$2.50, trial size 25c. At all dealers or sent postpaid by Fruit-a-tives Limited, Ottawa.

Longer Life For Those Who Sing

That singing is a source of longevity is a fact that is becoming more and more apparent, with the result that insurance companies as well as physicians are urging the pursuit of vocal study. Albert B. Bach, the veteran teacher of Edinburgh, and one of the most eminent in Great Britain, used to be emphatic with his pupils over the fact that singing not only strengthens the lungs and voice, but develops the whole constitution.

The deaf and dumb are pointed out to us as having a defective development and a shortened life. Doctors have shown too that early deaths reach the highest ratio among those who have a small breathing capacity; one famous physician even going so far as to assert that the recent flu epidemic was hardest on those with a predisposition to weak lungs.

With such a deduction in view it might be well to start children with vocal exercises as early as the seventh year, their studies being confined for a time, to the compass of a sixth or an octave. It is reasonable to assume that the earlier in life that a child begins to sing, the more easily does he



Applied After Shaving

Keeps the Skin Soft and Smooth

MANY men suffer from irritation of the skin as a result of shaving. With some it assumes a form of eczema and becomes most annoying and unsightly.

By applying a little of Dr. Chase's Ointment after shaving the irritation is overcome and such ailments as Barber's Itch and Eczema are cured.

50 cents a box, all dealers, or Edmanon, Bates & Co., Ltd., Toronto.



Minard's Liniment for sale everywhere

Fertilizer on Pastures

Judging by the correspondence received at the agricultural College, quite a number of farmers will this Fall apply fertilizer to at least a few acres of pasture land. The results from this practice at the college farm have been so striking that the College authorities feel that the practice should be urged on many more farms.

The story told by the experiments at Truro, is briefly this. The total cost of gain in live weight, including interest on investment, fencing and all incidentals, as compared with 15 cents per pound in winter in the stable, with feeds at pre-war prices. The improvement in grazing capacity of pastures to which fertilizer was applied was equally striking.

From this date until the snow flies is the time to make this application of fertilizer. Good results have been obtained from the use of slag, acid phosphates and wood ashes, but almost any fertilizer will give results. It is not good practice, however, to apply material which is very rich in ammonia, since it leaches out of the ground in winter. The phosphoric acid, lime and potash, which are the main ingredients in the above mentioned varieties, will not leach out but will become the better incorporated with the soil during the winter months.

CASTORIA

For Infants and Children

Use For Over 30 Years

Always bears the Signature of *Wm. H. Fletcher*

Testing Seeds For Farmers and Merchants

The Dominion Seed Branch with laboratories at Ottawa, Winnipeg and Calgary reported over 35,000 seed tests for the year ending June 30th. The growth of seed testing in Canada is indicated from the fact that only 5,775 samples were reported in 1909. The great bulk of the work in our seed laboratories is done between September and June when each laboratory may handle up to 200 samples per day. Only ten samples are tested free of charge for any farmer or seed merchant during the season. Over this number, the service is charged for at cost.

Official seed testing is the basis of Government seed control, which in older European countries is rated as a leading Government service to Agriculture. Any country without an efficient system of seed control soon becomes the dumping ground for inferior seeds from other countries, and low-grade homegrown seeds may be sold to unsuspecting farmers. Our system is frequently referred to in other countries as being the most practical and efficient. Its importance is now being better appreciated when it is required that imported seeds are not released from bond until they are approved at the seed laboratories, and when cereal grains, flax, corn, as well as clover and grass seeds, are marketed on the basis of fixed quality seed grade standards.

widen the thorax, the parts which in childhood are cartilaginous and therefore especially capable of expansion. The organs of the voice have also at an early age the greatest flexibility and pliancy. Through deep inspirations and full expirations, these organs strengthen the inner parts, and the development of the internal organs is as important for the health as that of the externals.

"Safety First" To Be Enforced.

People Taking Matters Into Their Own Hands.

Public safety does not alone concern the operation of railways, street cars and motors. It lies deeper. It lies in the health of the people.

One of the greatest enemies to health is kidney trouble. If the kidneys don't filter from the blood the uric acid and other poisons, the general health declines, and all manner of ill appearances—rheumatic, sciatic, and neuralgic pains, lumbago, stone in the bladder, headaches, constipation, lassitude. There is certain relief for these ailments. Gin Pills help where other remedies fail. They build up the debilitated system, bring the kidneys and bladder back to normal action, and, by removing the cause, make impossible the evil results. Gin Pills do not contain any alcohol, but all the valuable diuretic properties of the Gin together with other diuretics and antiseptics which have a signal effect on the bladder and kidneys.

All druggists and dealers sell Gin Pills under a guarantee to return your money if they do not bring relief. If you have headache, constant headaches or pain in the sides, begin treatment at once with Gin Pills, 50c a box. Free sample on request.
 The National Drug & Chemical Co. of Canada, Limited, Toronto, United States Address, No-Drug-Co., Inc., 202 Main St., Buffalo, N.Y.

Don't expect to keep your friends if you give them away.

Rubber was first introduced into Europe in 1735 as erasers.

In the middle ages fans were used in certain church ceremonies.

Children Cry FOR FLETCHER'S CASTORIA

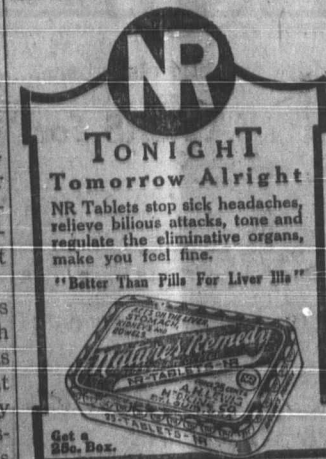
The banana as a dried bread-stuff has been used by numerous races for centuries.

An elm tree will live about 600 years. It is said to be in its prime at 150 years.

Covering a distance of 100 miles, the Thames describes a winding of 220 miles.

Children Cry FOR FLETCHER'S CASTORIA

Alcohol when pure is greenish in color, while water is distinctly blue in shade.



Sold by A. V. Rand.

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40 YEAR ROOFING

No rain or tar in this roofing. Pure Asbestos and Asphalt, cannot rot or dry out. Costs but little more than the ordinary kind.

It is far more durable as well as fire resisting, and just as easy put on. Any other roofing would be totally destroyed by fire. Not so with Asbestone.

It is not what is on a roofing, but what is in it, that counts. Write for information and sample. If you can't get it through your dealer we will send it to you direct. We want dealers to handle it.

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Genuine Ford Parts for Sale. Obtained Direct From the Ford Factory.

Complete stock of Tires and Accessories, Gasoline, Oil and Greases.

MECHANIC MURPHY will be in charge of the Repair Department. Satisfaction Guaranteed.

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 Veterinary Surgeon, Physician, Etc.

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 Phone No. 214.

\$25 Reward!

To anyone who will give information that will lead to the conviction of persons guilty of breaking the Electric Street Lamps or interfering in any way with the Electric Lighting System.

By order.

Electric Light Com.

NOTICE!

All amounts owing to the Estate of the late A. J. Woodman if not paid within sixty days from date will be handed to a solicitor for collection, with costs.
 Wolfville, Nov. 14, 1919.

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The chief enemies of plants in heavy soils are damp and cold during the rainy months.