NO MORE KIDNEY TROUBLE

Since He Commenced to Take "Fruit-a-tives"

73 Lees 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-tives', I thought I would try them. The result was surprising.

I have not had an hour's sickness since I commenced using 'Fruit-a-tives', 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.

50c. a box, 6 for $2.50, trial size 25c. At all dealers 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. B. O. Davidson.
1st Vice President—Mrs. G. W. Miller
2nd Vice President—Mrs. W. O. Taylor
Recording Sec'y—Mrs. Ernest Redden
Cor. Secretary—Mrs. (Dr.) McKenna
Treasurer—Mrs. H. Pineo.

SUPERINTENDENTS.

Labrador Work—Mrs. Fielding.
Lumbermen—Mrs. J. Kempton.
Temperance in Sabbath-schools—Mr. Edson Graham.
Evangelistic—Mrs. Purves Smith.
Press—Mrs. M. P. Freeman.
White Ribbon Bulletin—Mrs. Dr. McKenna.
Loyal Temperance Legion—Miss Eaton.
Red Cross Work—Mrs. J. Vaughn.

Greetings

Dear fellow workers,—

Recognizing my inability to undertake the administration of the affairs of our Union as they should be conducted, it was with much hesitation that I allowed my name to be submitted for the position of president for the coming year; and it was only my interest in our order and the work which it represents that finally induced me to accept.

I thank you for the honor you have done me in electing me to this honorable and important position and solicit your sympathy and co-operation in making the coming term a successful and pleasant one.

Our Union has done good work in the days that have gone, and it must be evident to you all that our work is not yet finished. Let us undertake great things in the coming year for God, and home and native land.

Cordially yours,
E. M. Davidson, President.

World's W. C. T. U. Notes

The W. C. T. U. was started amid a burst of enthusiasm beginning in a small way in 1873 in the middle west where Mother Thompson began her famous crusade of prayer against the liquor traffic. A band of women went one day and prayed in a bar-room in Hillsboro, Ohio, and continued to go and pray until the conviction of sin settled down on the proprietor and his bar was closed. This movement spread and from it sprung up the W. C. T. U. of which Frances Willard was first president. It now has branches in every country in the world.

Mrs. Helen Barton of Scotland, who will be remembered as one of the delegates attending the World's W. C. T. U. convention at Brooklyn and the National convention at Asbury Park, has been for many months at work in Australia. She has just completed a tour of three months in South Australia, securing 520 new members and the organization of several new local union. She travelled 3,000 miles and addressed nearly 200 meetings, including the annual convention of the South Australia W. C. T. U.

The first convention of the colored W. C. T. U. of South Africa met at Queenstown, Cape Colony. 'It was a very wonderful time and marks a great, forward movement in the history of our colored women and of our temperance work,' writes Emilie Solomon, president of the South Africa W. C. T. U. 'The very best type of colored women was present, representing six branches. Their interest and enthusiasm were most inspiring. I believe it is the first conference of the colored women held in South Africa.'

The W. C. T. U. of Ceylon joined recently with other organizations in a great rally at Panadure. The proceedings of the day began with a devotional service, the Christians meeting at the Wesleyan Chapel, where a large number of Panadure students took part in the praise and prayer hour. Buddist delegates and their friends assembled at a nearby temple. Later a [illegible] consideration of ways and means [illegible] promoting [illegible] In the afternoon a parade of 1,000 children from the schools of Panadure and the surrounding districts took place.

RHEUMATISM ARRESTED

Many people suffer with lame muscles and stiffened joints because blood impurities have invaded the system and caused rheumatism.

To arrest rheumatism it is quite as important to improve your general health as to purify your blood, and the cod liver oil in Scott's Emulsion is nature's great blood-maker, while its medicinal nourishment strengthens the organs to expel the impurities and upbuild your strength. Try it.

Scott & Bowne, Toronto, Ont.

The Empty Coat.

'Tain't no use, a-hangin' there
On it's peg no more!
Sleeves a-showin' too much wear,
Pocket badly tore
Probably, when he war is done,
It'll be too small
Guess he'll have another one—
If he comes back at all.
But it's sacred in our eyes;
Somethin' like a prayer;
Now it looks so lonesome-wise,
Jest a-hangin' there.
Seems like yes'te'day I stood,
Watched him 'bout his chores;
Bringin' in the kitchen wood,
Stumpin' cross the floors,
Laughed to see him snoopin' round,
Like he used to s'oop,
Whistlin' happy when he found
Ma was makin' soup!
Now that he ain't here no more
Ma and me just glance
Up at that old coat he wore
'Fore he went to France.
Nights, when all the doors is shet,
Fore I go up-stair,
Touch its sleeve an' find it wet—
Ma's been cryin' there.
Somethin's smartin' my eyes, too,
Have to wink 'em tight,
When I whisper, 'Proud o' you!
Good night lad! Good night.'

Lon Brier.

PILES Do not suffer another day with Itching, Blind, Bleeding or Protruding Piles. No surgical operation required. Dr. Chase's Ointment will relieve you at once and is certainly curs 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.

The Term 'Tonnage.'

To many persons who are not experienced shipbuilders the various uses of the term 'tonnage' in relation to the size of a ship maybe confusing. The following article from the "Pausey and Jones Shipbuilder" explains the terms well and makes a clean distinction between the various ways in which they are used:

There are four kinds of tonnage in use in shipping circles. They are gross tonnage, net registered tonnage, deadweight carrying capacity and displacement.

Deadweight tonnage is what the vessel actually can carry in tons of heavy cargo, plus stores and bunker coal.

Gross tonnage is based on the cubic contents of the hull, with certain arbitrary spaces deducted, and has little bearing on the cargo carrying capacity of the vessel.

Net registered tonnage is gross tonnage with certain allowances for crew space and machinery space deducted, and has little bearing on the deadweight carrying capacity of the vessel.

Displacement is the total weight of the vessel when full of cargo—that is the weight of her hull plus her deadweight tonnage.

In round numbers a ship of 9,000 tons deadweight would stand about as follows: Deadweight carrying capacity, 9,000; gross tonnage, 5,000; net registered, 3,000; displacement, 12,000.

St. Isidore, P. Q., August 18, 1890
Minard's Liniment Co., Limited.

Gentlemen,—I have frequently used MINARD'S LINIMENT and also prescribe it for my patients always with the most gratifying results, and I consider it the best all-round Liniment extant.

Yours truly,
Dr JOS AUG SIROIS

How to Break Rearing Horses.

I have had considerable trouble with rearing of horses and have found that they can usually be broken by the following method and especially if they are young and taken in time: Place a rope or strap of the surcingle around the body just back of the forelegs and fasten a pully on either side of this. Take 20 or 25 feet of ½ inch rope and run the ends through the pulleys. Fasten them around the front legs just below the pastern joints. Keep the loop of the rope in your hand and when the horse is well up in the air, drawn up on it thus bringing his feet up against his belly. When he comes down he will be forced to alight on his knees. This is not advisable on a hard road as there is danger of injuring his legs, but a few lessons of this sort given on the grass or in a plowed field will not soon be forgotten.

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

'In Heaven,' promised the colored evangelist, 'there will be great banquets and sumptuous feasts.'

'Yeh—uh huh—dat's fine,' commented a dusky negress in the audience, 'but tell me, young teller, who's gwine wash dem dishes, huh?'

Children Cry
FOR FLETCHER'S
CASTORIA

Minard's Liniment cures Distemper.

A Successful Experiment

By GORTON CARRUTH

(Copyright, 1915, by the McClure Newspaper Syndicate.)

He put his paper aside abruptly, rose and walked down the leaf-strewn path to the other bench, where the girl was sitting.

"Would you like to try an experiment?" he asked quietly, standing with hat in hand before her.

She looked at him for a moment unsmiling, her expression neither inviting nor repelling.

"Perhaps," she said at length.

He sank into the seat beside her. "It is something I have often wanted to try," he said slowly. "Here are we two, perfect strangers in a city of five millions, and never likely to see each other again after we leave this chance meeting place. We have sat here for half an hour, each pretending to read, or to watch the squirrels, or the falling leaves, or the misty golden sunshine out there on the field, but each examining and appraising the other when the other wasn't looking.

"Now, this is the experiment: We have each gained a strong first impression of the other. Let us, with absolutely frankness, tell each other what those impressions are. Let us do what friends cannot do—speak without reservations, made for fear of hurting each other's feelings."

She sat without speaking for a moment after he had finished, gazing thoughtfully out at the warm expanse of autumn-tinted park.

"But why?" she asked at last. "I am not sure that Burns was right. Perhaps it is just as well that we can't see ourselves as others see us."

"That," he said, "makes it an experiment. It will be a new experience. I want to know exactly how I look in the eyes of a stranger, however much the knowledge may hurt. Have you ever felt that way?"

"Yes," she said, "I have. Everyone does, I think."

"Well, I'll tell you, if you will do as much for me."

Again she hesitated and sat silently watching a gray squirrel that untroubled by self-consciousness, was busy burying a nut.

"Well," she said finally, "you first."

"The fact that I came over here and proposed this experiment to you at all shows that I thought you a sensible girl," he began slowly. "You impressed me as being neither a prude nor a flirt. You are pretty—I don't need to tell you that—but it has not spoiled you. You are rather thoughtful and studious, and you have a genuine feeling for the beauties of nature—something which too many girls just pretend to have. You are not shove, I believe, taking an interest in babies and embroidery, although you know what is going on about you in the world and read something besides the woman's page in the newspapers. You don't work for your living, and your home is one of the comfortable houses in the Seventies. You see a good deal of the society side of life, but you keep healthfully busy at serious things. You are probably a suffragist in a quiet way, and you are also interested in some form of social or philanthropic work, which you do not treat as an heroically assumed duty. And—"

He was interrupted by the girl's low laughter. "Why not say that I have all the good qualities, and be done with it?" she asked. "Your impression is certainly not very accurate. Let's see if I can do better.

"You, it seems to me, have many of the excellent qualities that you are attributing to me. You are nothing of a 'sport,' but are a rather serious-minded young man, somewhat too much given to introspection. You are not bad looking, and you impress me as having a good deal of common sense. You are about twenty-five, and you are one of our rising young professional men—an architect, perhaps, or an engineer of some sort. You read a good deal, and, when it comes to newspapers, something besides the sporting pages. You are rather domestic by nature, and you have a sense of humor. You also live in one of the better homes in the Seventies or the Eighties, and you are a confirmed New Yorker. There, how is that for a snap-shot portrait?"

He did not answer at once, and they both sat silently for a few minutes. Presently he said gloomily:

"My experiment has failed, I'm afraid."

"Of course," she assented gently. "It was bound to. It shows of how little worth a first impression is, anyway. You wondered if the defects that you see in yourself were apparent to others, and you are half disappointed that they are not, for you do not like the idea of wearing a mask. Isn't that it?"

"Yes."

"And yet you must have known, except in moments of self-depreciation, that you make a favorable first impression; and I know that I do, conceited as that may sound."

"All right." He straightened up abruptly. "Then we come to the second part of this experiment. We will now tell just how badly each of us is mistaken."

"Well—" she hesitated. "We can try it, but that also is a pretty hard thing to do."

"Listen to me first," he answered, "while I tell you what a poor judge of character at first glance you are. I may have a sense of humor, but it doesn't work very well. I am gloomy, pessimistic and am rapidly developing into a cronic grouch. I am not one of our rising young professional men; I am a clerk in a large mercantile house, and there hasn't been anything startling in my rise yet. I may have common sense, but it doesn't keep me from making a fool of myself about half the time. I may be domestic by nature, but that's all the good it does me. So far from living in a brown-stone house in the Eighties am I that I live in a single room down in the Twenties. I come from Michigan and am a comparative stranger in New York. I read a good deal, it is true, and you are right about the sporting page, but I don't believe that I ever had an original idea in my life. And—well, I might go on at considerable length, but how do you like the retouched portrait, so far?"

The girl was laughing at him again. "I think the portrait none the worse," said she; "especially since you are clearly in a mood for self-disparagement. Let me alter your portrait of me a little. I hope that I am sensible. I'm not a flirt, but I'm not so sure that I am not conceited. I like babies and embroidery, but I'm not interested in charitable work and I do read the woman's pages in the newspapers. I don't live in a brown-stone house in the Eighties, either, but have a room up in the One Hundred and Eighties. I earn my living by teaching a class of little Greek, Italian and Russian children down in an East Side school, and I don't move in any other sphere. I have a bad temper; I'm afraid my pupils suffer a good deal at times. No doubt, I am more studious than most girls but I like the movies and candy and all sorts of frivolous things very much. Now how do you like the retouching?"

"Well," he admitted gravely, "I rather think it improves the portrait; it makes it so much more human."

They fell silent again, watching the sunshine on the colored trees.

"You are quite right about one thing," said the girl presently. "I love the trees and the fields and the sky. I was brought up in the country, and I don't believe I could stand it here in these endless miles of brick and stone, if it were not for the park."

"I come here often myself," the man said. "Do you?"

"Every Sunday afternoon. I like this spot best of all; the view is so beautiful."

"So do I."

The sun had left the trees and they could see the lights of the city twinkling like brilliant stars.

"Do you know," said the man, rising, "I think my experiment is not going to be a failure, after all, though it has not resulted as I expected."

"Perhaps it won't be," answered the girl quietly.

There was a moment's pause. Then: "I will say only—good-night," he said.

"Good-night," she answered.

He turned and walked along the darkening path. As he reached the bend he broke into a cheerful whistle. The girl, smiling, walked briskly away. She was wondering what she would wear next Sunday afternoon, and he was trying to decide if it would be wise to take a box of candy with him.

HOW PIONEERS MADE CHANGE

Silver Dollars Were Quartered and "Sharp Shins" Were Result—Bits Once Currency.

We of today, with half-dollars, quarter-dollars, dimes, nickels and pennies often find it difficult to "make change." Still more difficult was it for the early settlers to do so, Martha G. Purcell writes in "Stories of Old Kentucky."

As the Indians used wampum, so the pioneers of Kentucky used the skins of wild animals as their first currency. While immigrants continued to come to this region, Spanish silver dollars came gradually into circulation. Still there was no small change.

As "necessity is the mother of invention," our forefathers actually made change by cutting the dollar into four equal parts, each worth 25 cents. These were again divided, each part worth 12½ cents, called bits. People sometimes became careless in the work of making change, and often cut the dollar into five "quarters" or into ten "eighths." On account of the wedge shape of these pieces of cut money, they were called "sharp shins."

If change was needed for a smaller sum than 12½ cents, merchants gave pins, needles, writing paper and such things.

This cut silver gradually found its way back to the mint for recoinage, usually to the loss of the last owner. As late as 1806, a business house in Philadelphia received 100 pounds of cut silver, brought on by a Kentucky merchant, which was sent on a drag to the United States mint for recoinage.

The Christening.

"And what is the name of this child?" asked the minister ready for the ceremony.

"Well, you see, parson," said the plain-speaking father, "we haven't just decided yet. Wife wants him named after her uncle and I want him named after mine. Just flip up a cent, parson, and see which it is to be—heads I win."

Seats Not Comfortable.

"I am afraid I will lose my business," remarked A. J. Merrill, manager of the Princess theater at Evansville, the other day.

"And why?" wondered an innocent listener, who was noting the full house.

"Well, you see the seats don't seem to be comfortable since the government put the tax on them."—Indianapolis News.

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on Flour and Feed. Oats also on hand. Try a bag of Ground Wheat or Barley. Best feed on the market to day for pigs or horses.

What about the cows next fall? Bran and Middlings will be very scarce. Place your order now for Oil cake—34 per cent. protein—and avoid the rush.

Open Wednesday mornings only during July and August.

Port Williams, N. S.

Minard's Liniment Cures Distemper

Fighting in Mesopotamia

An open machine gun emplacement.

Turkish prisoners recently captured.

Proof that Some Women do Avoid Operations

Mrs. Etta Dorion, of Ogdensburg, Wis., says:

"I suffered from female troubles which caused piercing pains like a knife through my back and side. I finally lost all my strength so I had to go to bed. The doctor advised an operation but I would not listen to it. I thought of what I had read about Lydia E. Pinkham's Vegetable Compound and tried it. The first bottle brought great relief and six bottles have entirely cured me. All women who have female trouble of any kind should try Lydia E. Pinkham's Vegetable Compound."

How Mrs. Boyd Avoided an Operation.

Canton, Ohio,—"I suffered from a female trouble which caused me much suffering, and two doctors decided that I would have to go through an operation before I could get well.

"My mother, who had been helped by Lydia E. Pinkham's Vegetable Compound, advised me to try it before submitting to an operation. It relieved me from my troubles so I can do my house work without any difficulty. I advise any woman who is afflicted with female troubles to give Lydia E. Pinkham's Vegetable Compound a trial and it will do as much for them."—Mrs. Marie Boyd, 1421 5th St., N. E., Canton, Ohio.

Every Sick Woman Should Try

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

Before Submitting To An Operation

LYDIA E. PINKHAM MEDICINE CO. LYNN, MASS.

Blessings.

We live in the midst of blessings, till we are utterly insensible to their greatness, and of the source from which they flow.

We speak of our civilization, our arts, our freedom, our laws, and forget entirely how large a share of all is due to Christianity. Blot Christianity out of the page of man's history, and what would his laws have been? —what his civilization?

Christianity is mixed up with our very being and our daily life; there is no a familiar object round us which does not wear its mark, not a being or a thing which does not wear a different aspect, because the light of Christian hope is on it, not a law which does not owe its truth and gentleness to Christianity, not a custom, which can not be traced, in all its holy and healthful parts, to the Gospel.

"WELL LATHERED IS HALF SHAVEN"

A business well advertised has gone fully half way to success. The rest of the way may be travelled by having clean and sanitary premises, prompt service, fresh goods and fair values. But without advertising all the others will not accomplish the result. To appreciate these things, people must know about them and the way to tell them is to advertise in their home paper.

Canada's Butter Opportunity!

Britain's Normal Import: 452,795,264 lbs

1916 Canada's Net Exports: 6,993,100 Lbs

Gt Britain's Shortage due to War: 209,148,784 Lbs.

Canada's Net Exports 12 Yrs Ago: 33,888,074 Lbs

"Why can't CANADA do as well today as she did 12 Years Ago?"

Ringworm on Child's Head

Caused Great Distress and Spread to Neck and Ears—Cure Was Speedily Effected When Right Treatment Was Recommended.

There is no disease of the skin more obstinate than ringworm, and the mother who writes this letter does so fully realizing what it will mean to other anxious mothers to know about Dr. Chase's Ointment.

This remarkable cure was brought about two years ago, and as there has been no return of the distressing disease there can be no doubt that the cure is permanent.

Mrs. D. Stebbins, Grand Bend, Ont., writes: "I am going to tell you of my experience with Dr. Chase's Ointment. My little girl had sores come out on her head which looked like ringworms. They were spreading fast, and I tried home treatment, but nothing helped her. I took her to the doctor, and he opened some of the sores, which were as big as the yoke of an egg. The salve he gave me to put on was very severe, and the poor child would cry for an hour or more after an application. For six weeks it continued to spread all over her head, and came down to her neck and ears. She suffered terribly. At last some kind ladies told me about Dr. Chase's Ointment, so I got a box, and the first time I put it on she was relieved of pain, and the second time the swelling was all gone. Before we had finished the first box the sores were nearly all gone. I have told all the people around here about your Ointment, and I cannot praise it too much. It is now two years since my little girl was troubled in this way, and it never came back, so you can see she is completely cured. You are at liberty to use this statement for the benefit of others who may be suffering in a similar manner."

Joseph Brenner, J.P., endorses this statement as follows: "This is to certify that I am personally acquainted with Mrs. D. Stebbins of Grand Bend, Ont., and believe her statement with reference to Dr. Chase's Ointment to be true and correct."

Dr. Chase's Ointment, 60 cents a box, all dealers or Edmanson, Bates & Co., Limited, Toronto. Be suspicious of the druggist who tries to talk you into accepting a substitute.

Professional Cards

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Graduate of Philadelphia Dental College
Office in McKenna Block, Wolfville.
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Office at residence of late Dr. Bowles,
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Repairing of Boots and Shoes of all Kinds
Has resumed business at the old stand in his new building.
Orders Solicited and Carefully Executed.

COAL!
Acadia Lump,
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The largest dealers in Improved Farm Properties in Canada.
Halifax, N. S., Canada.
Are now offering the property of the Wolfville Fruit Land Improvement Co. Ninety acres of Orchards fully improved, in whole or part. Price exceptionally low. 26
G. A. Porter, Local Agent.
Offices: Wolfville and Kentville

NOW IS THE TIME!
To Get Your Furniture Upholstered.
Carpenter work is slack at present, and I am prepared to do Upholstery of all kinds of Furniture also Carriage and Sleigh Seats, will also repair Furniture of all kinds.
I have had a large experience in this work and can guarantee satisfacion.
J. C. Bishop, - Wolfville,