

# NOTED MUSICIAN OF MONTREAL

Address The Use Of "FRUIT-A-TIVES", The Famous Fruit Medicine.



MR. ROSENBERG  
589 Casgrain St., Montreal.

"In my opinion, no other medicine in the world is so curative for Constipation and Indigestion as 'Fruit-a-tives'. I was suffering from these complaints for five years, and my sedentary occupation, Music, brought about a kind of Intestinal Paralysis—with nasty Headaches, belching gas, drowsiness after eating, and Pain in the Back. I tried pills and medicines of physicians, but nothing helped me. Then I was induced to try 'Fruit-a-tives', and now for six months I have been entirely well. I advise any one who suffers from that horrible trouble—Chronic Constipation with the resultant indigestion, to try 'Fruit-a-tives', and you will be agreeably surprised at the great benefit you will receive." A. ROSENBERG, 589, a box, 6 for \$2.50, trial size, 25c. At all dealers or sent postpaid by Fruit-a-tives Limited, Ottawa.

## White Ribbon News.

Woman's Christian Temperance Union first organized in 1874.

Anti—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—Agiolate, educate, organize.

## Officers of Wolfville Union.

President—Mrs. L. W. Sheep.

1st Vice President—Mrs. J. Cullen.

2nd Vice President—Mrs. H. Leitch.

3rd Vice President—Mrs. Geo. Fitch.

Recording Secy.—Mrs. W. O. Taylor.

Cor. Secretary—Mrs. L. E. Duncan.

Treasurer—Mrs. H. Pingo.

## School Children Should Know.

1. That no alcoholic drink, whether beer, wine, brandy, or any other, contains any nourishment or strengthening value worth mentioning.

2. That the alcohol contained in all alcoholic drink is a poison which distorts the life processes of the cells and tissues and is therefore injurious to the health.

3. That the use of alcohol induces serious acute and chronic diseases of all the vital organs, particularly the stomach, the kidneys, the liver, the heart and the brain.

4. That the use of alcohol leads to mental and physical fatigue.

5. That the habitual use of alcohol instead of quenching thirst leads ever to a fresh feeling of thirst.

6. That whoever wishes to be efficient must not get the habit of using alcohol, which leads easily to the addiction.

7. That the sober worker usually outstrips his fellow workmen who use alcohol.

8. That alcohol intoxication, by disordering the mental faculties, leads easily to unlawful conduct, as well as to debauchery.

9. That every expenditure for alcoholic drinks diminishes the means for attending institutions of learning as well as other necessary provisions for education.

10. That efficiency in manufactures and (other) industries as inspired by alcohol, as is the power to compete in the markets of the world.

Remember the old adage: "When peach and plum trees are in blossom it is time to sow in the open ground such seeds as lettuce, radish, parsley, beets, turnips, cabbage, carrots, peas, and onions. When the apple trees are in bloom it is time to plant the beetroot, beans, sweet corn, pumpkins and squash."

The Toronto Mail and Empire says: "Owing to the shortage of tin plate in Canada the Government is calling upon the public to save its empty tins. Heretofore there has been an enormous waste of metal because tin cans went to the rubbish heap. Let us hope the war will lead us into less wasteful ways of living."

## Run-down Woman

Made Strong By Our Vinol

Fort Edward, N. Y.—"I was in a run-down, nervous and weak condition, so I could not do the housework for my little family of three. I had taken cod liver oil emulsions and other remedies without benefit. A friend told me about Vinol. I tried it and it soon built up my strength and made me a well woman. I now do all of my housework."—Mrs. Thayer O'Brien.

We guarantee Vinol to restore strength and build up run-down, weak and debilitated conditions.

A. V. Rand, Druggist, Wolfville, also at the best drug stores in Nova Scotia.

## Nice Manners.

"Can you write a good hand?" asked a merchant of a boy who had applied to him for a position.

"Yes," was the answer.

"Are you good at figures?"

"Yes."

"That will do. I do not want you," said the employer curtly.

"Why don't you give the lad a chance?" remonstrated a friend, when the applicant for a position had left the store, "I know him to be an honest, industrious boy."

"Because," replied the merchant decisively, "he hasn't learned to say 'Yes, sir,' and 'no, sir.' If he answers me as he did when applying for a situation, how will he answer customers after being here a month?"

There are thousands of young men to-day who, like this youth, are handing their chances of success by their rude manners.

Perhaps nothing besides honesty contributes so much to a young man's success in life as a courteous manner.

Other things being equal, of two persons applying for a position, the one with the best manners gets it. First impressions are everything. A rude, coarse manner creates an instantaneous prejudice, closes hearts and bars doors against us. The language of the face and the manner are the shorthand of the mind, easily and quickly read.

Thousands of professional men without any marked ability have succeeded in making fortunes by means of a courteous manner. Many a physician owes his reputation and success to the recommendation of his friends and patients, who remember his kindness, gentleness, consideration and, above all, his politeness. This has been the experience of hundreds of successful lawyers, clergymen, merchants, tradesmen and men of every class and walk in life.

## Could Not Sleep.

Miss Gertrude Pratt, Wolfley St., Barrie, Ont., writes: "I was very much run down and could not sleep either day or night and my arms and legs ached so that I was very miserable. After using six boxes of Dr. Chase's Nerve Food I feel well and strong again."

## Jane All Right.

An old farmer couldn't really believe that people who were miles apart were able to converse over a telephone wire.

One day his wife went to a distant friend who had a telephone in her house. During the afternoon the farmer sought shelter from a thunderstorm in the house of a neighbor, who also possessed a telephone and who persuaded the farmer to call up his wife as a little surprise.

Following instructions, the farmer put the receiver to his ear, and, after the usual preliminaries, shouted: "Hello, Jane!"

Just then a flash of lightning struck the wire and he fell to the floor under the force of the shock.

Rising to his feet and shaking his head wisely, he said:

"It's wonderful! That was Jane, right enough!"

## Children Cry FOR FLETCHER'S CASTORIA

The purest form of Woodchick, the London Borough which contains the great Woodchick Arena has nearly tripled since the beginning of the war, and is now 100 ft. high.

## Trials of a Minister

The minister was struggling to put on a new four ply collar and the spirit was starting from every pore.

"Bless the collar!" he ejaculated. Oh, yes, bless it! Bless the blessed collar!"

"My dear," said his wife, what is your text for this morning's sermon?"

"Fifteenth verse, Fifth Psalm, be repaid in short gasps. 'The words of his mouth were as smoother than butter, but war was in his heart.'"

A woman can have a lot more fun planning a trip with her husband than he will ever let her have in taking it.

## Don't Have Catarrh

One efficient way to remove nasal catarrh is to treat its cause which in most cases is physical weakness. The system needs more food and easily digested liquid food, and you should take a spoonful of

## SCOTT'S EMULSION

after each meal to enrich your blood and help heal the sensitive membranes with its pure oil-food properties.

The results of this Scott's Emulsion treatment will surprise those who have used irritating snuffs and vapors.

Get the Genuine SCOTT'S

## Edison is Right!!!

You admit the International Correspondence Schools are a good thing. You'd take a course right now "if"—"except"—"if" what? If you weren't so "over-worked," with such "long hours," or had more strength and energy?

Wasn't it Edison who stayed up half the night educating himself in spite of every handicap you could ever have?

All big men who have made their mark in the world had the ambition—the determination—to improve their spare time, to train themselves for big work. You, too, can possess power, money and happiness if you'll only make the effort.

Here's a chance. Merely mail this coupon. Put it up to without paying or promising. Let us send you the details of others' success through the I. C. S. and then decide.

INTERNATIONAL CORRESPONDENCE SCHOOLS  
Box 688, Scranton, Pa.

Send, without obligation, for the position, or in the subject, before which I mark X.

Electric Lighting

Electric Car Running

Electric City Planning

Electric Power

Electric Street Car Running

Electric Traction

Electric Work

Electric Wiring

Electric Yacht Running

Electric Zoning

Electrically Connected

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# "I DON'T SUFFER ANY MORE"

"Feel Like a New Person," says Mrs. Hamilton.

New Castle, Ind.—"From the time I was eleven years old until I was seventeen I suffered each month so I had to be in bed. I had headache, backache and such pains I would cramp double every month. I did not know what it was to be easy a minute. My health was all run down and the doctors did not do me any good. A neighbor told my mother about Lydia E. Pinkham's Vegetable Compound and I took it, and now I feel like a new person. I don't suffer any more and I am regular every month."—Mrs. HAZEL HAMILTON, 822 South 16th St.

When a remedy has lived for forty years, steadily growing in popularity and influence, and thousands upon thousands of women declare they owe their health to it, it is not reasonable to believe that it is an article of great merit?

If you want special advice write to Lydia E. Pinkham Medicine Co. (Confidential), Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

Trials of a Minister

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## CARE OF HORSES

A horse accustomed to hard work and good feed should not be heavily fed during a rest. Probably no stall at all, or at least a very small quantity should be given on Sundays and other rest days.

Washed and oiled the collars occasionally. Two minutes work at the end of the day is sufficient to keep the surface of a collar clean, soft and pliable. A damp sponge and a cake of harness soap kept in the curry comb box are the only equipment needed. Shoulder galls are due to one of two things. Dirty or ill-fitting collars. There is no excuse for either.

Water should always be given to horses before and not after feeding. If they are allowed to drink immediately after a meal the water is liable to wash some of the undigested food into the intestines, and produce indigestion or colic.

Grooming should always be attended to. Horses left ungroomed and unried are liable to skin ailments, sore hives, scabby rashes, and parasitic affections. Chills and illness also follow in the wake where animals receive faulty attention in this respect. Half an hour twice a day on grooming is time well spent.

Proper ventilation of stables is absolutely necessary if lung diseases and other troubles are to be prevented. Many a valuable horse has been lost through carelessness in pasturing after a hard day's work. The teamster should feed his horses well and see them nicely cooled before turning them out to pasture for the night.

Pix things in the stable so that the horse which is inclined to gnaw will not be able to do so. If he tries to get his teeth into it. This is pretty good to tack over every edge of board in the stable.

Colds in horses must be broken in time. It is dangerous to work horses when they are suffering from cough and cold, and in swallowing or loss of appetite. They should in all cases be kept in and treated.

TO PREVENT FIRE

When You Are Pouring Gasoline Through Chamois Skin

Fires occurring without apparent cause while gasoline was being poured into automobile tanks through chamois skin filters, have been caused by electric sparks from ungrounded funnels. The pouring of gasoline through chamois filters accumulates static electricity, which accumulates in the funnel, if it is set into a wooden seat or similar place while in use. When a considerable accumulation has taken place the metal edge of the funnel may cause a spark, resulting in an explosion. In order to prevent the accumulation of electricity the funnel should be grounded by fastening a light chain to it, as shown in the sketch. This chain should be long enough to remain in contact with the bottom of the tank.—Popular Mechanics.

APPLE-GROWING COSTS

Profit Per Tree Is Calculated On Basis of Barrels

Under good orchard management where there are 200 or more trees in the orchard, it costs Maine growers approximately \$1 per barrel to produce apples when the production is two barrels per tree; \$1.25 per barrel when the production is one barrel per tree; and \$2 per barrel when the production is only one-half barrel per tree. A tabulated statement of costs in Maine orchards made by the Maine State Experiment Station shows that the cost of production varies closely with the production per acre of the orchard, and is dependent on age and condition of the trees, as well as the distance from shipping station.—Maritime Farmer.

Sheep Notes

Between the time of mating and the time of lambing the ewe flock should never be rushed about nor hurriedly driven. Dogs are the cause of much trouble among sheep at this critical time, and only those thoroughly well trained to sheep should be allowed in their vicinity.

Clip away the tags in the neighborhood of the ewe's udder. Attention to this detail will prevent wool balls in lambs.

Get High Average in Hens

Better have a good average than a phenomenal one; better have good sized eggs than small ones which necessitate many come from the famous 200 egg layers. It is not natural for hens to give large egg records and large eggs at the same time. The fact is proved by the two-year-old hen which lays fewer eggs than she did when a pullet, and she is a good one, and a generous size. Strive for quality more than quantity.

Auto Tire Cement

When rubber cement for motor tires has stood exposed to the air for even a short time it becomes too thick to use. It can be used in thinning it as the common gasoline contains some oil and is not suitable. High-test gasoline or kerosene should be used as a thinner.

"Tin" boxes are really made of sheet-iron which is coated with tin to preserve it from rusting.

A girl imagines she is in love with a man when she doesn't enjoy being with other men as she would.

You might aim at a point that Cupid carries household furniture on a side line.

Laugh a little more at your own troubles and a little less at your neighbor's.

Minor's Lintment for sale every where.

McCallum's, L'td

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 Orchard land fully improved whole or part. Price exceptionally low.

C. A. Porter, Local Agent.

OFFICES: WOLFVILLE AND KENTVILLE.

# The Revolution in Russia

AFTER an absence of a little more than three months, Mr. George Bury has just returned from Russia, which country he visited at the request of the British and Russian Governments in connection with transportation.

Mr. Bury was accompanied throughout his trip by Mr. W. H. Winterrowd, Assistant Chief Mechanical Engineer of the Canadian Pacific. Mr. Bury and Mr. Winterrowd travelled from London to the north of Scotland, from where they were carried to Norway by a British destroyer.

They proceeded through Norway, Sweden and Finland to Russia.