

Glenned by the Way.

Continual pecking away and going without sleep is the price of three square meals a day.

Lane back comes on suddenly and is extremely painful. It is caused by rheumatism of the muscles. Quick relief is afforded by applying Chamberlain's Liniment. Sold by Rand's Drug Store.

Every man has plenty of friends who can tell him just where he made his mistake, but the friend who can and will give him a straight tip is more rare than fresh water pearls.

How to Keep Young. Every man should take regular intervals. Cultivate a spirit of contentment, and keep the bowels regular and liver active by using Dr. Cass's Kidney and Liver Pills. No treatment is so definite and satisfactory for this purpose. None so trustworthy and economical.

Woggs—So young Saphed and his father are carrying on the business? **Boggs**—Yes. The old man does the business while young Saphed does the carrying on.

DR. A. W. CHASE'S CATARRH POWDER 25c is sent direct to the diseased parts. Improved Balm. Break the skin, clean the surface, and use the drops in the throat and nose. Sold by Rand's Drug Store.

He had long hair and a peevish look. He wrote a poem entitled, "Why I Live." He signed it Augustus and sent it to a magazine. The editor wrote to him as follows: "My dear Augustus, the reason why you live is because you sent the poem by mail instead of bringing it personally."

The old, old story, told times without number and repeated over and over again for the last 30 years, but it is always a welcome story to those in search of health. There is nothing in the world that cures coughs and colds as quickly as Chamberlain's Cough Remedy, sold by Rand's Drug Store.

Steward's mother was making sandwiches of deviled ham. The little fellow came along and, seeing the can with the picture of the imp on it, regarded it earnestly awhile, and then said, "Mamma, what is that stuff?" "This, Oh, this is deviled ham!" He looked seriously at the mixture and in an awed voice inquired: "Why, mother, have they killed him?"

Many school children suffer from constipation, which is often the cause of seeming stupidity. Chamberlain's Stomach and Liver Tablets are an ideal medicine to give a child, for they are mild and gentle in their effect, and will cure even chronic constipation. Sold by Rand's Drug Store.

"The only thing I find to say against you is that your washing bill is far too extravagant. Last week you had six shampoos in the wash. Why, Jane, my own daughter never sends more than two!"

"Ah, that may be, mum," replied Jane, "but I've got your daughter's sweetheart in a bank clerk, while my young man is a chimney sweep. It makes a difference, mum."

Healing Power a Marvel. No remarkable is the healing power of Dr. Chase's Catarrh Powder. It is a simple application is often a marvel to persons who witness them for the first time. Mrs. C. Hopkins, of George, Ont., tells how her son was cured of a throat ailment which had started in a wound received at a thrilling. Kiefer was promptly and a cure was effected by three boxes.

He was very bashful and she tried to make it easy for him. They were driving along the seashore and she became silent for a time. "What's the matter?" he asked. "Oh, I feel blue," she replied. "No, baby loves me, and my hands are cold."

"You should not say that," was his word of consolation. "For God loves you, and your mother loves you, and you can sit on your hands."

MINARD'S LINIMENT CO., LIMITED. GENTLEMEN, I have used MINARD'S LINIMENT on my hand and in my family for years and for the every day use and accidents of life I consider it has no equal. I would not start on a voyage without it, if it cost a dollar a bottle.

THE GREATEST BLUNDER OF HIS LIFE. In the Crerar Library, Chicago, is a book in which five hundred men, out of work, have written of the greatest blunder of their life. It is a collection made by Dr. Earl Pratt. Here are some of them:

"Didn't save what I earned." "Didn't, as a boy, realize the value of education." "If I had taken better care of my money, I would be better in health and morals." "Did not realize the importance of sticking to one kind of employment." "The greatest blunder of my life was when I took my first drink." "One of the greatest blunders of my life was not to perfect myself in one of the lines of business I started out to learn."

"My greatest blunder was when I left school in the fifth grade." "The turning point in my life was when, at fifteen, I ran away from home." "Spent my money foolishly when I was earning good wages." "When I let myself be misled to thinking that I need not stick to one thing."

"Self-conceit, and not listening to my parents." "Was to fool away my time when at school."

The Man at Forty-Five.

Is forty-five to be the dead line? Most corporations follow a ruling that men forty-five years old and over shall not be given permanent positions because they have passed the years of efficiency. Now, according to the discussion in some of the conferences, notably the M. E. conference held at Evansville last week, ministers who do not enter the profession until they reach or pass forty-five will come under the same restriction to a certain extent, or at least be discouraged. If these restrictions continue what is to become of the man of forty-five or over who has not found a place in his trade or profession at that period? The theory that his period of efficiency is passed is pure fiction. The real trouble is whether he will be able to work long enough to entitle him to the same pensions on quitting that those are entitled to who have given their whole life to a trade or profession. He may not be, but this feature of pension and insurance schemes should be so adjusted so that there will be no hindrance to the capable man of forty-five getting employment if he wants it. The fact is that a man at forty-five is at his very best, and in all probability can give the best service of his whole life.

A Good Position. Can be had by ambitious young men and ladies in the field of "Wireless" or Railway telegraphy. Since the 8 hour law became effective, and since the Wireless companies are establishing stations throughout the country there is a great shortage of telegraphers. Positions pay beginners from \$70 to \$80 per month, with good chance of advancement. The National Telegraph Institute operates six official institutes in America, under supervision of R. R. and Wireless officials, and places all graduates into positions. It will pay you to write them for full details at Cincinnati, O., or Philadelphia, Pa.

The Dollar is King. A Toronto clergyman has been getting into hot water because of a sermon in which he alleged that the present generation of business men had not that high sense of honor and truth which was the rule, rather than the exception, in past years. While it is quite possible that the reverend gentleman's statements were somewhat too sweeping, it is a matter of common notoriety that "sickness," or "smartness," are the names applied to day to day transactions which our fathers and grandfathers would have called by the more honest names of robbery. It is useless to hide one's eyes to the existence of facts, and one of the most potent of all is that the dollar is king; that wealth is worshipped; that money counts; that more and more, things are estimated and valued merely from the money point of view. Hence, a frantic desire to get money, and all but too frequently at the cost of that first principle of honor which used to be the basis of the boast that an Englishman's word was as good as his bond. It is useless to deny that there is too much glossing over of offences, too much whitewashing. The fact is proved by the mere existence of such words as "graft" and "boodle," which are venial transgressions. They should rather be labelled "theft." When all is said and done, it is better to err on the side of over-scrupulousness than unscrupulousness; to denounce dishonestly by whatever name it may be called, than to countenance it.

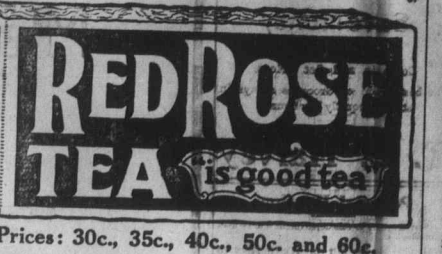
Cheerfulness. You can just so long live in this world, better smile the days through than to frown them away. There is nothing in life but that cheerfulness makes it easier to bear. Cheerfulness always puts a song in the mouth; a whistle in the lips. "Give us, oh, give us," says Carlyle, "the man who sings at his work. Be his occupation what it may, he is more than equal to any of those who follow in the same pursuit in silent sullenness. He will do more in the same time—he will do it better—he will persevere longer."

Cheerfulness will run unimpeded all day. A sad countenance needs lubrication every few minutes. A contented state of cheerfulness shows a wise head behind it. Cheerfulness is the home makes every house a sanctuary of joy. Cheerfulness at the table makes every meal a feast. Cheerfulness at our work makes every task a duty. Cheerfulness is health; its opposite, melancholy, is disease. Cheerfulness is the very spirit of religion. Without it, like the spleen of old, always brings an evil report. Pygmies are giants. Hills are mountains. All streams are oceans which cannot be bridged. There is a serenity in life which is always cheerful. Cheerfulness is the eagle which God mixed with the dust out of which He formed every creature. Let's keep the sugar stirred up.

When a cold becomes settled in the system, it will take several days' treatment to cure it, and the best remedy to use is Chamberlain's Cough Remedy. It will cure quicker than any other, and also leaves the system in a natural and healthy condition. Sold by Rand's Drug Store.

Men are respectable only as they respect themselves.

Red Rose Tea stands alone in its sterling quality. Its reputation has been earned by sixteen years of uniform goodness. No other tea even pretends to be better. Some may claim to be "as good" but why take a substitute when the price is the same as Red Rose



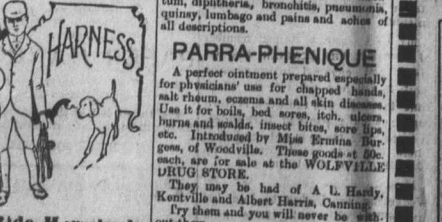
RED ROSE TEA is good tea. Prices: 30c., 35c., 40c., 50c. and 60c.

The Teeth. Are they neglected? Some show it. Others will in course of time. And what a sin it is to shirk duty! Even when brushing once a day does wonders. This brushing should take place before retiring. A tooth powder is necessary to a thorough cleaning. And quite as important as brushing is the thorough use of dental floss. Every particle should be removed from between the teeth once a day at least.

WORTH MOUNTAINS OF GOLD

During Change of Life, says Mrs. Chas. Barclay

Grantville, Va.—"I was passing through the Change of Life and suffered from nervousness and other annoying symptoms, and I can truly say that Lydia E. Pinkham's Vegetable Compound has proved worth mountains of gold to me, as it restored my health and strength. I never forgot to tell my friends what Lydia E. Pinkham's Vegetable Compound has done for me during this trying period. Complete restoration to health means so much to me that for the sake of other suffering women I am willing to make my trouble public so you may publish this letter."—Mrs. CHAS. BARCLAY, R. D., Grantville, Va. No other medicine for women's ills has received such wide-spread and unqualified endorsement. No other medicine we know of has such a record of cures of female ills as has Lydia E. Pinkham's Vegetable Compound. For more than 30 years it has proved curing female complaints such as indigestion, ulceration, local weakness, fibroid tumors, irregular menstruation, nervous prostration, and it is unequalled for carrying through the period of change of life. It is unequalled for carrying through the period of change of life. It is unequalled for carrying through the period of change of life. It is unequalled for carrying through the period of change of life. It is unequalled for carrying through the period of change of life.



Expert Piano Tuning Guaranteed. Volicing, Regulating and Repairing. Organs Tuned and Rebuilt. P. O. Box 321, Wolfville, N. S.

Wm. Regan, To the Public

MINARD'S FAMILY PILLS FOR THE CURE OF BILIOUSNESS, SICK HEADACHE, COLIC, JAUNDICE, CONSTIPATION, NERVOUS DEBILITY, DYSPEPSIA, AND ALL DISORDERS OF THE STOMACH, LIVER, AND KIDNEYS. MADE BY MINARD'S LINIMENT CO.

Public Notice. Notice is hereby given that the partnership, hitherto existing between the undersigned, under the name of Bishop & Porter, has been this day dissolved by mutual consent.

FRERMAN'S NURSERY WOLFVILLE. Gut Flowers and Potted Plants. Wedding Baskets and Funeral Supplies of all sorts.

H. PINEO, EXHIBIT OFFICER, WOLFVILLE. Write if you wish an appointment at your home.



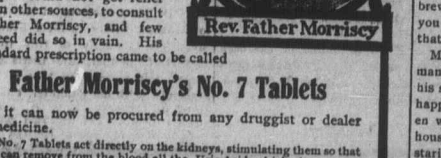
The "Chemics" of Bread LET us look a bit into the chemistry of bread. For we want our bread not only to seem good but we want it to actually be good. And as bread is a question of flour and flour a question of wheat we see that wheat is where we have to begin.

Gluten, starch, water and phosphates, are the principal component qualities of wheat. And in proportion as these qualities are more or less present is the wheat more or less valuable so far as nutrition is concerned.

The nutritive and bread-making qualities of wheat are the things that make it more valuable than rye or oats or barley or corn as human food.

The quality of nutrition, too, is what makes one brand of flour more valuable than another. If it were not for nutrition

A Positive Cure For Rheumatism For many years, both during Father Morrissey's lifetime and since he passed away, his No. 7 Tablets have been curing many of the worst cases of rheumatism in Eastern Canada.



Father Morrissey's No. 7 Tablets and it can now be procured from any druggist or dealer in medicine.

"PNEUMATICA" The magic poultice. Stays pain in one night. For sprains, bruises, rheumatism, asthma, stomach and skin diseases, infant, diphtheria, bronchitis, pneumonia, colic, lumbago and pains and soles of all descriptions.

PARRA-PHENIQUE A perfect ointment prepared especially for physicians' use for chapped hands, salt rheum, eczema and skin diseases. Use it for boils, bed sores, itch, ulcers, burns and scalds, insect bites, sore lips, etc. Introduced by Miss Birnie Burgess, of Woodville. These goods at the WOLFVILLE DRUG STORE.

Look at this Real Fire Box It is wide, long, and deep. It has the coal capacity that makes cooking easy all over the top—and for heating the oven so that a large joint roasts perfectly at the same time. It saves fuel and reduces coal bills. You'll never have to sacrifice your baking for your cooking on top with this reliable fire box. The best results are always certain.



KOOTENAY Steel Range There are a great many more exclusive points of merit in a Kootenay than you must see to thoroughly understand. The nearest McClary agent will gladly go over them with you, one by one. Before you decide on any range, write the nearest McClary branch for full particulars. It will cost you only a cent for information that means money in your pocket.

McClary's for sale by L. W. Sleep. STORM SASHES

You should prepare for cold weather by getting storm sashes for your house. Those who use them know that they are fast-savers. Let us quote you on your requirements along this line or on any building materials.

H. HICKS & SONS BRIDGETOWN, N. S.

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.

Good Health For Young Girls. What is needed is the Rich, Red Blood Dr. Williams' Pink Pills Actually Make.

Perhaps you have already noticed that your daughter in her teens has developed a fitful temper, is restless and excitable. In that case remember that the march of years is leading her on to womanhood, and at this time a great responsibility rests upon you as parents. If your daughter is pale, complains of weakness and depression, feels all tired-out after a little exertion; if she tells of head aches, or backaches, or pain in the side, do not disregard these warnings. Your daughter needs help for she is probably anaemic—that is, bloodless. Should you notice any of these signs, lose no time, but procure Dr. Williams' Pink Pills for her. Her unhealthy girlhood is bound to lead to unhealthy womanhood. Dr. Williams' Pink Pills enrich impoverished blood and by doing so they repair waste and prevent disease. They give to sickly, drooping girls, health, brightness and calm, with color in the cheeks, bright eyes, a lightness of step and high spirits. A case typical of thousands cured through the use of Dr. Williams' Pink Pills is that of Miss Grace Cunningham, Winnipeg, Man., who says: "I really cannot say enough in praise of Dr. Williams' Pink Pills, as they have made me feel like a new girl. I was pale and almost bloodless and thick that on an average I missed at least three school sessions a week, because I felt like a broken down person, and too weak to do anything. The doctor's medicine I took did little more than keep me in hope; it certainly did not cure me. Then I was advised to take Dr. Williams' Pink Pills, and they soon made me feel like a new person. Day by day I gained strength and color, and I have your medicine to thank for it."

Fruits of the Traffic. A young man on the west side found dead on the roadside. A man struck dead in Albert county, and another awaiting trial for murder. A man drowned in P. E. Island, and his companion held on suspicion. An old man found drowned in the harbor.

A Costly Blue Ribbon. How much do you get for wearing that piece of blue ribbon in your coat? sneeringly asked a tipsy young man in an omnibus in London.

"I cannot tell you how much I get," quietly replied the gentleman, who was Mr. F. N. Charrington, of the brewers of that name, "but I can tell you how much it costs me to wear that ribbon—exactly £20,000 a year."

Many years ago, when a young man, Mr. Charrington relinquished his share in the brewery business, he happened through being from a public house in the east end of London, and staring him in the face above the door, was his own name, "Charrington." From that moment he vowed he would sever his connection with "the trade," and he has nobly kept his vow.

He built what is perhaps the largest mission hall in the world—the great Assembly Hall in the Mile End Road—and thousands to-day are sober and temperate men and women through the instrumentality of Mr. Charrington.—Selected.

Railway Employees and Total Abstinence. A progressive Dutch journal gives some interesting facts as to the total abstinence movement among railway and tramway employees in Europe. The English Society is credited with 43,000 members, that of Sweden, with 4,500, of France, with 3,200, of Finland, with 550, of Switzerland, with 350, of Denmark, with 500, of Holland, with 460, of Norway, with 450, and of Austria-Hungary, with 125 members. In Holland, partially, and in Norway entirely, it is forbidden to have alcohol while on duty. In some of the countries the abstainers can obtain non-alcoholic drinks at a cheap rate, and in Finland tea is supplied gratis for the night service, and at half-price in the daytime. It is shown clearly to be to the advantage of the railway service to have total abstinence more general, and it should be encouraged by those who have the management. There is no doubt that of two men of equal natural ability and education, the one who is "sober" is the more valuable servant to the company. This fact has been long recognized by the officials of some railway lines in Germany, and since societies for the Dutch railway employees on German railways is considerable, and is rapidly growing, and the abstainer has a decided financial advantage over his drinking comrade.

Sharing the Last Crust. A pretty story is told in the "Life of Louis Alcott." Once in her childhood the weather was extremely cold and the supply of wood for warming the house was very low. Saturday afternoon came, and as the darkness fell, heavy flakes of snow filled the atmosphere. The child of a neighbor poorer than the Alcotts, who themselves were poor, knocked at the door and explained that they had no wood, that the baby was ill and her father away from home. There was no hesitation on the part of the Alcott household. "Divide our stock with her," said Louisa's father. "Either the weather will moderate or wood will come. Before eight actually set in a farmer driving to town and not caring to breast a snowstorm drove into Mr. Alcott's yard and left a load of wood. It is no wonder that Louisa Alcott, brought up in a home of self-

Do You Suffer from Piles? If so, we would ask you to enquire amongst your friends the value of Zam-Buk for their ailment! You cannot but meet with someone who has proved how excellent it is.

Mr. H. E. Hill of Shelvin, Man., writes—"I suffered a long time with piles and tried numerous remedies, but without effect. Having tried a sample of Zam-Buk and being encouraged by the results, I persevered, using two boxes. It worked like magic, and effected a complete cure in a very short time."

Mr. James Ruddy of Killam, Ont., says—"I suffered greatly from piles. The pain from these—as anyone who suffers from them will know—was almost unbearable. I tried first one remedy and then another, but all without effect. Then I heard about Zam-Buk and determined to give this wonderful balm a trial. I obtained a supply and commenced with the treatment, and to my great joy, after perseverance with Zam-Buk, I obtained permanent relief from the agonizing pain of the piles. Having been cured by Zam-Buk I heartily recommend the balm to all sufferers."

Zam-Buk also cures inflamed eyes, swollen nose, sore throat, cough, croup, chapped hands, frost bite, cuts, scalds, and all skin injuries and diseases. All druggists and stores sell it. Get the best free from Zam-Buk Co., Toronto, for price, terms, conditions and testimonials.

To Let. A furnished house. Apply to Box 331, Town.

WANTED A Representative for Wolfville, N. S. We pay liberally and offer steady employment. Our line of Spectacles, Cameras, a rare and choice lot of ready stock, in both First and Ornamental stock. Write for terms and catalogue.

STONER & WELLINGTON The Foundry and Machine Works (Established 1857) TORONTO - ONTARIO

F. J. PORTER, Licensed Auctioneer, WOLFVILLE, N. S. Will hereafter accept calls to sell in any part of the county.

Electric Restorer for Men Phosphorus restores vitality, cures all nervous debility, restores strength, and cures all ailments of the system. Write for particulars. Sold by all druggists.