## THE BLOOD IS THE STREAM OF LIFE

Pure Blood Is Absolutely Necessary To Health

#### "FRUIT-A-TIVES" PURIFIES

Wonderful Tablets Made of Fruit Juices, Are The Best Of All Tonics To Purify And Enrich The Blood.

Pure blood is the result of perfect ealth and harmony of stomach, liver, lowels, kidneys and skin.

"Fruit-a-tives", by their wonderful action on all these organs, keeps the whole system as clean as Nature in-tended our bodies to be clean.

"Fruit-a-tives" tones up, invigo-rates, strengthens, purifies, cleans and gives pure, rich, clean blood that is, in truth, the stream of life.

"Fruit-a-tives" is sold by all dealers at 50c. a box, 6 for \$2.50 trial size 25c. 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.

ABM.—The protection of the home, the sholition of the liquor traffic and the triumph of Christ's Golden Rule in custom and in law.

Morro—For God and Home and Native Land.

BADCE —A knot of White Ribbon.

WATCHWORD—Agitate, educate, or ganize.

OFFICERS OF WOLFVILLE UNION. President—Mrs. L. W. Sleep. 1st Vice President—Mrs. G. Bryant. 2nd Vice President—Mrs. J. D. Char

rs.
3rd Vice President—Mrs. Geo. Fitch.
Recording Secy—Mrs. W. Mitchell,
Cor. Secretary—Mrs. Geo. DeWitt.
Treasurer—Mrs. H. Pingo.

### Spiritual Horticulture.

There is a delightful and well There is a delightful and well known book called 'The Little Flow ers of St. Francis.' The little flowers are the beautiful things St. Francis of Assisi did and said. But he was a monk. He gave himself up entirely to religious work. He had no business—no worry of any sort. Well. Mr. Frank Crossley, of Manchester, had a very large business; a very trying, risky business; an exciting, jeal ous business. Yet, he grew the 'little flowers' of St. Francis quite as successfully as the saint himself.

'Are you in trouble, my friend? asked a minister of a man in a Manchester waiting room, whose eyes

asked a minister of a man in a Manchester waiting room, whose eyes
showed signs of recent tears. 'No,'
was the answar, 'but I have been to
Frank Crossley to day, and he has
treated me exactly as I think Jeasus
Christ would; and—and—I can hardly bear the kindness.' By the per
tune, I judge that to be one of the
little flowers. And these same flowers pay well for their cultivation.
Life becomes very dreary where they
are wholly wanting. The cure for the
cares and worries is a larger care—a
diviner sorrow.—Rev. J. Morgan Gibsoo.

# TWO NERVOUS

Made Well By Lydia E. Pink-ham's Vegetable Compound.

If You Can Keep Your

you can talk with crowds and keep your virtue, r walk with kings-nor lose th-

Spinners Are We.

were better then. Oh my friend, to

#### Opportunity.

Lots of fellows have overlooked as

oportunity simply because they were too close to it.

Don't be like the sick man who heard of the curative properties of the waters of Carisbad and went there to take them. After he arrived he consulted a physician who carefully diagnosed his case and then told him that his particular aliment would respond better to the waters of a cerbatin spring in America. Which springs' in Saratoga, 'replied the doctor. That's certainly tough' said the sufferer, 'I live in A bany.'

If you're made of the right stuff you'll find plenty of room to create something for yourself in the job you're got; you can grow just as big there as you can in something of your own building.

They say that opportunity knocks once at every man's door I don't know the name of the scientist who managed to get such a fine line on the habits of opportunity; but if opportunity does announce itself, the chances are that it min a's many a door, and in som' cases, when it does knock, I presume, 'there's no ely at home.'

My impr as o is hat o portunity thands of men from the "Pathers and the posters and when and the properties of the scientist who managed to get such a fine line on the habits of opportunity; but if opportunity does announce itself, the chances are that it min a's many a door, and in som' cases, when it does knock, I presume, 'there's no ely at home.'

My impr as o is hat o portunity

# CASTORIA TORTURE OF SCIATICA CURED QUICKI

**CURIOUS WEAPON** 

tyou can bear the truth you've spoken.

It is small size and mobility permit of it being moved about in the tren.

Wisted by knaves to make a trap of it being moved about in the tren. We trust our farmers will me. Twisted by knaves to make a trap for it being moved about in the trenders. Or watch the things you gave your like to, broken,

And stoop and build 'em up with with conditions and the being moved about in the trenders. We trust our farmers will in ke ches. When in position the howitzer, with its bed, is removed from the travelling whiles, and the weapor can the travelling whiles, and the weapor can the model them and will leave to stong uniturned in acreasing the products, without delay in the beautiful to shall be shall

than three inches, but the shell thrown is a sphere over a foot in dia-

keep your virtue,

Or walk with kings—nor lose the cummon touch,

If neither lose not loving friends can hart you.

If all men count with you, but non too much;

If you can fill the unforgiving min ute

With sixty seconds worth of distance run.

Yours is the earth and everything that's in it,

And, what is more; you'll be a man my sool—Kipling.

Do not suffe the same with a sphell, and a love everything that's in it,

Do not suffe the same my sool—Kipling.

Do not suffe the same my same provided such a thing and the same my sool—Kipling.

To reliable we are, 'said farmer Crim toward soon separated, however, the air, forching its way between them, causting the adapter to fall apart and to allow the shell to travel on its way alone. The lowest elevation empoyed is 45 degrees, and at this angle the shell travels a distance of 550 yards, the maximum range obtainable. yards, the maximum range obtainable.

The accuracy of fire is said to be very good.

Although this range is so small,

onds in its flight, and reaches a height of 410 feet in the air. It is difficult of 410 feet in the air. It is almostic to imagine the feelings of those is the trenches against which the howitzer is operating, as they see the large circular shell lobbing toward them. The projectile consists of but a thin steel envelope, the greater part of its 209 pounds weight consisting of high

spin
A beautiful thread than a thread of sin.

explosive.
Four pounds of dynamite or gunction are considered sufficient to cemolish breastworks of two to three feet thickness, composed of earth rammed between planks or railway sleepers. It is not, then, difficult to estimate the destructive \* powers of

estimate the destructive "powers of such a mass of high explosive falling into the trenches.

The effect of ordinary shrapnel shell is obtained by the bullets and splinters of the envelope when the shell bursts. With the "minenwurfer" shell bursts, with the "minenwurfer" shell the effect is almost entirely explosive The walls of the shell are too thin

and it is not in this direction that the effect is expected.

When the trenches are less than 500 or 600 yards apart a shorter range pportunity simply because they were can be obtained by elevating the book close to it.

knock, I presume, 'there's no oly at home.'

My impress o is hat o portunity as a rule doesn't knock at all—or very rarely. Opportunity core slats of thinking doing having p eaty o putence and perseverance, poses sing the ability to size up a situ tio 1. a. dhaving the nerve sn! willingness to take advantage of it

Children Cry
FOR FLETCHER'S

Proyears we and our our allies, like simpletons, allowed thousands and thousands of men from the Tatherland to come to our shores, and when they told us their one aim to life was to actile through as walters, botal porters, business men, manufacturers, correspondents, and all the rost of it, we believed them. We did more, we made triends of them.

In short, we'treated them as gentlemen, seeing which, official Germany chuckled to 'tself and called us foola.—London Answers.

#### A Word to Our Farmers.

The Department of Agricultu

If you can keep your head when all about you

Are losing theirs and blaming it on you;

If you can trust yourself when all men doubt you,

But make allowance for their doubt ing too;

If you can wait and not be tired by waiting,

Or being lied about, don't deal in lies,

Or being hated don't give way to

and planting seed, and by so doing increasing largely their products.

There never was a time in the his
tory of the world when the products
of our farms are more needed than at
the present, nor were prices ever
higher than at present.

Information of all details—such as
wides live stock food products, care

Or being lied about, don't deal in lies,
Or being hated don't give way to hating.
And yet don't look too good, or talk too wise.

If you can dream—and not make dreams your master,
If you can think and not make thoughts yog'raim;
If you can meet with triumph and disaster
And treat those two impostors just the same;

And treat those two impostors just with wheels and a couple of handles, and can readily be transported by two men.

And treat those two impostors just with wheels and a couple of handles, and can readily be transported by two men.

Children Cry



Let's make a Jelly Roll— With FIVE ROSES flour. its Strength and Fineness hold your batter together in the long well-greased

Bakes eventy.

Bakes eventy.

Smooth Texture soft, golden Crumb, spongy, porous, yielding.

No holes, nor lumps to ven you.

And when you turn it out on the damp napkin hot and savery, and you spread the under side with "jell"—

Relit gently, carefully.

Les Tour Experiments a Prefect Rell—Yourn.

Bake saything, make anything.

Use TOUR EOSES—bread and pastry.

Melting pull paste—fisky pie crust—cripkly fritters—meet some rolls.

# FRENCES FOR

Not Bleached Not Blended

FOR SALE BY WM. C. BLEAKNEY

## PATRIOTISM and PRODUCTION Pin Your Faith to Live Stock

The one outstanding feature of the world's farming is that there will soon be a great shortage of meat supplies. Save your breeding stock. They are today Canada's most valuable asset. If you sacrifice your breeding stock now, you will regret it in the near future. Plan to increase your live stock. Europe and the United States, as well as Canada, will pay higher prices for beef, mutton, and bacon, in the very near future. Remember that live stock is the only true basis of economic and profitable farming. The more grain you grow, the more stock you keep, the more fertilizer for your fields. Mixed farming is real farming, not speculating.

BEEF

steadily with swine, year in and year out, make money. Those who rush in and rush out, generally lose measy. "Buy when others are selling, sell when others are buying," applies to live stock as well as to Wall Sirest stocks,

4%

17%

12%

6%

Study this tuble, which was prepared before the war. Only one country the control of the country of the country

SHEEP. Canadion farm have been los great opportunities in sh raising and sheep feed Hundreds of thousands of sh have been slaughtered to yide winter clothing for sõidiers of the different arm Australia's losses, thro

veen slaughtered to provide winter clothing for the soldiers of the different armies, Australia's losses, through drought in 1914, were very heavy, Canada has been importing frozen mutton from New Zealand. In view of these conditions, wool and mutton should prove very profits the for Canadian sheep ralaeers during the next few years.

Street stocks.

DAIRY, Milch cows increased in Canada
from 2,400,607 in 1001 to
from 2,400,600 in 1001
from 4,500,600 in 1001
from 4,500,600 in 1001
from 4,500,600 in 1001
from 4,500,600 in 1001
from 6,500,600 in 1001
from 6,500,600 in 1001
from 6,500,600 in 1001
from 6,500,600
from 6,500,

Now that you have attended the Conferences, or have read about them, get together and talk things over. Also write to the Publications Branch, Canadian Department of Agriculture, Ot-tawa, for bulletins and reports-on its stock and destroy. Canadian Department of Agriculture, · Ottawa, Canada

## 'I'll Show 'Em, Durn 'Em

I've stopped the paper, yes, I have I didn't like to do it;
But the editor he got too smart. And I'll allow he'll rue it.
I am a man who pays his debta. And will not be insulted.
So when the editor gets smart. I want to be consulted.

I took the paper for three yes

And helped him all Leonid.
But when it came to dunnle in I didn't think he would, sir.
But that he did, and you can he it made me hot as thunder. I says, "I'll, stop she sheet.
If the doggone thing goes un I hunted up the editor,
And for his cunnin' caper.
I paid him for three years and Yes, sir. I stopped the paper.

'NERVILINE' A SUCCESS EVERY TIM

Greatest Crime of the Father Land.

The dreadful position of a soldier called upon to fight against some of the very young men put into the field by the Germans is described in the "Dyen", newapaper of Petrograd, by a Russian officer. 'To me,' he is reported as saying, 'the most terrible thing about this war is the participation of childres on the German side, I am not a young man, and I have seen many campaigns. Without being accused of boasting, I think I may say I have never experienced cast, yet when I see "slideren of this."

# DOMINION ATTANTIC RES A STRANSHIP LINES TO ST JOHN VIA DIGISTY DOMINION ATTANTIC RESTORMAN ARTHUR COLOR THE MERCHANIST CHARACTER ARTHUR CHARACTER ARTHU

he destruction of live stock of all reeding and young stock included, in the war zones. The war has merely hastened the meat shortage of the world. When it is over, the farmer with live stock will continue to profit in the world's markets and in addition markets and in addition to the world of the world's soldiers at the front, will be in a position to real a further reward for having stayed with the live stock industry.

These trains only run on week days.

13 out on Service

Express train leaving at 9.51 a.m.
or Yarmouth connects with steam res of the Boston & Yarmouth S. Co.
dd, sailing Wednesdays, and Saturday as Boston,

## COALI COALI COALI

GIVE US A TRIAL. Lestie R. Fairn,

Burgess & Co.

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## \$20.00 CASH

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