

## A MESSAGE FROM A WOMAN TO WOMEN

### "Every Woman Should Take 'Fruit-a-lives'"

LAKELAND, ONT., MAY 12TH, 1911  
 "Kindly publish this letter of mine if you think it will benefit other women who might be afflicted with the disease I have had in the past, but am now, thanks to 'Fruit-a-lives', completely cured of. It is my firm belief that every woman should take 'Fruit-a-lives' if she wants to keep herself in good health."

Before taking 'Fruit-a-lives', I was constantly troubled with what is commonly known as 'Nerves' or severe Nervousness. This Nervousness brought on the most violent attacks of Sick Headache, for which I was constantly taking doctors' medicine without any permanent relief. Constipation was also a source of great trouble to me and for which the Doctors said 'I would have to take medicine all my life'. 'Fruit-a-lives' banished all these troubles and now I am a well woman!

Mrs. FRED. GADKE,  
 50c a box, 6 for \$2.50—trial size, 25c. At dealers or sent prepaid on receipt of price by Fruit-a-lives Limited, Ottawa.

### White Ribbon News.

Woman's Christian Temperance Union first organized in 1874.

Am.—The protection of the home, the abolition 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.

BADGE.—A Knot of White Ribbon.

WATCHWORD.—Agitate, educate, or organize.

OFFICERS OF WOLFVILLE UNION.

President—Mrs. L. W. Sleep.

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Temperance in Sabbath-schools—Mrs. (Dr.) Brown.

Parlor Meetings—Mrs. (Rev.) McGre-

gor.

Press Work—Miss Margaret Barrs.

Surprise Soap Wrappers—Mrs. M. Freeman.

Bulletin—Mrs. M. Freeman.

Laborator Work—Mrs. F. Woodworth.

Scientific Temperance in Schools—Mrs. G. Cullen.

Laborator Meeting at the homes of the members 1st and 3rd Tuesday evenings in the month.

### Fourteen Errors in Life.

The fourteen errors of life, Judge Rentoul told the Bartholomew Club, according to the London Evening Standard, are:

To expect to set up our own standard of right and wrong and expect everybody to conform to it.

To try to measure the enjoyment of others by our own.

To expect uniformity of opinion in this world.

To look for judgment and experience in youth.

To endeavor to mould all dispositions alike.

Not to yield in trifles.

To look for perfection in our own actions.

To worry ourselves and others about what cannot be remedied.

Not to alleviate if we can all that needs alleviation.

Not to make allowances for the weaknesses of others.

To consider anything impossible that we cannot ourselves perform.

To believe only what our finite minds can grasp.

To live as if the moment, the time, the day, were so important that it would live forever.

To estimate people by some outside quality, for it is that within which makes the man.

### Don't Abuse Beasts.

"When I was a boy, I worked for a farmer, and was given a span of horses to plow with, one of which was a four-year-old colt. The colt, after walking a few steps, would lie down in the furrow. The farmer was provoked, and told me to sit on the colt's head, to keep him from rising while he whipped him, 'to break him of that notion,' he said. But just then a neighbor came by. He said: 'There is something wrong here. Let him get up and let us examine it.' He patted the colt, looked at his harness, and then said: 'Look at his collar; it is so long and narrow and carries the harness so high, that when he begins to pull it slips back and chokes him so he can't breathe. And so it was; and but for that neighbor we would have whipped a kind creature as we had on the farm because he laid down when he couldn't breathe.'

"It was only the other day, I heard of a valuable St. Bernard dog being shot, because, having a wound on its head, concealed by hair, he bit a person who handled him roughly. Boys, young and old, please remember that their consciences are dumb. They may be hungry, or thirsty, or cold, or faint, or sick, or bruised, or wounded, and cannot tell you. Think before you strike any creature that cannot speak."

### A Marvellous Escape.

"My little boy had a marvellous escape," writes P. F. Bastians of Prince Albert, Cape of Good Hope. "It occurred in the middle of the night. He got a very serious attack of convulsions. As luck would have it, I had a bottle of Chamberlain's Colic, Cholera and Diarrhoea Remedy in the house. After following the directions for an hour and twenty minutes he was through all danger. For sale by all dealers."

Miner's Liniment (Cures) Distemper, where.

## An Operation For Appendicitis

Was Ordered by His Doctor, But Complete Cure Was Effected by Dr. Chase's Kidney-Liver Pills.

Almost anyone who has suffered from appendicitis will assure you that this trouble developed only after months or years of derangements of the liver and bowels. Appendicitis can almost invariably be prevented, and very frequently cured, by the use of Dr. Chase's Kidney-Liver Pills. In the case described in this letter the doctors had ordered an operation, but a thorough cure was brought about by this great medicine.

Mrs. J. A. Ballantyne, Surgeon Falls, Ont., writes: "My husband was treated for appendicitis, and the doctors ordered an operation. But he would not consent to an operation and began the use of Dr. Chase's Kidney-Liver Pills. Since doing so he has had no need of an operation, or even of a doctor, as the trouble has completely left him. I cannot find words to speak our gratitude for his cure."

Dr. Chase's Kidney-Liver Pills, one pill a dose, 25 cents a box, all dealers, or Edmondson, Bates & Co., Limited, Toronto.

"Do any of the good things you hope for come to pass?"

"They all come to pass; but they come and pass so doggedly swift I can't grab 'em."

In the fall the hobo's fancy Strongly turns to thoughts of grab; Where to get it without working, That's the question, that's the rub.

"Did that fellow insult you by offering you a drink?"

"Yes, he did."

"But did you swallow the insult?"

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