

APPLES, ORANGES, FIGS AND PRUNES

Are The Four Fruits Used in Making "Fruit-a-lives"

"FRUIT-A-LIVES" is the only medicine in the world that is made from the juices of fresh ripe fruits. Thus, it is manifestly unfair to say, "I won't take Fruit-a-lives because I have tried other remedies and they did me no good." On the other hand, the fact that "Fruit-a-lives" is entirely different from any other preparation in the world, is just why you should give it a fair trial, in any trouble of the Stomach, Lungs, Bowels, Kidneys or Bladder. "Fruit-a-lives" is composed of the richest principle of fruit and the greatest nerve tonic ever discovered. Box, 6 for \$2.50, trial size, 25c. At all dealers or sent postpaid by Fruit-a-lives Limited, Ottawa.

White Ribbon News.

Woman's Christian Temperance Union organized in 1874. The protection of the home, the abolition of the liquor traffic and the triumph of Christ's Golden Rule in custom and in law.

Mother—For God and Home and Native Land.

BADGE—A knot of White Ribbon.

WATCHWORD—Agitate, educate, or gain.

OFFICERS OF WOLFVILLE UNION.

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White Ribbon Bulletin—Mrs. Walter Mitchell.

Loyal Temperance Legion—Miss Dean.

A Sermon.

'Have a heart,' is a phrase tracing its lineage, no doubt, through the slang faculty, but yet it appeals rather strongly to us, as if occasionally strikes us on the street or in the car. So, 'Beloved Sisters,' that is the proper opening for a little sermon to women, is it not? Bear with my text even if you shiver lest the shade of Lindley Murray cast reproving eyes upon you.

Now if you are the least bit interested in the work of the Children's Aid Society, or in the Refuge for Orphans, or if you ever do anything so unconventional as to attend the police, or other courts, or have poured into your ears the story of some wretched and bruised "he—some bird with a broken wing," you will understand why I have a kindly feeling for the friendly injunction of my text, 'Have a Heart.'

I heard an eloquent speaker a short time ago, relate an experience of his own in pioneer days on these prairies when his life was saved, because an Indian listened to the promptings of a kindly heart rather than the warnings of a cautious head. If you are in doubt, 'Have a heart.'

Serious Illness Avoided.

Many a serious illness has been avoided by the prompt use of Dr. Williams' Pink Pills. These pills actually enrich and purify the blood, and in this way build up the system, tone and strengthen the nerves and invigorate the vital organs.

Serious diseases generally come from some simple disorder that has been neglected. Therefore any thinning of the blood should be looked upon as a warning sign, and more serious illness should be avoided by the use of Dr. Williams' Pink Pills. In the case of young girls and women the blood is peculiarly liable to get out of order—to become thin and watery—and to lead to a general breakdown in health. This can be avoided by the occasional use of Dr. Williams' Pink Pills, which are suitable for the most delicate constitution. These pills will give you a new appetite, improve your digestion, tone and strengthen weakened nerves, banish depression and lack of energy, clear the complexion of pimples and blemishes, cure pain in the back and general weakness, cause the disappearance of headaches, dizziness and heart fluttering. Give these pills a fair trial and you will soon note a wonderful change in your constitution. Your spirits will brighten, good health and strength will return, and you will feel like a new person. You can confirm these statements by enquiring among your friends almost anywhere, as thousands and thousands of hopeless sufferers have been restored to new health and energy by using Dr. Williams' Pink Pills.

You can get these pills through any medicine dealer or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

We are put into this world to make better, and we must be about our business.—General Armstrong.

How to Purify the Blood.

"When to thirty drops of Eucalypti, usually called Eucalypti, is added to water with meals and at bedtime, for the cure of indigestion, constipation and headache. Eucalypti when in this amount will affect a cure in nearly every case."—The opinion of Dr. Williams.

Eye Strain—Its Cause and Effects.

Ocular strabismus is an affection of the head or any part of the body through the sympathetic nerves. Eye strain may cause headache, pain at back of head, mental exhaustion, neuralgia, St. Vitus dance, even epilepsy.

"Thousands of people suffer from one or other of these maladies due to eye strain and do not know the cause," so says Stoddard Godshere, M. D. "Do you know whether you are subjected to brain-fag in this way? Do you know whether your children have eye defects that make study difficult and threaten them with permanent injury? You should know. You should not guess. The slight defects may cause the greatest troubles. If the globes of your eyes are a trifle shorter than normal (or sightedness) the focal point will be behind the retina. You will always be striving to overcome the defect. This will mean constant strain, (increased at close work.) You may have sharp vision, but at expense of unusual fatiguing effort.

It is essential that the two eyes focus for the same distance and to the same point. As a matter of fact no two eyes ever are identical. Usually the difference is not noticed, though it is causing constant eye strain. The eyes try constantly to adjust themselves, or else one gives up the effort and leaves the other to struggle. The unused eye loses sight for lack of use, the other is strained.

Dr. Clarke says, 'There is no form of functional nerve disorder that may not be caused by eye strain.' Dr. Gould, 'Curvature of the spine is due to eye strain.'

'Wise parents are now giving heed to this subject of eye strain. . . . As to the millions of school children, their eye strain, its effect upon health, the reasons for dullards, truant and even juvenile criminals, we are now at the opening door.'

Dr. Harrison, of New York—'St. Vitus dance is always an eye trouble, and can always be cured by properly fitting glasses.' While this is a pretty broad statement and few might go so far with the doctor, the writer can assert that in 20 years he has never failed where the patient has complied with his wishes and worn glasses constantly.

PILES

Do not suffer another day with itching, bleeding, or burning. Dr. Chase's Ointment will relieve you at once and as a certain cure. See our circular, or write for it to Dr. W. B. Chase, 125 E. Huron St., Toronto. Sample box free if you mention this advertisement. Send no stamp to pay postage.

General Maude.

General Maude, commanding the British troops in Mesopotamia, died on the 18th inst., after a brief illness. Gen. Maude was placed in command of the British troops in Mesopotamia after the Gerralouk campaign in 1885 renewing the Sudan campaign in 1895, and the Khedive's star. He also won distinction in the South African war, where he won the Distinguished Service Order and the Queen's medal with six clasps. Gen. Maude saw service in France and was wounded before taking command in Mesopotamia.

A man went to Louisiana on a visit to a certain colonel there. It was bedtime when he arrived at the house and as it happened there were no mosquito-curtains to his bed, he suffered severely all night long. When the following morning the negro servant came into the room with water and towels, the unhappy guest asked why there were no mosquito-curtains to the room.

"Why, colonel, has any in his room?" he finally inquired.

"No, sah," replied the negro.

"Well, how on earth can he stand it?" said the visitor.

"Well, sah," came the reply. "I reckon he has his way. In de part of de night de colonel's mos' gen'ly so 'toxicated dat he don't pay no 'tertib'ion to de skeeters; an' in de last part of de night de skeeters is gen'ly so 'toxicated dat dey don't pay no 'tertib'ion to de colonel.'

Sick Wife's Story Surprises Wolfville.

The following has surprised Wolfville: A business man's wife suffered from dyspepsia and constipation for years. Although she dieted she was so bloated her clothes would not fit ONE SPOONFUL backbone bark glycerine, etc., as mixed in Adler's relief by INSTANTLY. Because Adler's capsules BOTH large and small intestine it relieves ANY CASE constipation, sour stomach or gas and prevents appendicitis. It has QUICKEST action of anything we ever sold.

Seek all good, go against all evil, follow Christ, and your life will be all right.

BORIR

Repels Colds, Chills, and Influenza

GLD-TIME JOCKEYS

Memory of Our Thomas Reminds Day of Amateur Horse-Racing

M. A. Thomas, better known in his palmy days as "Gus" Thomas, who died after a long illness patient of the late John Shedd, was a prominent jockey in Toronto. In his time in the seventies, the Chop Race was the rendezvous of all the hunt and racing horsemen of Canada. At race times it was a centre of busy and as full of life as the most of what which, indeed, with his way of writing and hum of conversation, it largely resembled. It was a period when there foregathered at the St. Betsy's Grove and elsewhere, such men as the late John Shedd, William Colquhoun, J. G. Woots, Geo. W. Kely, Col. Cumberland, John Leys, George Goddard, Henry Godson, "Old Donaldson," H. P. Dwyer and Dr. Andrew Smith, and when Major Myles, Robert Davies, Arthur Godson, the two Meads, Jim Carruthers, Alex. Shields, T. P. Phelan, Dr. Campbell, John Dixon, and others, who afterwards came to the fore, were either in the saddle or in the crowd.

"Gus" Thomas was reputed to be the best gentleman rider of his day, and no man who rode the good fortune to be present on that October afternoon when, on old Liberty, with the ancient Newmarket course, with his uphill and down dale, he won a two-mile and a half steeplechase against the most famous riders Canada could produce, will forget the exhibition of jockeyship he displayed. The late T. C. Patterson said it was so good that Fordham himself could not have surpassed it. On that occasion Arthur Godson was a broken, re-entombed, and finished with a broken collar-bone. The veteran John Halligan was hunted, and all the admission charged was the tip dropped in his ostentatious cap. Many was the good race that Gus Thomas rode against the hard-riding officers of the Rifles, Lancers and Hussars stationed at different times in Toronto. No man was more highly thought of, was more regular in attendance at the gatherings of the Hunt Club, or more frequently in at the finish.

Stuart Impostors

Lovats and Their Scottish County Accepted "Pretender's" Sons"

Lord Lovat, appointed director of forestry, belonged to a Scottish family with a long and remarkable history. One of the strangest episodes was the "Pretender's" sons, the "Young Pretender," and the Countess of Albany. In the lonely Catholic church, near Eskdale, seventeen miles from Inverness, there is a Celtic cross of reddish stone to the memory of these two impostors.

Children Cry FOR FLETCHER'S CASTORIA

Countey is a coin of which we can not have too much; with which we can never afford to be stingy.

Children Cry FOR FLETCHER'S CASTORIA

Thy child will really benefit in the best way possible without realizing that it is doing so.

Edison is Right

You admit the International Correspondence Schools are a good thing. You take a course right now—"except"—"if" what? If you weren't so "overworked," 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 weary handicaps 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 utilize themselves for big work. You, too, can possess power, money and happiness if you only make the effort.

Old-Time Privateering

Nova Scotia's Blockade Running and Shipbuilding Heroes

In the county of Queens, in Nova Scotia, Snow Parker had built 46 vessels before 1828. Liverpool, in this country, was in the way of 1812 a great privateering port. Twenty or thirty prizes might be seen in that harbor at once, and a good many Liverpool vessels fell a prey to New England privateers. In this adventurous atmosphere flourished Enos Collins, for many years a member of the Nova Scotia Council. His grandfather in New England and Nova Scotia, and he himself were shipbuilders and shipowners. Enos was also a captain. He was fond of running blockades, of loading ships and sending them in groups with cargoes to places that were only reached through peril of the enemy, and selling at several hundred per cent. profit. A true life of Enos Collins would be more exciting than fiction. A great many of the vessels of his large fleet were captured by the enemy.

Children Cry FOR FLETCHER'S CASTORIA

Instruction by correspondence is the cheapest and best way for the poor man.

Edison is Right

You admit the International Correspondence Schools are a good thing. You take a course right now—"except"—"if" what? If you weren't so "overworked," 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 weary handicaps 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 utilize themselves for big work. You, too, can possess power, money and happiness if you only make the effort.

Here's all we ask: Merely small things. Put it up to us without paying or promising. Let us send you the details other "schools" through the I. C. S. and then decide.

See 588, SCRANTON, PA.

CASTORIA

For Infants and Children

The Kind You Have Always Bought

The Fighting Men

await your answer

HOW many Victory Bonds have you bought?

Have you put yourself to any real inconvenience to buy Victory Bonds?

Have you denied yourself some purely personal gratification, so that you could invest the money saved in Victory Bonds?

Have you realized the urgent need for personal self-sacrifice to make the Victory Loan a great success?

Until you have bought Victory Bonds to the very limit of your ability, you have not done your duty.

Campaign Closes Saturday Night

What Answer Will You Give?

Issued by Canada's Victory Loan Committee in co-operation with the Minister of Finance of the Dominion of Canada.

WHERE A DAY IS FOUR DAYS LONG

Picture taken 12.15 a.m., June 22nd, from White Pass and Yukon route steamer "Casca," on Yukon River at Fort Yukon.

In Alaska there is a time when a day is four days long. From the 19th to 22nd of June, inclusive, the sun does not set, it is because of this that the vast country on the north-west of the American continent is called "The Land of the Midnight Sun." It fills one with strange thrills to be in the midst of an open country at midnight and to see the sun so close to you with a steady eye that seems just above the horizon.

The far famed loveliness of Alaska is an invitation to the tourist to visit it. Thousands go there annually. Transportation facilities are convenient. Some travel thousands of miles to see this region, but the magnificent atmosphere, the endless variety of mountain, river, lake, waterfall, forest and glacier scenery compensates well for the journey. On many of the plains and valleys the vegetation is rich, and excellent crops are raised.

The voyage along the Pacific coast from Vancouver to Skagway is delightful. The Canadian Pacific runs an excellent service of passenger vessels on this route. Last summer I took the trip. A White Pass and Yukon Route train brought me from Skagway to the town of White Horse on the Yukon River. There I boarded the steamer "Casca" and took a trip into the heart of the country. There were about fifty tourists on the boat. It was the 21st of June, and we were all anticipating the experience of gazing on the sun at midnight. Nearly everybody had a camera in readiness. At 11 o'clock p.m. we were near Fort Yukon, and the sun appeared to be a little clouded, but it was plain daylight. At midnight the Land of Light had brushed away the clouds and appeared more like the full moon than the sun we know in Canada. We took many photographs of him as he climbed higher on the stairs of heaven and arrayed himself in his brightest shawl.

As we sailed along the banks of the Yukon River we saw some bears and moose patrol the wilds, and the wintery—yet the air busy in carrying the sounds of their buying to our ears. Each homesteader keeps a little herd

Professional Cards

DENTISTRY.

A. J. McKenna, D. D. S.
Graduate of Philadelphia Dental College
Office in McKenna Block, Wolfville,
Telephone No. 43.

M. R. ELLIOTT

A.B., M.D. (Harvard)
Office at residence of late Dr. Bowles,
Telephone 23.
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Wolfville, N. S.

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The largest dealers in Improved
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AN EXCLUSIVE RESORT
for Motorists, House and
Week-End Parties.
Evening Functions and
After-Theatre Suppers ar-
ranged. Afternoon Tea.
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WOLFVILLE, N. S.
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E. B. SHAW

Repairing of Boots and
Shoes of all kinds
Has resumed business at the old
stand in his new building.
Orders Solicited and
Carefully Executed

R. J. Whitten & Co.

HALIFAX
Receivers and Sellers of all kinds
of Farm Produce.
Consignments Solicited.
Prompt Returns.

Port Williams Fruit Co., LIMITED

FLOUR

on hand.
Bran and Middlings
due to arrive.
SLAG!
Buy now before the advance. A
car is expected shortly.

FERTILIZER!

We have a limited supply suitable for reaping strawberry plantations or fall use in the orchard, for sale at reasonable prices.

Arsenato de Lime

For use on Potatoes.
Open Wednesday mornings or
by appointment.

Port Williams, N. S.

Wolfville Time Table

DOMINION ATLANTIC RY

BY STEAMSHIP LINES
TO JOHN M. DIBBY
RECOGNIZED BY THE GOVERNMENT
DOMINION ATLANTIC RY
TO JOHN M. DIBBY
RECOGNIZED BY THE GOVERNMENT
— YARMOUTH LINE —
LAND OF EVANGELINE ROUTE
Effective Oct. 1st, 1917.
Service daily, except Sunday.

ARRIVING

Express from Kentville	8.07 a.m.
Express from Halifax & Truro	8.30 a.m.
Express from Yarmouth	4.30 p.m.
Express from Halifax	8.57 p.m.

LEAVING

Express for Halifax and Truro	8.07 a.m.
Express for St. John and Yarmouth	8.30 a.m.
Express for Kentville	8.57 p.m.

ST. JOHN AND DIBBY

Daily Service (Sunday Excepted)
Canadian Pacific Railway & S. S. "Empress" leaves at John 7.00 a.m. in arriving in Digby at 10.00 a.m. Leaves Digby 7.00 p.m., arriving St. John 8.00 p.m., making connection at St. John with train of Canadian Pacific Ry. for Montreal and the West.

Boston Service

Express train leaving at 9.58 a.m. for Yarmouth terminals with steamers of the Boston & Yarmouth S. S. Co., Ltd., calling on Wednesday and Saturdays for Boston.

Buffet parlor runs each way, daily, except Sunday, as express trains between Halifax and Yarmouth.

R. U. PARKER
General Passenger Agent,
George E. Graham, General Manager,
Kentville, N. S.

Expert Piano Tuning Guaranteed.

Voicing, Regulating, Repairing
Organs Tuned and Repaired.
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