

What are Peps

Peps are the new treatment for coughs, colds and lung troubles. They are little tablets made up from Pine extracts and medicinal essences. When put into the mouth these medicinal ingredients turn into healing vapors, which are breathed down direct to the lungs, throat and bronchial tubes. The Peps treatment is direct. Swallowing cough mixtures into the stomach, to cure ailments and disorders in throat and lungs, is indirect. Peps are revolutionizing the treatment of colds and their price is within the reach of all. All dealers, 50c. box. Send 1c. stamp for FREE TRIAL PACKAGE.

LETTER FROM SERGEANT S. F. WILLIAMS

How Particulars About His Wound and Present Condition

From a letter from Sgt. Samuel F. Williams, son of Mr. Herbert F. Williams, of this town, to his sister, Miss Ida Williams, we are publishing the following:

Clandon Park War Hospital, Guilford, Surrey, England, Friday morning, Oct. 4, 1918.

You have no doubt been officially notified that I was wounded last Sunday afternoon, just on the left of Cambria, and I feel you are worrying and anxiously waiting for this letter. I was wounded in the back of my left thigh, just above the knee. This is not serious, for which I am thankful, and only a matter of a few weeks to heal. I was leading a party along a sunken road to collect some wounded in a village, when a shell burst just beside me. Capt. Brown was right behind me, and started to dress a lad, and after I opened a shell dressing I asked him if he would please put it on for me. The poor man nearly dropped and said "Why, Sam, you've not hit." He was discouraged, for there were so many of the boys wounded and not cleared, as the Germans were pounding us. Just after I left I heard that Capt. Ross, a medical officer from the ambulance, who was with us was killed. I had just bade him good-bye. I walked out to the field ambulance and helped a badly wounded German out. Immediately I got a car in which were two Fritzys, and one of them "kicked the bucket." At the Main we were put in box cars and reached No. 1 C. C. S. at midnight, inoculated there and waited until daylight for a train. Reached a base Hospital (No. 18 General U. S. A.) at about 10.00 that evening. I got a shower bath (while I was nearly perished) X rayed and about 1.00 A. M. Tuesday I was operated upon, and the piece of shrapnel removed. Wednesday morning at about 3.00 the sister woke me up and said "Williams you're going to Blighty." From there I was made a stretcher case, taken to the Hospital train, and reaching Calais we sailed for Dover in a dandy Hospital Ship. From Dover we were placed on a train and landed here Wednesday night.

This lovely here, English V. A. D. nurses and sisters and a lady Doctor. Some Colonel is expected to-day to see if we are properly looked after. The food is only fair, but plenty. This is Lord Oswald's Estate and a magnificent building. I am in Ward 8 (8 beds) I think there are 130 beds all told. The Red Cross Ladies visit but all they have brought are cigarette and papers. Not much broussing on that for me.

I sent a card to Sgt. Shikley, my chum in Bramshott. He is not far away and may come to see me. From here I will go to Conval Camp Epsom and then 10 days' leave and to Bramshott. I guess I have done my bit now. I'm proud of my "M. M." award. Well so much for my experience. I told John to open my boxes and treat the boys. They do not renail any parcels. Please send things right along and I will get them sooner now. They will renail from here.

Lester Hines was wounded on Friday, in the arm. 'Twas a rough place believe me. Sunday morning I was sitting down dodging Machine Gun bullets when a shell hit only 3 feet from me, but thank God it was a dud, so you see I'm

ROBUSTNESS

Nature has not been prodigal with everybody in the matter of robustness. Many, all through life, must stand guard and combat colds, coughs, bronchitis or perhaps more serious pulmonary ailments. For nearly five decades

SCOTT'S EMULSION

has been helping to turn weakness into strength. For those who are delicate, with tender lungs, weak throats and a proneness to debility and anemia, the definite nourishing and tonic qualities of Scott's are of special value.

Scott & Bowne, Toronto, Ont.

thankful for my life. I soon moved my carcas from there, but then they were bursting all around, so Providence just protected us.

The war will soon be over; we lost heavily and I'm anxious to hear from the boys.

Please write soon and with lots of love to all.

Your loving brother,
SAM.

P. S. Will you please send some MONITORS.

SAVE YOUR WOOD-ASHES.

(Experimental Farms Note.) The experience of many generations of farmers and gardeners has proven the high value of unleached wood-ashes as a fertilizer, especially for clover, corn, farm roots and vegetables and fruit crops generally. Wood-ashes contain no nitrogen and supply no humus, but as far as mineral plant food is concerned there is probably no compounded mineral fertilizer on the market that is more effective and more lasting. They furnish potash, lime, phosphoric acid the very element taken from the soil by the forest trees, and returned to the soil they will supply, in the very best form and combinations, the mineral plant food required by our crops.

According to analyses made by the Division of Chemistry, Experimental farms, unleached hardwood ashes, free from sand, etc., will contain between 5 and 6 per cent of potash, about 2 per cent of phosphoric acid and from 20 to 30 per cent of lime. Before the war Germany supplied all the potash used for fertilizing purposes; since that supply has been cut off, potash has tremendously increased in price so that now it is worth almost ten times what it was in the early part of 1914, and as a consequence it has practically disappeared from commercial fertilizers. The potash in 100 pounds of good quality wood-ashes is now worth from \$1.00 to \$1.50.

Owing to the scarcity and high price of coal, farmers will be burning more wood this winter than has been customary for many years. We counsel them to save carefully the ashes from their stove, storing them in a dry place protected from the rain. Leached ashes contain very little potash, for this element is readily soluble in water.

The soils most benefited by wood-ashes are light sandy and gravelly loams, and mucks and peaty soils. They are also especially valuable for sour soils deficient in lime. The application may be from 600 to 2000 pounds per acre, preferably broadcasted in the spring on the prepared land before seeding and harrowed in.

NOT A BIG MONEY MAKER

The Farmer, However, is a Good Saver and Usually Has a Good Bank Account.

The farmer is not a big money maker, but he is a good saver. His aggregate savings would go a long way toward taking up the Victory Loan. Heretofore, these savings have gone largely into the Savings Bank where they were safe and could be drawn upon at any time. Until the floating of the Victory Loans, few farmers knew that bonds and especially Victory Bonds, can be utilized just the same as Savings Bank deposits. They can be sold or holders can secure loans from the Bank at any time up to their full value and no safer investment can be made, for behind the Victory Bonds are all the assets of Canada.

The safest kind of investment, as negotiable as Savings Bank Deposits, the Victory Bond in addition offers nearly double the rate of interest of Savings Deposits. That's the business side of the Victory Loan, but when the buyer of these attractive bonds can contribute to the country's need in this time of war and so give practical expression to his patriotism, the inducement to buy is complete. Business instincts should prompt every farmer in Nova Scotia to purchase Victory Bonds; Patriotism should prompt buying to the full limit of his ability.

M. CUMMING
Truro, N. S.

His Only Vice

He only smokes just once a week, and then he smokes outside, my own true husband is so meek my wish is ne'er defied. Fresh buttermilk his only drink, he never stays out late, he always cleans the grate and sinks, and polishes each plate. He cuts the kiddies' hair so neat, he cleans and blacks their shoes; he turns the washer, carves the meat, yet never has the blues. And when he's walking in the street, he gazes at the sky for fear he'll see the dainty feet of flappers flipping by! He brings his weekly pay to me, and asks me for a dime; it isn't very hard to see, I have an easy time. Yet, sister, solemnly I swear, I wish he weren't so good. I'd let him drag me by the hair, and beat me black with wood. I'd let him sip mixed drinks all day, make eyes at every miss, and keep eighteenth of all his pay, forget his morning kiss, if he would sail away each night a mile or two from shore, so, I would not awake with fright each time he gives a snore.

WILHELMINA STITCH.

As a matter of business, what do you think of the plan?

You are a farmer. Canada is a farming country. Canada grows more food than the people of Canada need.

To prosper she must sell that surplus food.

Great Britain is our best customer for grain, pork, beef, cheese and other farm products.

Every practical man must see how important it is to hold the British trade. Canada wants not only the profit on this trade, she wishes to create a goodwill in Britain towards Canadian products and thus assure our export business for the future.

At the moment Great Britain asks for credit, asks Canada to sell her the products of the farm, "on time." To hold her trade, it is necessary to give this credit.

This takes capital—immense capital. For Britain's purchases from Canada are huge, and these purchases must be paid for in cash.

In these times, it is not easy even for a nation as wealthy as Canada to procure money. Certainly, no other country can lend us money. The only way now open for Canada to secure money is to borrow from the people of Canada.

Buy VICTORY BONDS

—all you can pay for in cash and all you can carry on instalments.

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

STEEL CEILINGS

are BETTER and CHEAPER than Plaster. We have a large stock of CEILING PLATES in attractive patterns at only \$5.50 per 100 square feet

Overseas Xmas Boxes

14c. and 16c. each These boxes are made of Corrugated Pulp Board, and stand the journey better than tin boxes.

Royal Purple Calf Meal

We have our new stock of this celebrated meal. GUARANTEED AS GOOD AS EVER. THE CHEAPEST CALF FOOD.

KARL FREEMAN

Hardware : Stoves : Ranges, etc. BRIDGETOWN, N. S.

Learning Lessons at Home

The Halifax Chronicle under its "Observations by the way" says: There has always been a decided sentiment locally against one portion of the system used by the School Board. This is the method of learning lessons at home. Under the existing conditions, the teacher has become merely a "hearer" of lessons, while the real teaching is performed by those who have to aid the scholars in the preparation of the lessons at home. The greater disadvantage of this system, or rather lack of system is that pupils are absorbing their ideas from home rather than from the teacher. Possibly in some cases this is all right, but in many cases where the parents had been handicapped in youth the child is handicapped by the parents' inability to teach it properly. Even evading this drawback, parents have not the time to perform this task. It is really time that the School Board was awakened to the fact that learning lessons at home is an absolute, unfair and inefficient method of conducting the work. Too many men attempt to pass through this world on the reputation of their ancestors. Minard's Liniment cures Garget in Cows.

FALL AND WINTER 1918 & 1919

When you Think of Men's & Boys' Furnishings

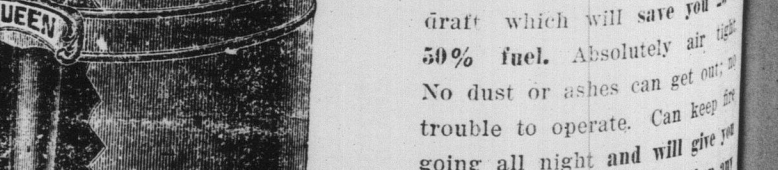
you naturally think of J. HARRY HICKS, the leading exclusively Men's Furnishing House. We are fully stocked. A call will convince you of good goods at right prices. Store opened every day and Tuesday andaturday evening.

J. HARRY HICKS

Phone 1-3 Corner Queen and Granville Streets

QUEEN HEATERS

Will save you time, trouble and money. The only stove with draft which will save you 50% fuel. Absolutely air tight. No dust or ashes can get out; trouble to operate. Can keep going all night and will give more heat with less fuel than any other stove. Made from the RUSSIAN SHEET IRON, in sizes and styles



from \$2.50 to \$13

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Hardware, Stoves, Ranges and Kitchen Furnishings, etc. QUEEN STREET, BRIDGETOWN

NO MORE KID TROUBLE

Since He Commenced to Take "Fruit-a-t" 73 LESS AVENUE, OTTAWA. "Three years ago, I began running down and tired, and very much from Liver and Trouble. Having read of 'Fruit-a-t', I thought I would try it. The result was surprising. I have not had an hour since I commenced using 'Fruit-a-t', and I know now what that is, the blessing of a body and clear thinking brain." WALTER J. M. A. 50c. a box, 6 for \$2.50, trial At all dealers or sent post receipt of price by Fruit Limited, Ottawa.

TRAVELLERS' GUIDE

DOMINION ATLANTIC RAILWAY

TIME TABLE REVISED TO SEPT. 29th, 1918.

| GOING WEST | |
|-----------------|-------|
| Station | Time |
| Middleton | 11:35 |
| Lawrencetown | 11:50 |
| Paradise | 12:05 |
| Bridgetown | 12:20 |
| Apperville | 12:35 |
| Round Hill | 12:50 |
| Annapolis Royal | 12:42 |
| Upper Clements | 12:53 |
| Clementsport | 12:59 |
| Deep Brook | 1:06 |
| Bear River | 1:15 |
| Imbertville | 1:18 |
| Smith's Cove | 1:22 |
| Digby | 1:37 |

| GOING EAST | |
|-----------------|-------|
| Station | Time |
| Digby | 12:05 |
| Smith's Cove | 12:20 |
| Imbertville | 12:24 |
| Bear River | 12:28 |
| Deep Brook | 12:37 |
| Clementsport | 12:44 |
| Upper Clements | 12:53 |
| Annapolis Royal | 1:07 |
| Round Hill | 1:22 |
| Tapperville | 1:32 |
| Bridgetown | 1:45 |
| Paradise | 1:56 |
| Lawrencetown | 2:03 |
| Middleton | 2:20 |

H. U. PARKER, General Passenger Agent. GEO. E. GR. General

H. & S. W. RAIL

| Accom. | TIME TABLE | IN EFFECT |
|-----------------|------------------|-----------|
| Wednesdays only | March 10, 1918 | |
| Head down | STATIONS | |
| 11:10 a.m. | Lv. Middleton | Ar. 5 |
| 11:41 a.m. | *Clarence | 4 |
| 12:00 p.m. | Bridgetown | 4 |
| 12:32 p.m. | Granville Centre | 3 |
| 12:49 p.m. | Granville Ferry | 3 |
| 13:12 p.m. | *Karsdale | 3 |
| 13:30 p.m. | Ar Port Wade | Lv. 2 |

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That you have a High School certificate before entering the Maritime. We arrange for all classes you require. Plenty of ambition and study will do much in a few months. Remember the Maritime had 175 calls for office assistants in 1918. Enter any day.

MARITIME BUSINESS COLLEGE

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