

TORTURED BY CONSTIPATION

"Fruit-a-lives" Cured Paralyzed Bowels and Digestion

ST. BONIFACE DE SHAWINIGAN, QUEBEC, Feb. 27, 1914.

"It is a pleasure to me to inform you that after suffering from Chronic Constipation for 2 1/2 years, I have been cured by 'Fruit-a-lives'. While I was a student at Berthier College, I became so ill I was forced to leave the college. Severe pains across the intestines continually tortured me and it came to a point when I could not stoop down at all, and my Digestion became paralyzed. Some one advised me to take 'Fruit-a-lives' and at once I felt a great improvement. After I had taken four or five boxes, I realized that I was completely cured and what made me glad, also, was that they were acting gently, causing no pain whatever to the bowels. All those who suffer with Chronic Constipation should follow my example and take 'Fruit-a-lives' for they are the medicine that cures."

MACLOIRER PAQUIN
"Fruit-a-lives" are 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-lives Limited, Ottawa.

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.

Motto.—For God and Home and Native Land.
BANDS—A knot of White Ribbon.
WATCHWORD—Agitate, educate, or organize.

OFFICERS OF WOLFVILLE UNION.
President—Mrs. L. W. Sleep.
1st Vice President—Mrs. G. Bryant.
2nd Vice President—Mrs. J. D. Chamers.
3rd Vice President—Mrs. Geo. Fitch.
Recording Secy.—Mrs. W. Mitchell.
Cor. Secretary—Mrs. Geo. DeWitt.
Treasurer—Mrs. H. Pines.

SUPERINTENDENTS.
Peace and Arbitration.—Mrs. L. Reid Evangelistic.—Mrs. Geo. Bishop.
Temperance in Sabbath-schools.—Mrs. (Dr.) Brown.
Scientific Temperance in Schools.—Mrs. G. Cutten.
Luncheon.—Mrs. J. Kington.
Willard Home.—Mrs. M. Freeman.
U. B. Bulletin.—Mrs. Langille.
Prize Work.—Miss Margaret Barnes.
Parlor Meetings.—Mrs. J. Kaye.
L. T. L.—Mrs. Howe.

Licensed—to do What?

- Licensed to make the strong men weak;
- Licensed to lay the wise man low;
- Licensed to wife's fond heart to break;
- And make her children's tears to flow.
- Licensed to do thy neighbor harm;
- Licensed to kindle hate and strife;
- Licensed to nerve the robber's arm;
- Licensed to whet the murderer's knife.
- Licensed thy neighbor's purse to drain;
- And rob him of his very last;
- Licensed to heat his feverish brain;
- Till madness crowns thy work at last.
- Licensed, like a spider for a fly,
- To spread thy nets for man, thy prey;
- To mock his struggles—suck him dry.
- Then cast the worthless hulk away.
- Licensed, where peace and quiet dwell,
- To bring disease, and want, and woe;
- Licensed to make this world a hell,
- And fit men for a hell below.
- 'Call up the dead from their cold graves,
- And summon up memory's link
- And see if human tongue can tell
- The millions damned through drink."

One of Civilizations Pivotal Points.

In the United States the manufacture of

WOMAN IN TERRIBLE STATE

Finds Help in Lydia E. Pinkham's Vegetable Compound.

Cape Wolfe, Canada.—"Last March I was a complete wreck. I had given up all hope of getting better or living any length of time, as I was such a sufferer from female troubles. But I took Lydia E. Pinkham's Vegetable Compound, and today I am in good health and have a pair of twin boys two months old and growing finely. I surprised doctors and neighbors for they all know what a wreck I was."

"Now I am healthy, happy and hearty, and owe it all to Lydia E. Pinkham's remedies. You may publish this letter if you like. I think if more women used your remedies they would have better health."—Mrs. J. T. COOK, Lot No. 7, Cape Wolfe, P. E. I., Canada.

Because your case is a difficult one, and doctors having done you no good, do not continue to suffer without giving Lydia E. Pinkham's Vegetable Compound a trial. It surely has remedied many cases of female ill health, such as inflammation, irregularities, displacements, tumors, irregularities, periodic pains, backache, and it may be exactly what you need.

The Pinkham record is a proud and peerless one. It is a record of constant victory over the afflictions of women.

"I mean that we can find relief right here," replied the ambassador.

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FORESTRY FACTS

Many engineers, well acquainted with the use of steel and concrete, have little knowledge of the advantages possessed by wood for certain kinds of structural work. This lack of knowledge is due to the lack of reliable tables showing the mechanical properties of various Canadian woods. To remedy this want, the Forest Products Laboratories at McGill University, will conduct a series of elaborate tests which will establish the strength of these woods, and make available for structural purposes many tree species whose value for this work is at present doubtful.

Quarriesmen in France still enormous blocks of stone by inserting wooden pins in small holes along the proposed line of cleavage and then soaking the pins with water.

The word "forest" was originally derived from the old High German word "forst," and, in the middle ages, meant a large tract of land, not necessarily wooded, on which the right to hunt was reserved to the king.

Recent forest surveys conducted by the Dominion Forestry branch in the wooded region lying to the north of Edmonton in Alberta indicate the very large amount of valuable timber that has been destroyed by forest fire within the last twenty-five years.

Production is good, however, and the possibilities are indicated by the fact that in the few mature stands remaining white spruce attains a diameter of thirty-six inches, lodgepole pine twenty inches, aspen poplar fifteen inches and paper birch twelve inches.

Foreign Success Costs Much
It was several days before the thinking men of Russia awoke to the fact that they had put into operation one of the greatest, most far-reaching and beneficial laws ever enacted. It all turned out on the matter of economics. The question was: We have this grain. Shall we use it for bread or shall we use it for whiskey?

And in Russia's time of trial there was only one answer to this question. The Russian people said: "We vote for bread!"

Now suppose we take this question home to ourselves.

In your pay envelope is twenty five dollars. What are you going to do with this money? Are you going to spend it for drink? If you are married man, are you going to spend this money for liquor or are you going to buy shoes for the babies; books, stationery, pens, ink, or paper for your boys and girls who are going to school? Are you going to buy a clock, a rug, a chair, a table, curtains for the windows, or are you going to spend the money for strong drink? Just a matter of choice, you see. Just a matter of deciding between this and that—is it bread or vodka?

Does liquor all to the length of your days, to your efficiency, to your thinking power? Does it make you employer prize your services more? Are you more apt to get an increase in wages if you drink? Are you a better citizen? Does your wife urge you to drink whiskey? Are you more to your old father and mother? How are you going to use the money in the envelope?

Is it whiskey, or bread, books, clothes, a savings bank account and a home?

Let your common sense decide, and then stand by your resolution.—From The Era, for January, 1915.

DR. A. W. CHASE'S 25c. CATARRH POWDER

is sent direct to the diseased parts by the mucous membrane. It kills the bacteria, cleans the air passages, stops droppings in the throat and permanently cures Catarrh and Hay Fever.

Substitutes All dealers or Dominion Sales Co., Ltd., Toronto.

The Gift of Laughter.

Dr. Theodore L. Cuyler was once visiting the famous London preacher, Rev. Charles H. Spurgeon. After a hard day of work and serious discussion, these two mighty men of God went into the country together for a holiday. They roamed the fields in high spirits like boys let loose from school, chatting and laughing and free from care.

Dr. Cuyler had just told a story at which Mr. Spurgeon laughed uproariously. Then suddenly he turned to Dr. Cuyler and exclaimed, "Theodore, let's kneel down and thank God for laughter!" And there, on the green carpet of grass, under the trees, two of the world's greatest men knelt and thanked the dear Lord for the bright and joyous gift of laughter.

"God never gave a man a greater gift," says Marshall P. Wilder, than the power to make others laugh, unless it is the privilege of laughing himself. We honor, revere, admire our great soldiers, statesmen and men of letters; but we love the man that makes us laugh. Laughter is a public benefactor, for laughter is the salt of life, and keeps the whole dish sweet."

At a time when it was thought that Germany wanted to get a foot hold in the United States, and that the Dutch ambassador stood watching the ambassador of the G. man army. As well as up body of men marched past the ambassador said, "Fie! soldiers, but too short." Then came the G. man soldiers, between six and seven feet tall; nevertheless the ambassador's comment was the same as before. "Fie! soldiers, but too short."

"Why does your excellency want such short soldiers?"

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SIKHS AND HINDUS

Some Facts About the Brown Men of British India

Sikhism was founded in 1539 A.D. by Nanak, a Hindu, one of the soldier caste and a dweller in a village. Nanak was looked upon "as an incorporeal spirit," who had come to save the world, and, having enjoyed personal communion with the Lord, was straggling "Guru," and, moreover, being exalted himself was invested with the power of exalting others.

In order to bring peace and amity into his world, Nanak endeavored to reconcile the Hindu and the Mohammedans by teaching a religion which should retain the best of the teachings of both religions and casting away that which had become debased and impure. He failed, however, to reconcile the two latter antagonisms, and, by the purity of his doctrines, and the non-recognition of caste, himself antagonized the Hindu and Mohammedans, who had murdered one of their Gurus, when the Sikhs attempted to avenge the murder, that actual warfare broke out between the latter and themselves.

It will be seen that the Sikhs were originally a religious sect, pure and simple, and could not be developed as a race, although certainly the far greater number of them were of the Jat tribe, situated in the northern part of the Punjab.

Their Bible, known as the "Adi Granth," was compiled by a grandson of Nanak, in the name of the God as: "One soul, self-existing, the meaning and cause of all, who has seen numberless creeds and names come and go." They believe in one God, all, and through all a personal God. Amongst other things they also "recognize the brotherhood of man, do not recognize caste, and insist on pure and simple ethics." In this they are also as the Free Masons, and include the many of them belong to that order.

The word "sikh" means "disciple," and at first they were seekers after a divine way of truth. Their sacred writings and our gospels are similar in their teachings and very many passages are identical. The Sikhs differ from all Hindus in that they are "not born but made," and when the community is ready to receive them they differ from us only in so far that they have not been taught to know God.

In 1721 A.D. the last Guru, Govind, established political independence. Guruship was abolished, and only military leaders were elected. Thus was fulfilled a prophecy that the Sikhs should have only ten Gurus. As has been said, the Sikhs are not a distinct race though chiefly Jats. They are a well disciplined, religious and military brotherhood, in this respect somewhat similar to the Knights Templars of old. And indeed the Sikhs, together with the Gurkhas and the Pathans, are the most valiant and heroic of the peoples of the East.

Little Instrument Shows Extent of Pressure in Chewing

Scientific inventions have enabled us to determine accurately the amount of force exercised by many of our bodily functions. The strength of the heart's beats is measured with a precision that the stethoscope can never attain; the physical culturist can measure our breathing powers, and from the power of the automatic machine we learn, as accurately as we can expect for the fee, the extent of our gripping, punching and bicycling power.

A small instrument, with a big name, the Phago-dynamometer, has been used for testing the strength of our teeth, and some interesting results are shown in the records published by an eminent dentist.

A white man, who is the fortunate possessor of a good set of natural teeth, can exert a pressure of 250 pounds, while most of the artificial teeth which his colored brother can easily accomplish.

The Phago-dynamometer has upset a good many of our notions with regard to the mastication of food. Beef, pork and chicken are tough subjects to eat. Under its worst conditions it can be conquered by a pressure of 50 pounds, while most of the ordinary fastness yields to half that force. But our real foe has been unmasked in the smallest "tool" in the kitchen. A mere feeble to the 400 pounds which his colored brother can easily accomplish.

What is a Pulley?

There seems to be a heavy notion among some farmers as to the exact meaning of the term "pulley" in describing young and old stock. A pulley, strictly speaking, is a female under one year old. A "large rooster" means a plump, soft, chicken of four or five pounds weight. The brother weight in March is one and one-quarter pounds each; in April, one and one-half pounds; in May, one and one-quarter pounds to two pounds. Old cock birds have a special classification, and do not come under the head of "large roosting" fowls.

An artificial jaw is being made for electrical stimulation of the jaw.

At one time, during the course of that "long drawn out battle, there came a lull in the firing, and the British soldiers began to "see things growing monstrous."

Having an old piece of cardboard at hand, an ingenious Tommy roughly marked a target upon it, and stuck it up above the trench on a pole.

The Germans immediately started potting at it, and our Tommies alleged the results of the firing, cheering vociferously every time a bullet was scored.

When at last the improvised target had been almost shot away, and they had to pull it down, imagine the surprise of our soldiers when they saw a duplicate pop up above the German trench!

The same thing happened. The Germans alleged the results of the British bombardment and loudly cheered each time they had to signal a bull.

EVERY NEURALGIC HEADACHE CURED!

USE "NERVILINE"—IT WON'T FAIL

The Miraculous Healing Power of this Liniment is Unfailing.

RUB ON NERVILINE

There may be a thousand pains; yet accepting sciatica neuralgia is the worst. Most remedies are not strong enough or penetrating enough to relieve neuralgia. You know every thing you have tried has failed to give you momentary relief, and you have decided that neuralgia must be yours forever. Do not make this mistake—try Nerviline.

Apply it to the sore spot. Notice the glow that spreads deeper and wider as Nerviline's curative power is carried further and further into the Co., Kingston, Canada.

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Five Roses Flour

Not Bleached Not Blended

FOR SALE BY WM. C. BLEAKNEY

Feed Molasses

ALL CATTLE LOVE IT

Reduce your feed bill this winter by one-fourth per head. At the same time improve your stock.

Feed Molasses is recognized as the cheapest and best feed for all live stock.

Punches, about 88 gallons - \$15.00
Barrels, " 42 " - 7.50
Half-Barrels " 25 " - 4.75

All F. O. B. Halifax.
Write for suggestions how to feed.
Send for a Trial Lot and try it out.

THE DOMINION MOLASSES CO., Limited
HALIFAX, N. S.



An armful of COLUMBIA Records makes an evening full of pleasure.

Made in Canada.

A Little Rifle Practice.

An amusing little story, which shows how strongly Tommy Atkins objects to being dull, comes from the Alps.

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FOR SALE.

A Horse, weight about 1200, good worker, in good condition.

Apply to
G. O. BROWN,
Greenwich, King Co., N. Y.

Send for WENZEL'S

Get a copy of our catalogue and ask for our prices on lines that are not listed therein. Cut out, fill in and send coupon below:

Wenzel's Limited,
The "Big Store," Halifax, N. S.

Print and your catalogue to

It will tell you the best way to keep down the cost of living.

Peep again in your oven. See those loaves, those pleasing loaves you've made. How fat—rounded—substantial. No, they won't fall when colder. Because the Manitoba strength that is in FIVE ROSES will hold them up till eaten. This sturdy elastic gluten has kept them from dropping flat in the oven. No unsightly holes 'twixt crust and crumb—never. All risen evenly—to stay risen. Never heavy—sodden—sour—indigestible. Yours are the FIVE ROSES loaves—Crispy and appetizing of crust. Golden brown and tender. Swoony of crumb—light as thistledown. FIVE ROSES helps a lot. Try 'em soon.

30 DAY SALE!

Beginning January 11, 1915, \$25.00 and \$28.00 Suits at \$20.00 CASH

40 suit lengths to pick from. Best workmanship, best trimmings and any style you wish. Fit guaranteed.

J. G. VANBUSKIRK
"THE CLOTHIER"

PREPARE FOR WINTER

Ordering your Storm Sashes and Doors from us

FLOORING SHEATHING INSIDE FINISH ALWAYS IN STOCK

J. H. HICKS & SONS
BRIDGETOWN, N. S.

HUTCHINSON'S
Livery and Automobile Service
WOLFVILLE, N. S.

Teams or Autos always ready for a drive through the Evangeline Land.

T. E. HUTCHINSON, Proprietor.

R. J. Whitten & Co.
HALIFAX

Receivers and Sellers of all kinds of Farm Produce.

Consignments Solicited.

Prompt Returns.

COALI COALI COALI

Carefully Screened and Promptly Delivered.

Springhill, Albion Nut and Old Sydney.

GIVE US A TRIAL.

Burgess & Co.

If You Hide Horseback, or drive in a carriage, see before you make a start that the Trappings or HARNESS are in good order.

Repairs executed promptly. All work will prove highly satisfactory.

We carry a full line of Harness Dressing, Also Brushes, Whips, etc.

You'll find our prices too high.

Wm. Regan, HARNESS MAKER.

Children Cry FOR FLETCHER'S PECTORAL