TORTURED BY RHEUMATISM

"FRUIT-A-TIVES" Brought Quick and Permanent Relief

MR. P. H. McHUGH

103 Church Street, Montreal.

December 10th, 1917.

"I was a great sufferer from *Rheumatism for over 16 years*. I consulted specialists, took medicines, used lotions; but nothing did me good.

Then, I began to use "Fruit-a-tives"; and in 15 days, the pain was easier and the Rheumatism was better. Gradually, *"Fruit-a-tives" overcame my Rheumatism*; and now, *for five years, I have had no return* of the trouble. Also, I had severe *Eczema and Constipation*, and "Fruit-a-tives" relieved me of these complaints; and gave me a good appetite; and in every way restored me to health". P. H. McHUGH.

50c. a box, 6 for $2.50, trial size 25c. At dealers or sent post paid on receipt of price by Fruit-a-tives Limited, Ottawa, Ont.

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.

BADGE—A knot of White Ribbon.

WHITE RIBBON Aprons, caps, or gauze.

OFFICERS OF WOLFVILLE UNION.

President—Mrs. B. O. Davidson.
1st Vice President—Mrs. G. W. Miller
2nd Vice President—Mrs. McKenna
Recording Sec'y—Mrs. Ernest Redden
Cor. Secretary—Mrs. W. O. Taylor
Treasurer—Mrs. H. Pineo.

SUPERINTENDENTS.

Evangelistic—Mrs. George Bishop
Parlor Meetings—Mrs. Young
Lebanon Work—Mrs. Fielding.
Red Cross and Lumbermen—Mrs. J. W. Vaughn.
Press and Willard Hall—Mrs. M. P. Freeman.
White Ribbon Bulletin—Mrs. Hutchinson.
Temperance in Sabbath-schools—Mr. C. A. Patriquin.

Let us not therefore judge one another any more, but judge this rather, that no man put a stumbling block or an occasion to fall in his brother's way.—Rom. 14: 31.

Business meeting of the W. C. T. U the last Friday of every month.

We Want Entire Prohibition.

As Dominion White Ribboners, great tasks, splendid tasks, await us. The legalized liquor traffic in Canada is by no means killed—only quiescent, and ready to start into fresh and fruitier activities unless the prohibitionists of Canada unitedly will it otherwise. Every Union in our Dominion should shake itself free from any suggestion of indifference or inertia. 'We must go on, or go under.'

In these days when our tentative measures of prohibition are being put to the test, and every effort being made by those unfavorable to prohibition to cast discredit upon it, the new woman voter needs to take Whitcomb Riley's advice and 'Watch Out.' We must not be blinded by dust purposely thrown in our eye, or stampeded by regiments of 'bogey' men trotted out on dress parade. The women are out for Prohibition as a law upon the statute books of the Dominion.

The fear is sometimes put forward that a Dominion prohibitory law, with a party in power at Ottawa that would not enforce it or hostile to its enforcement, would be a public calamity. There is no such party in power in Ottawa, and furthermore there isn't going to be. Esther has come into her kingdom and woe be to the political Hamas who attempts to plan the death of her people.

World-Wide Prohibition.

Miss Anna Gordon, as Hon. Secretary of the World's W C T U., writes:

World democracy, world peace and world patriotism, demand world prohibition.

Representing the National Woman's Christian Temperance Union of the United States, a Republic about to write prohibition in its constitutional law, we hereby call upon the peoples of and all faiths of all organizations in the world's family of nations, to clasp hands with the World's W C T U. and to help bring to full fruition its hope and its heroic service of thirty-five years on behalf of a sober world. Together let us agitate, educate, organize and legislate, until the exalted vision of the founder of the World's W C T.U., Frances E. Willard, is realized, until the gospel of the Golden Rule of Christ is worked out in the customs of society and in the laws of every land.

At the close of the devastating world war, in the white heat of the limitless, unparalleled opportunities of a new internationalism, depending upon the help of God and of all who love humanity, we hereby proclaim, by the year 1925, the triumph of world prohibition.

What the Newspaper Does For a Community.

An appreciation of the newspaper and what its editor does for the community is well expressed in an article we have noticed in some of the exchanges credited to ex-Governor Francis, of Missouri. It follows: Ex-Governor Francis once said the following of newspapers: Each year the local newspaper gives from $500 to $1,000 in free lines to the community in which it is located. No other agency can or will do this. The editor in proportion to his means, does more for his town than any other ten men, and in fairness he ought to be supported, not because you like him or admire his writings, but because the local paper is the best investment a community can make. It may not be brilliantly edited or crowded with thought, but financially it is more benefit to the community than the preacher or teacher. Understand me, I do not mean mentally, and yet on moral questions you will find most of the papers on the right side. Today the editors of the local papers do the most for the least money of any people on earth.'

Stern Reminders of Rheumatism.

COLD OR WET WEATHER MAY START THE PAINS, BUT THE TROUBLE IS IN THE BLOOD.

Every rheumatic sufferer should realize that rheumatism is rooted in the blood and can only be cured by a treatment that will cleanse the blood of the rheumatic poisons. The old-time belief that rheumatism was caused by cold, damp weather, is now exploded. Such weather conditions may start aches and pains, but is not the real cause. Liniments and outward applications may give temporary relief, but can not cure the trouble, because they do not reach its source in the blood. The sufferer from rheumatism who experiments outward applications is only wasting valuable time and good money in depending upon such treatment, the trouble still remains, and it is all the time becoming more firmly rooted—and harder to cure when the proper treatment is applied. Treat this disease through the blood and you will soon be rid of the pains and tortures. As a cure for rheumatism Dr. Williams' Pink Pills are unequalled. They act directly on the impure watery blood; they purify and strengthen it, and so root out the cause of rheumatism. Mr. D. Lewis, postmaster at Escuminac, N. B., says: 'I was attacked with rheumatism, which settled in my elbow, shoulder and knee joints, and at times caused me great suffering. The trouble was particularly severe last spring and I decided to try Dr. Williams' Pink Pills. After taking the pills for some time the rheumatic pains and stiffness in the joints disappeared and I have not since had any return of the trouble.'

If you are suffering from rheumatism, or any trouble due to poor blood and weak nerves, you will find a cure in a fair use of Dr. Williams' Pink Pills. You can procure 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.

Somewhere in France.

An old colored woman met a younger friend whose husband was in the army, and the following conversation ensued:

'An' hab ye' heard from Jim lately?'

'Yes, jes had a lettah yesterday!'

'An' whah is he now?'

'Well, Ah don't know jes zactly. His lettah says he's somewhah in France, but he ain't tell jes' whah.'

'Ah Know it! Ah know it! Ah tol' yo' all de time dat fool niggah 'ud go ober dere an' git hisself lost.'—Everybody's Magazine.

Be Ready For Emergencies.

The best way is to always keep a bottle of Dr. Chase's Syrup of Linseed and Turpentine in the house, ready for emergencies. Then when croup, or colds come suddenly they can be promptly cured before they have time to reach an acute and dangerous stage. To meet this requirement we have put the syrup up in family size bottles which contain nearly three times as much as the 25 cent bottle and sell at 60 cents.

Why don't you get out and hustle? Hard work never killed anybody,' remarked the philosophical gentleman to whom Rastus applied for a little charity.

'You're mistaken dat, boss,' replied Rastus; 'I'se lost forb wives dat way.'—People's Home Journal.

How to Cure Biliousness

Doctors warn against remedies containing powerful drugs and alcohol. "The Extract of Roots, long known as Mother Seigel's Curative Syrup, has no dope or strong ingredients. It cures indigestion, biliousness and constipation. Can be had at any drug store." Get the genuine. 50c. and $1.00 Bottles.

Children Cry
FOR FLETCHER'S
CASTORIA

Strong Men

The Nation needs strong men and the right time to begin to build up strong manhood is during the growing period of childhood. Many mothers remember, with keen satisfaction, the days when

SCOTT'S EMULSION

was one of the determining factors in building up the strength of their children. *Scott's* is a source of nourishment and strength that ought never be overlooked by the mother of today who is anxious about her fast-growing boy or girl.

Scott & Bowne, Toronto, Ont. 15-9

Canada's Repatriation.

The work of Repatriation is no one-man's-job, it is the duty and the privilege of every citizen of the Dominion of Canada.

The war was not the work of the soldiers alone—it was the task of every Canadian, and it is our pride that Canadians as a whole recognized that, and set a standard for self sacrificing intelligent joyful service not surpassed in any country.

The war is not yet won. These soldier boys have been in the midst of alarms for four years and more still suffer from its effects, although many very many are coming home physically sound. These boys must change their whole scheme of living. Their outlook on life must be changed. To do so, they will need help. They will need sympathetic, kindly treatment. That is where everybody can help. Not all have jobs to offer. These men have satisfactory work at a proper compensation. A body of public sentiment must be created in favor of giving the returned man every possible chance to make himself the self supporting man that he wants to be. Meet him when he comes home. Give him the glad hand. Smooth out his little difficulties. Be kindly sympathetic towards him and then help him to get a good position. And when he gets that position, be still sympathetic with him, so that he may get back to that place in the community to which his talents fit him, but which his experience has in a sense unfitted him.

A Backward Season.

A city hunter, roaming over a farm in the southern part of the country a few days since came upon the owner of the place, who was not altogether pleased at the intrusion.

'Get any rabbits?' the farmer asked.

'No,' said the city man, 'you see I can't tell from the tracks which way the rabbits are going.'

Being a chance for some fun at the city man's expense, the farmer took him to some tracks in the snow and told him the wrong way to trail rabbits.

In the evening, after a long day of following rabbit tracks in the opposite way from which the rabbits were going, the city man again met the farmer.

'Got 'em?' the farmer again asked.

'Nary rabbit.'

'Well,' the farmer mused, 'they do tell me it has been a very backward season.'

Where Paradise Is

Tell me, girls' traveller, who has wandered over all the world and seen the sweetest scenes below, and brightest glittering spots, of all things eyes have seen which is the fairest land? Could shall I tell thee where nature is most blest and fair? Is where those we love abide. Though that space be small assuredly is it above kingdoms though it be a desert through it runs the river of Paradise, and there are the enchanted towers.

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

is sent direct to the diseased parts by the Improved Blower. Heals the tender membranes, stops drop, clears the throat and permanently cures Catarrh and Hay Fever. 60c. a box (blower free). Accept no substitutes. All dealers or Edmanson, Bates & Co., Limited, Toronto.

Who has not opened her cream separator in winter to find from one to three spoons of cream sticking to the parts and thereby wasted? I did until I invented this for myself and would like to pass it on to other farm women. If you have that trouble. After the machine is in motion turn through a generous half cup of boiling water and follow immediately with the milk; then, if water instead of skim milk is used to flush the bowl, have it a little warmer than fresh milk instead of cold, as in warm weather. Warm up the cones, etc., before screwing the bowl together, also helps.

CASTORIA
For Infants and Children
In Use For Over 30 Years
Always bears the Signature of Chas. H. Fletcher

One of the scientists of the University of Saskatchewan, who has been experimenting for some time with the manufacture of gas from wheat straw has been able by a gas bag attachment of 300 cubic feet capacity, to run his motor car with perfectly satisfactory results. It is estimated, says the Saskatchewan Herald, that a ton of straw will generate 11,000 to 12,000 cubic feet of gas and that 3 cwt. of straw will give 10 gallons of gasoline, so that with this hitherto waste product on the hands the farmer will be able to run his car.

Weary Wraggles—If ever had $5,000, what wouldyou do?

Tired Tim—I'm as happy now, only I would do it in an otto mobile.—Kansas City Star.

A GREAT AIRMAN.

Col. Ray Collishaw Has Best Record In R. A. F.

Is Canada going to support her own air force?

This is the question which concerns Col. Ray Collishaw, in some respects Canada's leading flyer, and whose record rivals that of Col. Bishop in the matter of Huns downed and surpasses it in length of service and battles fought.

Col. Collishaw recently came back from Europe. His mission to Canada is to find out if the Government is prepared to support an air force, and if not he will return to England to the R. A. F., where his services are valued.

Twenty-four years of age, a superb specimen of young manhood, and wearing two rows of orders and medal decorations on his breast, the young colonel announced in the most casual manner that he intends to fly from Newfoundland to Ireland next April in a Handley Page machine, "because if I do not some American will, and it seems hardly fair that after Canada had led in the air during the war this should be taken away from us."

"Do the people of Canada know that the first seven of all the pilots in the R. A. F. are Canadians," he said. "We went overseas with no support from our own Government, and received little encouragement there, but in the war the Canadians have taken the first seven places—surely that should mean that we ought to have an air force of our own."

"Who are the first seven aces of the Empire?" he was asked.

"Well, first there is Col. Bishop, then myself, next Capt. McLaren, then Capt. Baker and Capt. Proctor, then there is a Toronto man whose name I do not remember at the minute, and in the seventh place Capt. Wheatly," he replied.

Col. Collishaw said that the two all-Canadian squadrons of the R.A.F. are returning to Canada soon. "These are all medal men, and they are all distinguished flyers," he said. "I suggest that the Government take over these two squadrons, which have each three flights, and divide them over the Dominion as the nucleus of the R. A. F. in Canada."

"We have won recognition for ourselves in England, and it seems about time that Canada recognized our existence. For myself it does not matter. I can go back to the R.A.F. in England, and I will, unless Canada has an air force," he added.

"What are the pilots thinking of doing now that the war is over?"

"Well, a lot of them have already taken positions—some of them with Cooke's Tours, I believe. They are wanted by a number of tourist companies, which are already being organized to visit the battlefields in France. It is this way. If a boy was killed at La Bassee, for instance, his father and mother will want to see the place where he fought, and a return trip from London to the battlefield and back in a Handley Page machine means only about four hours," he explained.

"There is one regular transportation company already doing business between London and Paris. They charge £15 for the trip," he said.

Speaking of his proposed trip over the Atlantic, Col. Collishaw explained that the distance is 1,800 miles, and means only about 20 hours in the air. One of the men who is going with him is a Toronto flyer, and three pilots and a wireless man will make the flight.

"Before the war there was an official record of a German flyer who stayed in the air for 27 hours, and I consider that the trip is quite practicable," he added.

"I was in France when the Germans surrendered," he said. "They had it all planned out that they would surrender to their opposite numbers. The fighting machines would surrender to our fighters, and the bombers to the bombers, and so on.

"Well, one big squadron of Huns came over. They were fighting machines and they came in beautiful formation and landed in line at one of our airdromes also in line and taxied up to the hangars. The pilots all got out and stood at attention and then they found that they had surrendered to the artillery observation machines—regular observation. They were very sore about it and all turned and bolted back to their machines and tried to fly away but the old tubs captured them. The German pilots were so sore they simply would not speak to anyone."

At the outbreak of the war Col. Collishaw was in the navy and he wears the Mons Star for service in 1914, which very few Canadians wear. His other decorations include the D. S. O. with bar, the D. S. C., the D. F. C., the Croix de Coronna of Belgium, and the Croix de Guerre with two palms, of France.

In France he commanded the first all-Canadian squadron, which this year holds the record for victories of the whole R. A. F., having downed 220 Huns. The squadron consists of 22 men who actually fly and 37 officers, altogether.

Col. Collishaw is very enthusiastic for the airplanes in civil service in the Province of Ontario. "I do not know what the Government spends each year on fire ranging, but one plane can cover over 50 square miles of territory. Smoke on the ground is very conspicuous when seen from the air."

In hydrographic survey work nothing could equal the airplane for timber cruising. It should also be most valuable in taking pictures of the forest from which could be estimated the timber and kind of trees in different timber limits," he said.

"What I want most, however, is to get some support in urging the claims of the Canadian flyers on the Canadian Government. That is what I am here for and it seems right to me," he concluded. It is worth noting that Col. Collishaw and seven four more Hun airmen than Col. Bishop. He has won more individual victories than any airman in the Allied armies.

Horse shoeing is a very ancient art. It is represented in a copy of Terentium of about 200 B.C.

Christianity work while men sleep. She feeds the hungry, clothes the naked, visits and cheers the sick, and seeks the lost while infidelity abuses her, and rabbis nonsense and profanity. 'By their fruits ye shall know them.'

Doctor's Formula

OVER 100 YEARS OF SUCCESS

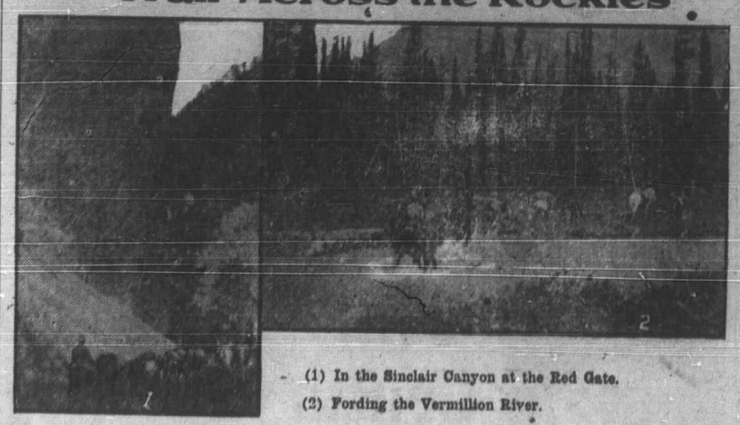
JOHNSON'S Anodyne LINIMENT

(Internal as well as External use)

A soothing, healing Anodyne that speedily stops suffering. Wonderfully effective for Coughs, Colds, Grippe, Sore Throat, Cramps, Chills, Sprains, Strains, and many other common ills.

For more than a century humanity's best "Friend in Need".

A Trail Across the Rockies



(1) In the Sinclair Canyon at the Red Gate.

(2) Fording the Vermillion River.

The first trip over the Simpson Pass through the Canadian Pacific Rockies was made by Sir George Simpson, Governor of the Hudson's Bay Company, in 1841, and formed part of the first recorded overland tour round the world, that is to say across the North American Continent, and by way of Siberia and Russia, occupying about nine months, and the subject of considerable literature. Jim Brewster, the famous guide and outfitter at Banff, discovered the fallen tree on the summit of the Pass on which the travellers left their record.

Fired by the ambition to cross this pass, I set out one day this summer, with two guides, ten ponies and camping outfit and supplies for 1x or seven days. Jim Brewster se t these over from Banff to Invermere at the headwaters of the Columbia Valley, where I had promised to wait for them. Close to Invermere are the remains of Kootenai House, an outpost of the Nor' West Trading Company established by David Thompson in 1808. Now there is a comfortable little tourist hotel, much appreciated by motorists who use the excellent Government road through the Upper Columbia Valley.

On our first day's ride we stopped off for a swim at the hot radium-water springs of Sinclair Canyon, where St. John Harmsworth, brother of the famous Lord Northcliffe, and himself proprietor of the still more famous Perrier water, built a concrete bathing pool under the springs which pours its naturally warm water out of the rock. At night we found shelter in a homesteader's cabin, the owner of which was away at the war and hospitable enough to leave the latch loose. Next day we were in the forests of the "Kootenay—a wonderful resort for big game judging by the tracks we saw and the animals we even met—two black bear and a deer on the trail with moose mane worn down like small Devonshire lanes along the meadows beside the river.

The Kootenay River had a rather bad reputation. Two parties were drowned in the attempt to make the crossing at the same time last year, and we ourselves had been warned to postpone our trip. However, we found a ford where we did not even have to swim our horses, and next day were on the banks of the Vermillion River, into the Vermillion pours the raging torrent of the Simpson, which itself is fed from the melting glaciers of the snow-clad Rockies high above. At least one cyclone seemed to have swept down its valley, and the river itself had washed away several corners so that our trail had to be made, or found anew on many a mile.

Once while Ed. Dawson, the leading guide was hacking a trail through a deadfall, his saddle pony took it into its head to cross the torrent. The packponies followed suit, and before we could stop them, our camp, and most of all our food supplies were on the wrong side of the most vicious loking water I ever care to see. There was nothing to do but follow, and evidently we got across—else how could this tale have ever been told? As we approached the Summit of the Pass, one grizzly left a visiting card such as grizzlies do leave—scented—upon the trail and again we saw deer.

The Summit, according to the guides, should be ten feet deep in snow, and the description given by Sir George Simpson gave the same anticipation:—"We were surrounded by peaks and crags on whose summits lay perpetual snow; and the only sounds which disturbed the solitude were the crackling of prostrate branches under the tread of our horses, and the roaring of the stream as it leaped down its rocky course.

"About seven hours of hard work brought us to the height of land, the hinge as it were between the eastern and western waters. We breakfasted on the level isthmus, which did not exceed fourteen paces in width, filling our kettles for this one lonely meal at once from the crystal sources of the Columbia and the Saskatchewan, while these willing rivers of two opposite oceans, murmuring over their beds of mossy stones, as if to bid each other a long farewell, could hardly fail to attune our minds to the sublimity of the scene.

"But between these kindred fountains, the common progeny of the same snow wreaths, there was this remarkable difference of temperature that the source of the Columbia showed 40°, while that of the Saskatchewan raised the mercury to 53½°, the thermometer meanwhile striking as high as 71° in the shade.

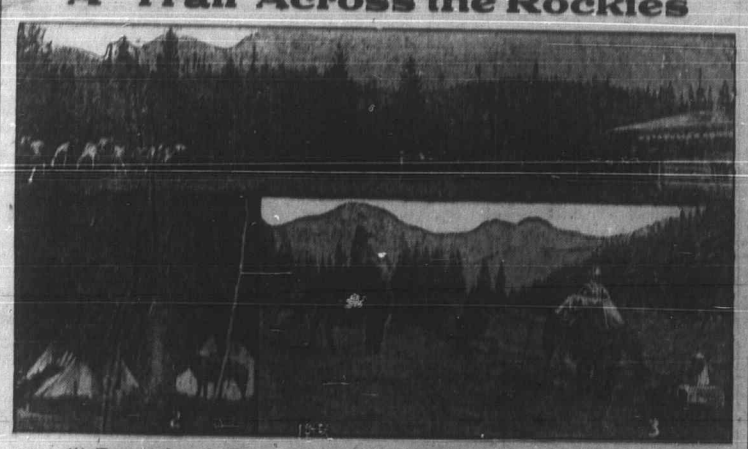
"From the vicinity of perpetual snow, we estimated the elevation of the height of land to be seven or eight thousand feet above the level of the sea, while the surrounding peaks appeared to rise nearly half that altitude above our heads."

We ourselves found the snow all gone and our horses found sweet and ample pasture on an Alpine meadow. As we looked back from the Great Divide upon the mountains of the Selkirks, we had as fine a panorama as any artist could desire—rugged outlines capped and fringed with perpetual snow.

The Banff side of the Summit comes within the jurisdiction of the Dominion Government, and its Superintendent of Parks was good enough to provide us with a trail which really was a trail. To the right up Healy Creek we had a glimpse of Mount Assiniboine, the giant of these giant mountains—only a glimpse however, for in a minute his head was caught in a turban of clouds. Thence without adventure except for a plague of mosquitoes we reached the C.P.R. Hotel at Banff, alive with summer tourists who found in our cavalcade a fitting subject for innumerable snapshots.

The fishing, I may say in passing, which one gets on such a trip, is of the very best. Every creek, every pool seems to be stocked with trout, all inquisitive about the nature of the fly. Brown Hackle and Gray Hackle are always deadly. The red flies such as Parmachene Belle do not seem to take so well in these waters. There were both Dolly Varden and Steelhead to our credit on the Simpson, averaging a little over a pound. In the Kootenay the trout ran up to two and three pounds and were very game, though shy in the middle of the day.—J. M. G.

A Trail Across the Rockies



(1) Homestead on the Kootenay River. (3) Summit of the Simpson Pass—line of the
(2) Camp in the forest of the Kootenay Valley. Great Divide separating Alberta and British Columbia.

The first trip over the Simpson Pass through the Canadian Pacific Rockies was made by Sir George Simpson, Governor of the Hudson's Bay Company, in 1841, and formed part of the first recorded overland tour round the world, that is to say across the North American Continent, and by way of Siberia and Russia, occupying about nine months, and the subject of considerable literature. Jim Brewster, the famous guide and outfitter at Banff, discovered the fallen tree on the summit of the Pass on which the travellers left their record.

Fired by the ambition to cross this pass, I set out one day this summer, with two guides, ten ponies and camping outfit and supplies for 1x or seven days. Jim Brewster se t these over from Banff to Invermere at the headwaters of the Columbia Valley, where I had promised to wait for them. Close to Invermere are the remains of Kootenai House, an outpost of the Nor' West Trading Company established by David Thompson in 1808. Now there is a comfortable little tourist hotel, much appreciated by motorists who use the excellent Government road through the Upper Columbia Valley.

On our first day's ride we stopped off for a swim at the hot radium-water springs of Sinclair Canyon, where St. John Harmsworth, brother of the famous Lord Northcliffe, and himself proprietor of the still more famous Perrier water, built a concrete bathing pool under the springs which pours its naturally warm water out of the rock. At night we found shelter in a homesteader's cabin, the owner of which was away at the war and hospitable enough to leave the latch loose. Next day we were in the forests of the "Kootenay—a wonderful resort for big game judging by the tracks we saw and the animals we even met—two black bear and a deer on the trail with moose mane worn down like small Devonshire lanes along the meadows beside the river.

The Kootenay River had a rather bad reputation. Two parties were drowned in the attempt to make the crossing at the same time last year, and we ourselves had been warned to postpone our trip. However, we found a ford where we did not even have to swim our horses, and next day were on the banks of the Vermillion River, into the Vermillion pours the raging torrent of the Simpson, which itself is fed from the melting glaciers of the snow-clad Rockies high above. At least one cyclone seemed to have swept down its valley, and the river itself had washed away several corners so that our trail had to be made, or found anew on many a mile.

Once while Ed. Dawson, the leading guide was hacking a trail through a deadfall, his saddle pony took it into its head to cross the torrent. The packponies followed suit, and before we could stop them, our camp, and most of all our food supplies were on the wrong side of the most vicious loking water I ever care to see. There was nothing to do but follow, and evidently we got across—else how could this tale have ever been told? As we approached the Summit of the Pass, one grizzly left a visiting card such as grizzlies do leave—scented—upon the trail and again we saw deer.

The Summit, according to the guides, should be ten feet deep in snow, and the description given by Sir George Simpson gave the same anticipation:—"We were surrounded by peaks and crags on whose summits lay perpetual snow; and the only sounds which disturbed the solitude were the crackling of prostrate branches under the tread of our horses, and the roaring of the stream as it leaped down its rocky course.

"About seven hours of hard work brought us to the height of land, the hinge as it were between the eastern and western waters. We breakfasted on the level isthmus, which did not exceed fourteen paces in width, filling our kettles for this one lonely meal at once from the crystal sources of the Columbia and the Saskatchewan, while these willing rivers of two opposite oceans, murmuring over their beds of mossy stones, as if to bid each other a long farewell, could hardly fail to attune our minds to the sublimity of the scene.

"But between these kindred fountains, the common progeny of the same snow wreaths, there was this remarkable difference of temperature that the source of the Columbia showed 40°, while that of the Saskatchewan raised the mercury to 53½°, the thermometer meanwhile striking as high as 71° in the shade.

"From the vicinity of perpetual snow, we estimated the elevation of the height of land to be seven or eight thousand feet above the level of the sea, while the surrounding peaks appeared to rise nearly half that altitude above our heads."

We ourselves found the snow all gone and our horses found sweet and ample pasture on an Alpine meadow. As we looked back from the Great Divide upon the mountains of the Selkirks, we had as fine a panorama as any artist could desire—rugged outlines capped and fringed with perpetual snow.

The Banff side of the Summit comes within the jurisdiction of the Dominion Government, and its Superintendent of Parks was good enough to provide us with a trail which really was a trail. To the right up Healy Creek we had a glimpse of Mount Assiniboine, the giant of these giant mountains—only a glimpse however, for in a minute his head was caught in a turban of clouds. Thence without adventure except for a plague of mosquitoes we reached the C.P.R. Hotel at Banff, alive with summer tourists who found in our cavalcade a fitting subject for innumerable snapshots.

The fishing, I may say in passing, which one gets on such a trip, is of the very best. Every creek, every pool seems to be stocked with trout, all inquisitive about the nature of the fly. Brown Hackle and Gray Hackle are always deadly. The red flies such as Parmachene Belle do not seem to take so well in these waters. There were both Dolly Varden and Steelhead to our credit on the Simpson, averaging a little over a pound. In the Kootenay the trout ran up to two and three pounds and were very game, though shy in the middle of the day.—J. M. G.

Do You Patronize the Home Paper? If not, Why?

Let Nature Clear Your Blood

With pure, rich blood—a healthy stomach—and an active liver—you may laugh at disease, and, you may have all three by taking

Dr. Wilson's HERBINE BITTERS

This splendid blood medicine—made of old fashioned herbs—gives the system a regular "spring house-cleaning"—regulates liver and bowels—cleanses the blood of all poisonous matter—tones up the nerves—and gives strength, vigor and a feeling of good cheer to the whole system.

At most stores. 50c. a bottle; Family size, five times as large, $1.

The Brayley Drug Company, Limited
St. John, N.B. 48

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. Boyle.

Telephone 23.

Hours—8-10 a. m., 1-3, 7-9 p. m.

Charles Hogan, C. E.

Provincial Land Surveyor

Surveys, Plans, Levelling & Estimates.

Church Street,

Greenwich, Kings Co., N. S.

Long distance telephone, Wolfville exchange.

D. S. HART,

Consulting Accountant and Auditor.

Wolfville and Halifax.

COAL! COAL! COAL!

Carefully Screened and Promptly Delivered.

Springhill, Albion Nut and Old Sydney.

GIVE US A TRIAL.

Burgess & Co.

Halifax & South Western RAILWAY

Trains Leave Bridgewater:

6:00 Accom. daily except Sunday for Halifax and intermediate stations.

15:20 Accom. Tuesdays, Thursdays and Saturday for Liverpool and intermediate stations.

7:35 Accom. daily except Sunday for Middleton and intermediate stations.

10.15 Accom. daily except Sunday for Mahone Jct. and Lunenburg.

19.15 Accom. daily except Sunday for Yarmouth and intermediate stations.

15.40 Accom. daily except Sunday for Halifax and intermediate stations.

17.00 Accom. daily except Sunday for New Germany, Caledonia and intermediate stations.

17.20 Accom. daily except Sunday and Wednesday for Mahone Jct. and Lunenburg.

21.30 Accom. Wednesday only for Mahone Jct. and Lunenburg.

Connection at Middleton on Wednesday for Port Wade.

CUNNINGHAM,
Div. F. & P. Agent, Halifax.

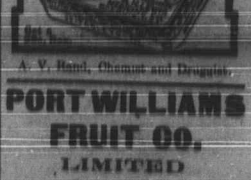
NR

TONIGHT

Tomorrow Alright

NR Tablets stop sick headaches, relieve bilious attacks, tone and regulate the eliminative organs, make you feel fine.

"Better Than Pills For Liver Ills"



A. V. Rand, Chemist and Druggist.

PORT WILLIAMS FRUIT CO. LIMITED

(Canada Food Board Licence No. 9-6033)

Have in stock for sale in Flour: "Cream of the West," "Ogilvies," "Victory" and a few bags of Graham.

FEEDS

Bran, Shorts, Molasses Dairy Feed, Molasses Hog Feed, Barley Meal, Corn Meal, Sampson, Oat Meal Feed, Ground Oats, Ground Barley, Corn and Oats, Linseed Meal and Ground Special Feed.

FERTILIZERS

Slag, Ground Lime Stone at the warehouse, and taking orders for Nitrate of Soda, etc. We have also on hand, Sugar, Soap, Tea and Rolled Oats. Ware house open six days a week.

Port Williams, N. S.

Children Cry
FOR FLETCHER'S
CASTORIA