

THE GREAT BLOOD PURIFIER

"Fruit-a-lives" Cleans, Purifies, Enriches

Fruit juice is Nature's own remedy. "FRUIT-A-LIVES," the famous fruit medicine, keeps the blood pure and rich because it keeps the whole system free of impurities.

"Fruit-a-lives" improves the Skin Action; enables the stomach to digest food properly; makes the bowels move regularly; and relieves the strain on the Kidneys.

By its cleaning, healing powers on the eliminating organs, "Fruit-a-lives" rids the system of all waste matter and thus insures a pure blood supply.

50c. a box, 6 for 2.50, trial size 25c. At dealers or sent postpaid on receipt of price by Fruit-a-lives Limited, Ottawa.

MEDICINAL PLANTS

To describe, or even to give a list of the five hundred varieties of plants that come under the head of medicinal, as given in a more than ordinary interesting bulletin by Assistant Dominion Botanist, J. Adams, M. A., would take up an exceptional amount of space.

Mr. Adams entitles his publication, "Medicinal Plants and their Cultivation in Canada." It is Bulletin No. 23, Second Series, of the Experimental Farms, and can be had free by addressing the publications Branch, Department of Agriculture, Ottawa.

Director Grisdale, of the Dominion Experimental Farms, makes a correct estimate when he says "Such information as is contained in this publication should be of value to many of our farmers."

Dominion Botanist Gusso explains that the bulletin owes its preparation to the numerous inquiries received from time to time relating to the cultivation of plants possessed of medicinal or health-restoring properties.

Mr. Adams, who was formerly lecturer on Botany and Vegetable Materia Medica at Dublin, Ireland, suggests that no farmer runs any risk by devoting a small plot of about an acre to drug culture as an experiment for a few years.

After dealing with soil, climate, cultivation, collection, drying, imports and exports, and explaining the terms used, Mr. Adams gives prominence, with faithful illustration in outline, to the medicinal plants in demand. These briefly are:

American White Hellebore or Indian Poke, flowers May and June, poisonous, occurs in swamps and wet woods from New Brunswick to British Columbia; price 8 to 10c per pound.

Hop, flowers July and August, ripe Sept. and Oct., occurs in thickets and on river banks from Nova Scotia to Manitoba; cultivated in Ontario and British Columbia; 25c to 55c per lb.

Golden Seal, flowers in April, ripe in July or August, native in woods of Ontario, must be cultivated; \$5.45 to \$5.75 per pound.

White Mustard, flowers all summer, occurs in fields and waste places; 8c per pound.

Black Mustard occurs in fields and waste places; 10c per pound.

Seneca Snakeroot or Mountain Flax flowers May or June, grows in Rocky woods from New Brunswick to Alberta; 40c to \$1.15 per pound.

Sacred Bark or Bear Berry, occurs in moist situations in the mountains of British Columbia; 8c to 10c per pound.

American Ginseng, collected about September, occurs in woods in Quebec and Ontario; \$5.00 per pound.

Caraway, flowers May to July, occurs on waste ground in Eastern Canada; 6c to 8c per pound.

Peppermint, flowers July to September, occurs in wet ground from Nova Scotia to Ontario; 9c to 16c per pound.

Spearmint, grows in wet ground from Nova Scotia to Ontario; 7c to 20c per pound.

Mr. Adams in addition to giving description and exact illustrations, in every case quotes the market price. Following the plants in leading demand, he comes to those used in moderate or small quantities, such as Irish Moss, Ergot, Male Fern, White Pine, Hemlock, Balsam, Fir, Juniper, and so on.

These occupy 24 pages, two to five to a page, and then we have foreign medicinal plants which might grow in Canada.

A list of 54 publications and a comprehensive index add to the instructiveness and interest of an exceedingly valuable bulletin.

Johnny, aged four, went into a nearby grocery and asked for a box of candy. "Is it for your mother?" asked the grocer. "No, of course not," replied the little fellow. "It's for the bird."

Minard's Liniment used by physicians

FARMER SHOULD KEEP INVENTORY

Farm is Business Proposition and Should be Run as Such

The average farmer has more capital involved than the average business man, and some farmers have a great deal more. On the basis of capital, the average farmer is just as much of a business man as the man who has a store or shop.

Let's take a look at the methods used by a store keeper and other business men and see if they cannot and should not be applied and used in operating the farm.

Another year the experiment was repeated. This time, however, another plan was adopted. The ground was first ploughed and the acorns then scattered in the furrows.

It is convenient to use one book for inventories, making each inventory for several years in the same book. List each article or group of articles, and stock, and note down the value of them at the time of the inventory.

To keep account of this small cash purchases, simply mark the cheque with which you draw out cash, by writing the word cash in the corner, or making it payable to "cash".

From this time on, not only in Brugg, but throughout Switzerland, tree planting became an annual observance. The "Switch Parade" is the unique name given to this celebration.

What undoubtedly constitutes a menace to those farmers who are making an honest effort to keep their farms clean, is the crop of weeds found growing on vacant lots and roadsides in and around our towns and cities.

It was in 1813 when all Europe was armed against Napoleon. Every one of the allied nations brought every possible resource of men and means to further this end.

There are other figures you can keep which will be of value. You can keep a record, separate from your regular accounts, of the amount of feed and labor expended on milch cows, and from this you can figure what you make on them.

People go on suffering from little stomach troubles for years, and imagine they have a serious disease. They over-eat or over-drink and force on the stomach a lot of extra work.

WRITE THEM A LETTER (Toronto Globe)

A wounded officer who has returned from France says the soldiers there would rather have a letter from home any day than their pay.

During the past three months there have been forty-five vessels sail from Halifax with deal for the United Kingdom and all but one of them have successfully passed through the "blockade" zone.

Worn by Every Member of the Family

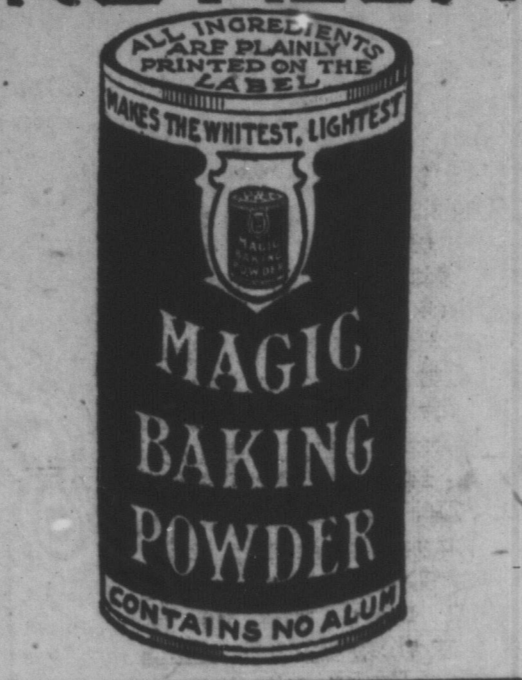
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NO ALUM



kept such accounts we would not advise you to attempt any elaborate system of accounting. Here is a simple method that will show you much of what you want to know, and after you have used it a year or so, you will be able to expand it so that you can figure the cost of everything you make or do.

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ORIGIN OF ARBOR DAY TRACED

Writing in the "Countryside Magazine," Margaret Woodward describes the origin of Arbor Day.

In the Canton of Argon, Switzerland, near the mouth of the River Reuss, stood the little town of Brugg, or rBuck, as it is known today. This obscure town had the honor of being the cradle of the House of Hapsburg.

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COALING BRITISH BATTLESHIPS AT SEA

There are a large number of British battleships guarding the shipping routes on the high seas which must not relax their vigilance for one moment. On this account, some means had to be devised to supply the vessel with coal without the necessity of steaming back to port.

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Joker's Corner

Mrs. Suburb: "What is a swimming hole?" Mr. Suburb: "A body of water entirely surrounded by boys."

"Did your wife listen to your excuse for staying so late at lodge last night?" "Oh, yes, she listened to me; then—" "Then what?" "I listened to her."

Miriam, aged five, had been delegated to rock the baby to sleep. "I can't do it, mamma," she said, after trying for some time. "He won't keep his eye buttoned."

Dorothy was taking her first ride in the country, when suddenly the carriage wheels began to squeak. After a few moments she exclaimed in apparent distress: "I—I think I'd better get out, the wagon's groaning so!"

"Look here," said the indignant mistress of the house to the peddler of small wares, "do you call these safety matches? Why, they won't light at all!" "Well, ma'am," said the peddler suavely, "wot could you 'ave that'd be safer?"

A farmer was driving home from town rather the worse for a few drinks when his horse fell down. The farmer looked at him a moment over the dashboard, and then exclaimed: "Get up, you old fool! Get up, or I'll drive right over you!"

"George," she screamed. "My neck! What's the matter? There is a pillar-catter—" "A what? A tapperkiller—" "What in the world do you mean?" "Oh dear," she moaned as she clutched him frantically. "A kitterpaller! You know, George, a patterkiller!" "Oh!" said George, with evident relief, and he proceeded to brush the future butterfly away.

A little slum child was enjoying his first glimpse of pastoral life. The setting sun was gilding the grass and roses of the old-fashioned garden, and he sat on a little stool beside the farmer's wife, who was plucking a chicken. He watched the operating gravely for some time. Then he spoke.

"Do you take off their clothes every night, lady?"

Murphy, the foreman, was sent to railroad office to report a slight accident in the gang repairing the track. He was handed a form, and got along all right until he came to the space headed "Remarks." After staring at it awhile he beckoned to the clerk.

"What's the matter, Pat?" asked the official. "Well, sor," said Murphy, "ye see, it was Bill's big toe he hit wid th' hammer, and it wudn't luk well for me t' write down th' raymarks Bill made."

A greengrocer's boy hailed a vessel in dock at Liverpool, says an English newspaper. The surly mate gruffly asked him what he wanted.

"I've got some vegetables for the ship," was the reply. "All right, you needn't come aboard. Throw them up one at a time," said the mate, and stood ready to receive the expected vegetables.

"Ahoj, there, look out!" shouted the lad, as he threw a dried pea toward the mate. "I've got a sack of these."

A man was arrested on the charge of robbing another of his watch and chain. It was claimed that he had thrown a bag over his victim's head, strangled and robbed him. There was so little evidence that the judge quickly said—"Discharged!"

The prisoner stood still in the dock, amazed at being given his freedom so soon. "You're discharged," repeated the judge. "You can go. You're free."

Still no move from the prisoner, who stared at the judge. "Don't you understand? You have been acquitted." "Get out!" shouted the judge.

"Well," stammered the man, "do I have to give back his watch and chain?"

Minard's Liniment Lumberman's friend.

Boston and Yarmouth Steamship Co., Ltd

Steamships Prince George and Prince Arthur

Leave Yarmouth daily, except Sundays at 6 p. m. Return, leave Central Wharf, Boston, daily, except Saturdays, at 2 p. m.

Tickets and Staterooms at Wharf Office A. E. WILLIAMS, Agent Yarmouth, N. S.

The following method is said to be effective when one has not the proper tools for making a hole in an iron plate.

Shape a piece of sulphur to the required dimensions of the hole, then heat the iron white hot at the place where it is to be bored and press the sulphur against it. Sulphuretted of iron is formed, and the stick passes through the metal.—Exchange.

The driest place in the world is that portion of Egypt between the two lower falls of the Nile. Rain has never been known to fall there.

Constipation--the bane of old age

is not to be cured by harsh purgatives; they rather aggravate the trouble. For a gentle, but sure laxative, use Chamberlain's Stomach and Liver Tablets. They stir up the liver, tone the nerves and freshen the stomach and bowels just like an internal bath.

Advertisement for Chamberlain's Tablets, featuring an illustration of a woman and the text 'Woman's best friend. From girlhood to old age, these little red health restorers are an unerring guide to active liver and a clean, healthy, normal stomach. Take a Chamberlain's Stomach and Liver Tablet at night and the sour stomach and fermentation, and the headaches, have all gone by morning. All druggists, 25c., or by mail from Chamberlain Medicine Company, Toronto, Ont.'

DOMINION ATLANTIC RY

On and after June 8th, 1915, train service on the railway is as follows: Express for Yarmouth . . . 11.57 a.m. Express for Halifax . . . 2.00 p.m. Accom. for Halifax . . . 7.40 a.m. Accom. for Annapolis . . . 6.05 p.m.

Midland Division

Trains on the Midland Division leave Windsor daily (except Sunday) for Truro at 7.05 a.m., 5.10 p.m., and 7.50 a.m. and from Truro for Windsor at 6.40 a.m., 2.30 p.m. and 12.50 p.m. connecting at Truro with trains of the Intercolonial Railway and at Windsor with express trains to and from Halifax and Yarmouth.

Buffet Parlor Car Service on Mail Express between Halifax and Yarmouth.

St. John - Digby

DAILY SERVICE (Sunday excepted.) Canadian Pacific Steamship "Yarmouth" leaves St. John 7.00 a. m., leaves Digby 1.45 p. m., arrives at St. John about 5.00, connecting at St. John with Canadian Pacific trains for Montreal and the West.

Boston Service

BOSTON SERVICE Steamers of the Boston and Yarmouth S.S. Company sail from Yarmouth for Boston after arrival of express train from Halifax and Truro, Tuesdays, Wednesdays, Fridays and Saturdays.

P. GIFFKINS, General Manager.

FURNESS SAILINGS

Table with columns: From London, From Halifax, From Liverpool, From Halifax. Dates and ship names like Caterino, Messina, Appennine, Durango, Tobacco.

Furness Withy & Co., Limited

Halifax, N. S.

H. & S. W. RAILWAY

Table with columns: Accom. Mon. & Fri., Time Table in effect January 4, 1915, Stations, Read up.

CONNECTION AT MIDDLETON

WITH ALL POINTS ON H. & S. W. RAILWAY AND D. A. RAILWAY. P. MOONEY, General Freight and Passenger Agent

The Foolishness

of young men who sarcastically say "short-hand is girl's work," is refuted by fact that President Wilson wrote in shorthand a celebrated note to German personally transcribed it on own machine. Not even Bryan knew its contents.

It was read at the Cabinet meeting. The President's salary is \$75,000 net per year. Our next term opens ber 1st.

Maritime Business

HALIFAX, N. S. E. KAULBACH.