FAMILY DOCTOR'S GOOD ADVICE

To Go On Taking "Fruit-a-tives" Because They Did Her Good

Rochon, Р. Q., Jan. 14th, 1915. "I suffered for many years with terrible Indigestion and Constipation. I had frequent dizzy spells and became greatly run down. A neighbor advised me to try "Fruit-a-tives". I did so and to the surprise of my doctor, I began to improve, and he advised me to go on with "Fruit-a-tives".

I consider that I owe my life to "Fruita-tives" and I want to say to those who suffer from Indigestion, Constipation or Headaches-'try Fruit-a-tives' and you willgetwell". CORINE GAUDREAU c. a box, 6 for \$2.50, trial size, 250 At all dealers or sent postpaid by Fruita-tives Limited, Ottawa.

DOMINION ATLANTIC RY

On and after February 1st, 1917, train service on the railway is as follows.

Service Daily, Except Sunday Express for Yarmouth Express for Halifax and Truro 2.08 p.m. Accom. for Yarmouth . . .7.10 a. n. Accom. for Middleton.. 7.10 p.m.

ST. JOHN - DIGBY

DAILY SERVICE (Sunday excepted) Canadian Pacific Steamship "Empress" leaves St. John 7.00 a. m. arrives Digby 10.00 a.m., leaves Digby 2.00 p.m., arrives at St. John about 5.00, connecting at St. John wi Canadian Pacific trains for Montre

BOSTON SERVICE

Steamers of the Boston and Yar mouth S. S. Company sail from Yai mouth for Boston after arrival of Ex press trains for Halifax, Wednesda and Saturday R. U. PARKER,

eneral Passenger Agent, GEORGE E. GRAHAM,

H. & S. W. RAILWAY

Accom. Wednesdays only	Time Table in effect	Accom Wednesdays only
Read down.	Stations	Read up
11.10	v. Middleton AB.	16 5
11.41	* Clarence	15 54
12:00	Bridgetown	15 25
12.32	Granville Centre	14 58
12.4)	Granville Ferry	14 40
13.13	* Karsdale	14 20
13.30	IR. Fort Wade Lv.	14.00

Connection at Middleton with all points on H. & S. W. Railway and Dominion Atlantic Railway.

W. A. CUNNINGHAM.

Yarmouth Line

STEAMSHIP "PRINCE GEORGE" Leaves Varmouth Wednesdays and Sat urdays at 5 p.m. Returning leaves Central Wharf, Boston, Tuesdays and

J. E. KINNEY, Agent

Boston and Yarmouth S. S. Co., Ltd.

Two Washboards FOR THE Price of One

Both sides of EDDY'S Twin Beave Washboards can be used, giving louble service for the price of one Made of INDURATED FIBRE-WARE (which is really pulp bardened and baked by a special process) t cannot splinter or fall apart Won't hurt your fingers or tear your clothes. Double value for you noney, almost life-lasting. Don't do another washing until you get one.

Ask Your Dealer The E. B. Eddy Company LIMITED HULL, CANADA

CIVIL SERVICE Early Appointments

30 male clerks, 5 must be stenographer 45 female clerks, 35 must be ste 15 male clerks, 3 must be stenographer Initial salaries \$500 to \$800 Maritime-trained are very successful

MARITIME BUSINESS COLLEGE HALIFAX, N. S. E. KAULBACH, C. A.

We would like to take a SUMMER VACATION, but will not get a chance to do so, as many of our students would be inconvenienced thereby. We can stand it, however, as St. John's summer weather is ideal for

One of the principals, and other experienced teachers, always in attendance. Students can enter at any

Send for Rate Card.



S. KERR

Lawrencetown

MADE IN

Halifax.

heir bungalow.

n town.

Middleton

Mrs. Arthur Andrews has returned

Mr. Isaac Feindel has returned

renton, after spending a few day

Miss Mabel Seeley of Kansas is the

guest of her cousin, Miss Jessie Woodbury.

Mr. C. M. Hoyt spent the week-end with Mr. and Mrs. L. R. Fairn, 18

Mrs. T. M. Buckler, with baby Eliz abeth, is the guest of Mrs. Wesley Hoffman, Nictaux.

Mrs. A. M. Reed returned home las

Wednesday from Riverport, leaving ner mother much improved in health

Mr. Elias Bezanson returned to

Boston on Saturday, after spending week with his mother, Mrs. B. Bezan

Mr. and Mrs. Isaac Zinck of Luner

Mr. and Mrs. J. P. Neily have received word from their son, Lieut. M Neily, who is suffering from wounds that he is to sail in a few days fo

Miss Grace MacKay of Digby County, who has been at Mt. Allisor University, spent a few days with her riend, Miss M. E. Young, Marshal

DEEP BROOK

Miss Ruth Adams spent the week

Mr. and Mrs. George Pinkney and amily have gone to Grand Pre for th

Mrs. Hubert Vroom left on Friday or Nelsonville, Quebec, to spend the

Mr. Ralph Barkhouse of Boston as

Mr. Charlie Nichols spent Sunda; with his grandfather, Mr. Henry Nichols, of Bridgetown.

Mr. E. V. Hutchinson and Majo

Mrs. Lalia Sulis of Smith's Cove

On Tuesday evening the Red Cros

Home-made candy was served durin

Fifty barrels of mackeral wer

taken from the weir on Wednesda last. They were the largest and bes ish that have been taken here in nany years, some measuring two

MARGARETVILLE

Miss Georgie Balcom visited Mis

Myrtle Morse of Melvern Square re

at the home of Mrs. A. D. Gates o

last week from Boston, where she has been visiting friends.

Mrs. A. H. Gibson, who has been spending the winter in Winipeg, arrived home on Tuesday.

Mrs. Robie Tutts of Wolfville spent a few days at the home of his parents Mr. and Mrs. Allison Smith, last week

The friends of Rev. G. H. Gage me

at the parsonage on Wednesday even-ing and gave him a pleasant surprise, it being his birthday. Congratulations were expressed in a poem read by Mrs. C. E. Balcom, after which he, was presented with a chair and other

suitable gifts. Refreshments were

PRINCE DALE

Mr. and Mrs. John A. Fraser spent Saturday with relatives in Deep

Brook.

Mrs. George Wright spent Thursday with her daughter, Mrs. Chipman Brown, Clementsvale.

Mr. Ernest Bohaker and Mr. Sabins of Creatille Former, word work and

of Granville Ferry were week-end guests at Mr. Samuel Feener's. Mrs. Genas Sanford and children of

Mrs. Genas Santord and Children of Clementsvale are guests of her par-ents, Mr. and Mrs. Z. Sanford. Mr. Wallace Early of Northfield was the guest of his uncle, Mr. George Wright, over Thursday night. Misses Violet Wright and Nettie Frager spant a few days resembly with

Fraser spent a few days recently with Mrs. George McClelland, East Wai-

PHINNEY COVE

Inspector M. C. Foster called on our

chool one day last week.
Mr. Ernest Chute is visiting his nother, Mrs. Burkett Chute.

nother, Mrs. Burkett Chute.

Mrs. W. Cook has returned from a
risit with relatives in Lawrencetown.

Miss Bessie Hayes of Port George
s visiting her sfster, Mrs. Joseph

is visiting her sister, Mrs. Joseph. White.
Mr. Benson Smith has returned to Beverly, Mass., after spending the past seven months with Mrs. E. Smith and Mrs. A. Spicer.
Much sympathy is felt for Mr. and Mrs. Herbert Chute in the death of their little son, Aubrey, which occurred last Saturday of pluro-pneumonia.

June 8.

served and a very enjoyable evening

Mrs. Gertrude Harris came

ently.

Saturday.

with her sister in Windsor

Marguerite Berry.

ne evening

nd with friends in Bear River.

June 11.

Mrs. James Bancroft and family ar-ived last week to spend the summer

Mrs. Helen Phinney is nursing Mrs The Women's Institute meets on arsday afternoon in the Demon-ation Hall, at 3 o'clock.

Mrs. Vernon Balcom and little son. Lester, left on Saturday for their nome in Malden, Mass. We are glad to learn that Miss Helene Durling, who has been ser ously ill. is recovering.

Mrs. Beals and daughter arrived here from Wolfville last week and are low occupying the parsonage. Mrs. Clarence Young of Bridge own, visited her sister, Mrs. D. M Balcom, for a few days last week. Rev. Mr. Boyce preached a very ing to a large and appreciative audi

Mrs. Annie Buckler has pending a week at Middleton, a guest f her son and wife, Mr. and Mrs. T

Pastor Beals went to Albany and coupled the pulpit in the morning, at nglisville in the afternoon, and Lawancetown at 7.30.

Marjorie Phinney entertained a few of her school friends on Saturday af ternoon from 3 to 7 o'clock, the occa sion being her birthday. Mrs. Robert Blauvelt went to Wolf-ville on Saturday to spend a few weeks, and to be present at the wed-ding of her friend, Miss Vesta Pick. A reception will be held in the Demonstration Hall on Monday evening in honor of Sergeant Malcolm Selig, who has returned from France for a few weeks to visit his parents. and on Tuesday afternoon, at o'clock will be united in marriage

Miss Fairbrother, a trained nurse o London, England, who is also here of a visit. A good program is being pre pared for the reception. MELVERN SOUARE

June 11. Melvern is to have a pretty June redding this week. W. S. Phinney left last week fo Halifax on a business trip.

Mrs. Watson Pierce was the guest of Lieut.-Col. and Mrs. E. F. McNeil one day last week. Mrs. W. H. Martin and two children spent several days last week visiting friends at North Williamston. The leaves are coming out on the

rees and there is a hint of summer in the air, owing to a few warm days ollowing the cold, wet month of May 'armers, take courage! We are sorry to report Mrs. Ralph Lantz on the sick list at time of writing. Her daughter, Mrs. Don-olly, of Port George, is spending a few days with her.

The Rev. Mr. Roop, Colonel and Mrs. Spurr and Mrs. J. P. Morse were appointed delegates to attend the Baptist Association, which meets at New Germany very soon.

A class of young girls, in connection with the Baptist Sabbath School gave quite an interesting concert in the hall, after which ice cream was served, on Thursday evening, May 31st. Proceeds, \$17.00.

Quite a number from this place a ended the recent reception at "Glen 'ern Farm," Wilmot, given in honor f Sergt. Wiley Ritchie and Lance orporal Arthur Kelsall, and report very interesting and pleasant time The little daughter of Mr. and Mrs. Abner Neily, who has been seriousill with pneumonia, is now out of anger and on the road to recovery. Dr. Devine has been in attendance, with Miss Neily, trained nurse, as-sisting to care for the little patient. On Tuesday evening, June 5th, the

Rev. Mr. Hockin gave a very interesting lecture, showing over one hundred patriotic pictures and wan scenes by magic lantern to a delighted audience. Proceeds for Sustentation Fund in connection with the Methodist Church, the lecture being delivered in that church. Fridays at 1 p. m.
Tickets and Staterooms at Wharf Office lelivered in that church. A severe electrical storm passed passed We feel very sorry to have to reing, the port the death of Mrs. Thomas Moor d inst., and in a short time two (nee Josie Barteaux)' which occur

and in a short time two large fires were plainly visible to the people of Melvern, and the news came by telephone that two barns at Kingston, owned by Mr. Burpee Morse and two barns near the South Mountain, the property of Mr. Vernon Baker, were struck by lightning and burned to the ground.

(nee Josie Barteaux)' which occurred a struck of the same in Deep Brook. Her husband arrived from Ohio on Saturday. The funeral services were held on Monday at the home. Intermental the same in the entire community is with the between the people of Melvern, and the news came by telephone that two barns at Kingston, and the news came by the news that the news came by the news that the news came by the news that th

MORGANVILLE

Miss Lottie Berry has arrived home Mrs. Wentzell and Stewart, of Bear iver, were the guests of Mrs. Joseph snell this week.

Mrs. Thomas Milner of Clements-vale visited her sister, Mrs. Charles Morgan this week. Miss Nellie Chute and Miss Jenkins arrived here last week from Boston. They intend spending the summer in Nova Scotia.

There will be no preaching service on the third Sunday in June, as our pastor, Rev. L. H. Crandall, will be attending the Association at New Ger-



Gin Pills banish backache, no matter how severe. The effect, understand, is not to numb the pain, but Gin Pills go right to the source of the trouble, the Kidneys, restoring the natural functions of these organs, and with the blood purified, and inflammation allayed, the pains disappear per-

Other indications that the kidneys are 50c. a box, or 6 boxes for \$2.50 at all

Sample free if you write to National Drug & Chemical Co. of Canada, Limited Toronto, Ont. U. Address—NA-DRU-CO, Inc. 202 Main St., Buffalo, N.Y.

CLEMENTSPORT

Rainy weather today and still cold. Schr. Eskimo, Capt. Clark, arrived ere from Salem, Mass., on Thursday

Mrs. Ross of Bridgetown is visiting er sister, Mrs. Joseph Roop, for w days. Miss Grace Woodworth was the

inday, June 3rd. Mr. Charles Stronach recently pur-hased a new Ford touring car of Mr. cummings of Annapolis Royal. Miss Lillian Hicks, after visiting iends in Bridgetown for a few days, eturned home on Thursday last. Mrs. D. Berry arrived at her sum-er cottage here last week, and will pend the summer there as usual. The Rev. Mr. Harley of Windson S., was the guest of the Rev. A. W. Smith for a few days last week. Several commercial travellers were n the village last week in connection ith their respective lines of busi-

Mr. Earl Jones, of the Royal Bank taff, Glace Bay, is spending his vaca-ion at the home of his parents, Mr. Mr. Alfred Shaw, of the Bank of

a Scotia staff, Windsor, N. S., was cent guest at the home of his par-Miss Myrtle Parker, who has been miss myrite rarker, who has been raining for a nurse at Rutland Hostital, Mass., will be a summer guest of her mother, Mrs. Irene Parker.

Mrs. Alguire of St. John, N. B., accompanied by her sister, Miss Emery, stronging at the "Deat". stopping at the "Rest" for a few ays; taking in the beauties of Clem-

Mrs. Samuel Primrose of Law-Mrs. Samuel Primrose of Law-rencetown is at present the guest of Mrs. Lindley Shaw; also Mrs. Ber-nard Spurr of Bridgetown spent Sat-arday last as Mrs. Shaw's guest. Mrs. Frank Elliott and son of Mid-dleton, accompanied by Mrs. Lemuel Elliott and son of Mount Hanley, and Miss Annie Bent of Belleisle were. liss Annie Bent of Belleisle Mass Annie Bent of Beliefsle, were he afternoon guest of Mr. and Mrs. W. V. Vroom on Wednesday last.

Monday, the day kept in honor of he King's birthday, we noticed bunting displayed by the following: Rev. A. W. L. Smith, Mr. Fred Jones, Mr. V. C. Longe and Mrs. Legal Chibers. Jones, and Mrs. Jessie Gibb sting of songs and recitations. which were well given by the pupils of the school. Rev. A. W. L. Smith and Mr. W. C. Jones were present and addressed the school. The planning effected much credit on the teachers, Miss Whitman and Miss Jones.

LOWER GRANVILLE

Mrs. A. Troop and little daughter, of Belleisle, visited her parents, Mr. and Mrs. J. H. Robblee, last week.
Mrs. Frank FitzRandolph and chilren of South Williamston are visitng her parents, Mr. and Mrs. J. V.

Mrs. Wm. Cossaboom and Miss Clara Sulis, of Harbor View, spen-Sunday with friends in Deep Brook. On Friday morning last, Mrs. Ver-ion Clarke passed away at the age of orty-three years. Besides a large circle of friends and relatives, Mrs. and and three young children—one on and two daughters; also a sister, spending a few days with her son Mr. Norman Sulis, who has been or the sick list for over a week. Mrs. J. Calnek, of Granville Centre; in aged father and mother, Mr. and Mrs. John Bohaker of Newburyport, dass., and three brothers living in Miss Miller spent the weck-endith her parents at "The Cape," An apolis. She was accompanied by er friends, Misses Neva Masters and fassachusetts. She will be much aissed in her home, in the communy, and in the Anglican Church, of which she was a faithful member. The funeral, which was one of the argest ever seen in this locality, was leld on Sunday afternoon. The services, owing to the absence of the Rector, were conducted by Rev. Mr. Markham. Internet was made in society spent a pleasant evening a he home of Mrs. Walter Purdy Markham. Interment was made ne cemetery of the Anglican Church

Parely Herbal-No paisonous celori. Intiseptic—Steps blood-paison Seething Ends pain and smarting, etc Pure-Best for baby's rashes. Heals all sores. 50c. box. All Druggists and Stor

A Company of the Comp

SAVING THE WASTE PAPER Enormous Quantities are Lost Which Might be Again Utilized

All available sources of informa ion report shortage in raw material or woodpulp. Recruiting for the restry and other battalions has taken many woodsmen out of the elow the average.

The demand for Canadian woodwing to lack of shipping. The heavy potash before the war. ale of sewspapers, with news of the emand for paper.

The Canadian and the United ford to pay. Without this action, many of them would no doubt have een compelled to cease publication. Canadians are wasting an enornous amount of paper daily. Very mall, indeed, is the supply available for reclamation compared with the amount distributed daily by the news who had a grand display of flags decorating the front of her house, namely, of England, Canada, France and he Stars and Stripes. In our schools a program was rendered in good order in the Advanced Department, contenting the shortage of new materials. materials.

With the scarcity and increased liquid part is allowed to drain away the policy of thrift in the matter of cost of pulpwood, the public should through holes in the stable floor, or food were to be generally practised, make every effort to assist. Much otherwise, over one-half of the value the supply might prove sufficient for can be accomplished by saving waste of the manure will be lost; therefore, actual needs. Obviously it is of the paper, and various organizations have had good results. In one day, eight serve all the excrement voided by schools in Winnipeg turned in 51/4 animals. tons of old paper to the Red Cross Soiety. This achievement can be repeated all over Canada. In many of used for absorbents in the stable is the smaller places, schools could ombine their collections. Scout or Girl Guide troops could col. straw, 285 pounds; well dried peat. lect and deliver to a headquarters, or collecting boxes could be placed at dried leaves, 162 pounds.

street corners where the public could deposit parcels of old papers: Through the use of collecting larke leaves to mourn the loss of a ind wife and loving mother, her hus- in Ottawa the Daughters of the Empire are securing 35 tons per month. All qualities of paper can be used: newspapers, books, magazines, manilla or kraft wrapping, cartons, etc. est resources of a heavy strain.

Minard's Liniment for sale everywhere

2000 pounds each and running loose n two box stalls at the Experimental Station, Kentville, N. S., covering a period of 120 days, or four months weighed 112 tons, 640 pounds. The average for each day was 1872 unds or 78 pounds per steer. Strav hedding amounting to 10 pounds pe steer per day was used and all li saved.

A ton of the above manure at these war, has also greatly increased the prices would, therefore, have a value

At the valuation of \$2.63 per to aper at a price which they can af- over \$3.00 per steer per month. Conbecome a greater factor in economi cal agricultural production, the value is even greater than that given above the humus. It is estimated that th papers alone. All of this paper, it per cent of the value of the chemica saved, could be used again or other ingredients, depending upon the sol per cent of the value of the chemical on which the manure is used and the manner of application.

It is a well-known fact that half of the total value of the excrement from production of food promises to be inlive stock is in the urine. If the every effort should be made to con

The water retained, after twenty four hours, by 100 pounds of material estimated to be as follows: Wheat straw, 220 pounds;

SHEEP AND SWINE

As this demand has grown very urchased for fall delivery.

With this in view and in order t time Provinces, under direction of the Live Stock Branch, Dominion De partment of Agriculture, has prepar ed a breeders' directory for pure bred and commercial sheep and for pure ward Island. This directory contains the name of the breeder, his address, the breed of sheep offered for sale, and the number of animals for sale annually.

This directory of breeders of sheep

EXTRA PROFIT FROM SELECTED COWS

One remarkably satisfactory result

meal ration.

The value of the extra feed was \$605.00. This produced more milk to the value of \$1,677.66, so that the extra clear return was \$1,072.66, and cows were in much better condi-

The Farm

VALUE OF MANURE FROM TWENTY-FOUR STEERS

(Experimental Farms Note.) The manure o from twenty-fou eers, averaging in weight close to

Chemists tell us that this fresh nanure from fairly well fed steers contains in each ton 7% pounds of nitrogen, 31/2 pounds of phosphoric ountry and during the past season acid and 9 pounds of potash. When he cut of wood has been very much buying commercial fertilizer we pay 25 cents per pound for nitrogen, and 7 to 8 cents for phosphoric acid. pulp is rapidly increasing. One of Potash cannot be bought at any price, the more important factors is the but in order to get at a fair valuation cutting off from the United States of for the manure we should allow at the supply from Norway and Sweden, least 5 cents per pound, the price of

of \$2.63. States governments have enabled the 112 tons, 640 pounds, would be worth ewspapers to secure their supply of \$295.40, or \$12.31 per steer, a little sidering that potash will each year Nothing has been allowed in the above calculation for the value of humus value of manures is 50 to 100

500 bounds; dry sawdust, 435 pounds

BREEDERS' DIRECTORY FOR

The past year has seen a marke ncrease in the demand for sheep and swine, both pure bred and commer cial, among the farmers for breeding Numerous organizations could with purposes. This demand is, of course advantage undertake this work, look- due in part to the greatly increased ing after the gathering, packing and price of lamb, mutton and wool, and shipping of the material. A large in pork and its products. Further revenue could be derived from this farmers in the Maritime Provinces source, and valuable service thus ren- are realizing that there are consider dered to Canada in relieving our for- able areas of waste land that could be utilized very profitably through sheep.

are concerned, breeders would be ently increasing our sheep popula-

O'Brien, Representative for Sheep and Swine Husbandry in the Maribred and commercial swine in each of the Maritime Provinces-Nova Sco-

and swine can be obtained by making application to the Live Stock Branch. Dominion Department of Agriculture,

of keeping simple dairy records yields of milk and cost of feed, is the knowledge gained that cows of good dairy type do repay the cost of extra

One example may be given. Not far from St. Hyacinthe, Quebec, one hundred cows produced 104,854 pounds of milk more during 1916 than one hundred did in 1915. The 1915 records show that ten were not paying, so they were beefed, and again in 1916 eleven were sent to the block, being replaced by better milk-Better feeding contributed largely to the above noted big increase in milk yield; more corn was fed, more clover and a little higher

Daily records help to select good Write the Dairy Commissioner, Ottawa, for free milk and feed record forms

A Vegetable Preparation for A ing the Stomachs and Bowe INFANTS CHILDREN Promotes Digestion.Cheerfe ness and Rest Contains neith Opium, Morphine nor Mineral NOT NARCOTIC. Aperfect Remedy for Constiption , Sour Stomach, Diarrhoe. Worms, Feverishness and LOSS OF SLEEP.

900 DROPS

PROFESSIONAL CARDS

OWEN & OWEN M. Owen, K.C., Daniel Owen, L.L.B. BARRISTERS AT LAW

Office over Bank of Nova Scotia in Middleton open Wednesday from 2.30 to 5.30 p. m. Thursday from 9 to 11 a. m.
Office in Bear River open the 1st and

3rd Saturdays of every month, Money to loan Real Estate Securities.

CHAS. R. CHIPMAN, L.L.B. BARRISTER, SOLICITOR, COMMISSIONER, ETC

Shafner Building, - Bridgetown sideration except in an extremity, and AGENT FOR CALEDONIAN IN-SURANCE CO. Insure your buildings in the largest and

> MONEY TO LOAN Hermann C. Morse B.A., LL.B. BARRISTER, SOLICITOR

and NOTARY PUBLIC Money to loan on first-class Real Estate

INSURANCE AGENT BRIDGETOWN, N. S.

DR. C. B. SIMS Veterinary Surgeon and Dentist -Graduate of-Scotia Agricultural College

PARADISE, N. S Sept. 30, 1914—t.f. Phone 23-21 Dr. F. S. Anderson DENTAL SURGEON Graduate of the University Mary and Office: Queen Street, Bridgetown Hours: 8 to 5.

Ontario Veterinary College

University of Toro

ALEX. M KENNEDY ARCHITECT BRIDGETOWN, N. S.

W. E. REED Funeral Director and Embalmer Latest styles in Caskets, etc. All orders will receive prompt attention. Hearse sent to all parts of the county. Office and showrooms in two-storey building to store the county.

building in rear of furniture ware-rooms. Phone 76-4. exercise the proper care that should Arthur M. Foster LAND SURVEYOR

> Leslie R. Fairn **ARCHITECT**

Aylesford, N. S. UNDERTAKING

We do Undertaking in all its branches Hearse sent to any part of the County J. H. HICKS & SONS Queen St., Bridgetown. Telephone 46 H. B. HICKS, Manager,

E. BANKS PLUMBING

TELEPHONE, NO 3-2



Smart—Economical

TT is an ideal car for people of taste and refinement—the great sweeping

The Overland Country Club is the smart sport model of the small car class.

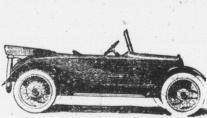
extra. Have a look at the Country Club right

Overland Country Club Rive wire wheels
4-inch tires
Auto-Lite starting and lighting
104-inch wheelbase

> Other Overland Fours Touring \$975 Roadster \$950

BEELER & PETERS, Agents





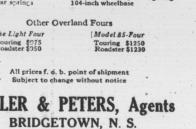
success of the year.

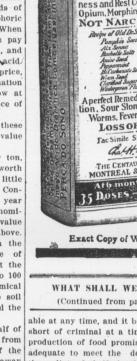
Grey body, black and nickel trim, and the price includes wire wheels with one

away—and a demonstration.

\$1110

The Light Four





Chalf Fletcher. THE CENTAUR COMPANY.
MONTREAL & NEW YORK 35 DOSES - 35 CENT Exact Copy of Wrapper

Always Bears the Signature

Mothers Know That

Genuine Castoria

Use For Over Thirty Years

WHAT SHALL WE EAT? (Continued from page 1)

short of criminal at a time when the Annapolis Royal, N. S. greatest importance that we should not be compelled to go on short rations. Comparatively few can assist in increasing the production of food. out everyone may do something towards lessening the consumption o ood. This, however, should be done as far as possible by a judicious reappointment of the diet scale and by the avoidance of waste, rather than by a reduction in one's food intake below the requirements of the body. Short rationing is too serious for con-

it should be regarded as the patriotic duty of every loyal subject of the crown to do what he or she may be strongest company able to avoid so calamitous a necessity. Even full rationing is not with ration may be established which pro vides for absolute requirements, no axed ration will satisfy the cravings of appetite. This is well demor strated by the liberal patronage given o the dry canteens of military units. There are two classes to whom

liberal dietary is essential: children and young adults, and those engaged rapidly, much difficulty has been ex in laborious industrial pursuits. We perienced by intending purchasers in must conserve the life of our chiltheir efforts to locate breeders of dren. Improper or insufficient feedsheep and swine from whom reason- ing of infants is accountable for able numbers of breeding animals large share of our fearful mortality could be obtained. Already numer- amongst little ones. Mothers should ous inquiries are being made by men be impressed with the superlative im who are desirous of purchasing, as to portance of breast feeding—both in Office in Royal Bank Building where animals can be located and their own interest and in the interest of their children. Nursing mothers

In this connection, so far as sneep of course, should be liberally fed. While it is possible to substitute well advised to retain their best ewe one food for another up to a certain lambs for sale for breeding pur point it must be realized that the poses, since all indications point to limit is soon reached. Therefore in continued demand for breeding fe our campaigning for greater producmales and the conserving of ewe ion of foods, consideration should be lambs is the only ultimate source for given to a due apportionment of the supplying that demand and perman- varieties of food to be produced There is an element of danger in over-emphasizing the need for potatoes and cereals, and neglecting to facilitate and direct breeders, G. Erle provide for sufficient yield of the foodstuffs from which we derive the major part of the protein so neces

sary to nutrition. Copies of this article in leaflet form, together with table showing the pounds of protein, fat, carbohydrates, and full dollar's worth of each food, at prices stated, may be obtaintia, New Brunswick and Prince Ed- ed FREE on application to the Provincial Health Officer, Halifax,

THE SPLIT DRAG LOG

Good Roads conventions are excel-Much information and many helpful suggestions are to be obtained from attending them. Unfortunately very few country path-masters attend them. We all hope that, eventually, good roads, with proper surface and under-drainage and oundation will become general Meanwhile it would be well for us to be given to many existing earth

While travelling through Dunda

county the middle of April, it was BRIDGETOWN, NOVA SCOTI distinctly noticeable that the road upon which the split log drag had been used were in decidedly better condition than the undragged roads. Do not wait until the road is to be reconstructed. Do something to keep it in good shape. If the split log drag is used in the spring, or, after rains, earth roads can be very much im proved. Instead of having a road full of holes and ruts an earth road can be kept smooth and in much better condition than many of the undragged roads of the present day. The cost is small, but the improvement is great .- F. C. N., in Conservation.

People with a garden and the necessary time, can greatly lessen the food cost by canning their own fruits and vegetables.

C. F. W. Ask for Minard's and take no other,