SUFFERED TERRIBLE AGONY

"Fruit-a-tives" Alone Gave Him Quick Relief

Buckingham, Que., May 3rd, 1915.

"For seven years, I suffered terribly from Severe *Headaches and Indigestion*. I had belching gas from the stomach, and I had chronic Constipation. I tried many remedies but nothing did me good. *Finally, a friend advised* "Fruit-a-tives". I took this grand fruit medicine and it made me well. To everyone who has miserable health with Constipation and Indigestion and Bad Stomach, I say take "Fruit-a-tives", and you will get well".

ALBERT VARNER.

50c. a box, 6 for $2.50, trial size 25c. at dealers or sent postpaid 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.

WATCHWORD—Agitate, educate, organize.

OFFICERS OF WOLFVILLE UNION.

President—Mrs. B. O. Davidson.
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Press and Willard Hall—Mrs. M. P. Freeman.
White Ribbon Bulletin—Mrs. Hutchinson.
Temperance in Sabbath-schools—Mr. C. A. Patriquin.

Physicians Brand Beer as Injurious.

The physicians of the day are beginning to speak with no uncertain tone on the delusion that beer is a harmless, beneficial or necessary drink. We positively condemn the beverage use of all alcoholic liquors, including beer and wine,' runs a statement signed by many physicians in Wisconsin and Michigan last year. And why? Because by their effects on the germ plasm they curse the unborn child; because even their moderate use has been proven to reduce the efficiency of the user.'

The logical case of the light beer was well put in a recent address by Dr. F. L. Pizzi:

'There is as much justification for advocating beer and wine as against whisky as there is for advocating paregoric as against morphine. Paregoric is a mild solution of opium, and beer is a mild solution of alcohol. A man can get the drug effect of alcohol in beer just as he can get the drug effect of opium in paregoric, and the sale of paregoric is restricted as rigidly as the sale of morphine.

Alcohol is alcohol, wherever found, whether in beer, wine or whisky. Advocates of beer claim that it is not taken for its alcohol, the alcohol percentage being so low that it is negligible. Well, then, the beer question is settled. There are now on the market beer substitutes that are actually beer except for alcohol. Why bother to put in alcohol if the drinkers do not want it? There is as much alcohol in a pint of beer as in an ordinary highball. Beer drunkenness may be less abrupt and boisterous, but beer drunkenness exists, and beer is a drugged drink. The amount of alcohol in a pint of beer will undoubtedly produce drug effects.'

Training Little Children.

(By Mrs. Alice Barton Harris.)

The ideals which we wish to develop in our children are chiefly those of courage, truthfulness and unselfishness. I believe that the normal child is born brave, physically and morally, and that out of laziness or ignorance the grown people put fear into his little consciousness. He isn't allowed to climb, for instance, because his mother is afraid he will fall, and his plastic mind is filled, through stories or threats, or actual punishment, with a sense of danger and evil with which he in his helplessness cannot cope.

Lying, of course, comes from the same source. The child lies because he is afraid, either of being misunderstood or punished. Thoreau says, 'It takes two to speak the truth; one to speak and one to listen.' When the child lies, the burden of the lie too often rests upon the grown people who have him in charge.

Many persons believe that fear is inevitable to man, that it is a race memory, but I believe that fear of the dark, of solitude, are much more likely to come from mind-pictures of terrible things which unwitting elders have discussed in the child's presence, or as a result of unwise teasing or story-telling in very early childhood. This is difficult to avoid per-

How to Purify the Blood

"Fifteen to thirty drops of Extract of Roots, commonly called Mother Seigel's Curative Syrup, may be taken in water with meals and at bedtime, for the cure of indigestion, constipation and bad blood. Persistence in this treatment will effect a cure in nearly every case." Get the genuine at druggists.

[illegible] but quite so [illegible] are willing to be sufficiently watchful. The magnificent trust with which a child thus guarded can face the world is a guarantee in itself of success.

Unselfishness is one of the virtues which has to be cultivated, for we are not born unselfish. We have to be taught this virtue and of course the greatest teacher of all is love. I am inclined to think love is the only teacher. Henderson says: 'To get children interested in impersonal things is to make them unavoidably unselfish. Solitary children, only sons and daughters, are as a rule extremely selfish, for the simple reason that their lives have been so overwhelmingly personal. The way out is through group activities on the part of the whol family, through pleasures as well as through service. If life is to be permanently successful, and happiness genuine and secure, the major must be impersonal, must have to do with something bigger than the little self, must concern itself with the abiding and universal things.'—Selected.

PILES Do not suffer another day with Itching, Bleeding, or Protruding Piles. No surgical operation required. Dr. Chase's Ointment will relieve you at once and as certainly cure you. 60c. a box; all dealers, or Edmanson, Bates & Co., Limited, Toronto. Sample box free if you mention this paper and enclose 2c. stamp to pay postage.

Desserts.

Washington Pie—Beat the yolks of four eggs light, add one and one-half cupfuls of sugar, and beat until creamy. Add gradually one-half a cupful of boiling water. When well blended, add two cupfuls of flour, sifted with two level teaspoonfuls of baking-powder, and cut and fold in the stiffly beaten whites of the eggs. Bake in two layers about twenty minutes in a moderate oven. The cake, when done, shrinks away from the sides of the pan. Put the layers together with a cream filling.

Cream Filling for Washington Pie—Put one cupful of milk into a double boiler to heat, adding to it half a cupful of sugar. Beat two and one-half cupfuls of flour with a little cold milk until smooth, and about as thick as cream, and add this to the hot milk. Cook directly over the fire for a minute or so, letting it boil, so as to cook the flour thoroughly. Beat one egg lightly, then gradually pour into it the hot milk-mixture, stirring all the time. Return to double boiler and cook two minutes. Remove from fire, add one tablespoonful of butter. Beat well, and set aside to cool. Flavor with one tablespoonful of lemon juice

Used for Shaving.

Many men are troubled, more particularly in the cold weather, with a sort of roughness of the skin or eczema, caused by shaving. The application of Dr. Chase's Ointment after the shave soon cures the trouble and by using it after each shave you keep the skin soft and prevent irritation and soreness. Because of its antiseptic qualities this ointment prevents and cures Barber's Itch.

Could Hardly Be Expected.

The teacher was trying to show the children how it was that our forbears were so ignorant of other countries. She talked for an hour about the lack of knowledge and navigation, the smallness of ships and the fear of the unknown. Then she noticed that Jimmy was not attending.

'Why was it that we know so little about other countries 400 years ago Jimmy?' she said, springing the question upon him.

'Please, miss,' said Jimmy, without a moment's hesitation, 'because we weren't born.'

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 sized bottles which contain nearly three times as much as the 25 cent bottles and sell at 60 cents.

Senator Lodge, of Massachusetts, is extremely fastidious, but prone to cut red tape. 'Accuracy is all right,' he concedes, but too many of us are like Wadkins.

'Wadkins had once been whipped for inaccuracy during his boyhood, so was always very careful in his statements. He was a porter. An old gentleman approached him and asked:

'Is this my train, porter?'

'No, sir; it belongs to the railway company, sir,' answered Wadkins.

'That's not what I mean, said the old gentleman testily. 'I mean, do I take this train to Mud-Slush-on-Sea?

'No, sir,' said Wadkins patiently 'the engine always does that.'

Children Cry
FOR FLETCHER'S
CASTORIA

A batchelor physician says that the microbe in kisses are often fatal—at least they often develop matrimonial germs.

Children Cry
FOR FLETCHER'S
CASTORIA

When you finally wake up to the fact that you don't know much, stop talking and give others a chance to put you wise.

Children Cry
FOR FLETCHER'S
CASTORIA

FROM SAHARA TO SIBERIA.

Varied Experiences of Canadian Medical Man In Great War.

Not many months ago in the heat and sand of the Sahara desert, and now about to take up his work in Siberia. Such are two extremes the great war has brought to Capt. H. Lewis, of Melita, Man.

The town of Hearts' Content, Newfoundland, was his birthplace thirty-three years ago, but he did not remain in there, and was a graduate M. D. of Manitoba College, and had taken post-graduate work in London and Edinburgh some years before the war began. Then came the call, and early in 1914 Capt. Lewis enlisted, and became medical officer on a troopship crossing the Atlantic.

There was need of medical men at the Dardanelles, and thither the Newfoundland man was sent, remaining until the evacuation of this position. Down into Egypt into the Sahara desert the troops were called, and Capt. Lewis went with them, and afterward to Saloniki, where he was in the front lines as a member of the Royal Engineers. On his way home the ship was torpedoed, and for ten hours he floated on a raft in the Mediterranean until picked up.

He reached England in January, 1917, and for the following twelve months was stationed at the Duchess of Connaught Hospital, Cliveden. At the beginning of 1918 he was made embarkation officer of hospital ships returning to Canada. And now this fine Canadian, who has had such varied experiences, has been given a place with the special Canadian mission to Siberia. And with him will go his brother, Staff Sergt. Llewellyn Lewis, who will probably be stationed at the base in Vladivostok.

The equipment the young men will take with them makes an interesting list. Among them gauntlet gloves, with all the fingers but the index one missing; sheepskin-lined sleeping bag, chamois vest, knitted vest, two pairs knee-length stockings and two pairs heavy socks for wear on the outside of the boots. The entire list was made out by the Arctic explorer, Sir Ernest Shackleton.

Capt. Lewis is the son of the late Rev. H. Lewis. His wife and their three-year-old boy, "Sonny," were among the passengers on the hospital ship Carisse, which a few weeks ago so narrowly escaped destruction when a convoy ship was torpedoed close beside her.

The Wrong Kind of "Trap."

In promoting the sale of hand traps for throwing clay targets some interesting correspondence is received, especially by the distributing jobbers. Here are two letters received by a Manitoba jobber from one of his customers, and printed in the Du Pont Magazine:

"Send me the Hand trap, Best Hand trap in the world, Throws Clay Birds up to 45 yards in any direction, Price $4.50. Send me by mail as quick as you can as you please, send so quick, send me as quick as you can as your possible as you please. Send by mail and send me a good kind Hand trap.—H. P. H."

"Just a few lines to tell you that I am sending hand trap back by express. Please send me these other thing which I ordered from your catalogue. Please send by express to Rosthern. Send me for the sum of $5.25, hand trap price $4.50, and I paid for express 75c, total $5.25. Please send me these things which I order. And hand trap I am sending back by express from Rosthern. Reason why I send back hand trap I could not catch nothing with that hand trap, it is no good. Send me those things which I order from your catalogue. Please send me by express to Rosthern. Do not send me hand trap. Send me these other things which I order soon as possible as you can as you please. Send by express to Rosthern or money back.—H.P.H., Esq."

Want Culture.

The demand among the expeditionary forces for cultural and educational activities is well illustrated by the following incident: "When a university president gave a talk to a group of soldiers within a mile and a quarter of the Germans, with the pounding of guns in front of us, the constant buzz of airplanes above us, and the incessant coming and going of men to and from the trenches, I noted there such attention as is seldom found in a college classroom. In another place a Y.M.C.A. secretary, a former college professor, gave lectures on psychology for twenty successive nights, and not one soldier deserted the class. Dr. R. O. Daly, professor of zoology at Harvard, has given in the huts talks on astronomy and physical geography, and these subjects—which at home might have attracted only a highly intellectual group—held these boys spellbound."

Pro Patria or Winnipeg Face.

A Winnipeg young lady visiting Saskatoon recently introduced to that innocent town a game described thus: "The game consists in blindfolding the men and letting them catch the girls; those captured (the men) after removing their handkerchiefs, had to kiss or pay $1 forfeit." The Saskatoon Star naively says: "The Winnipeg girl went home with $32 and a Victory loan bond."

To His Superior Officer.

There can be no question who will command in the household of Capt. J. L. Morrison, formerly professor of history at Queen's University and now with the 52nd Divisional Headquarters, Imperial Army. He has just been married, his bride holding colonel's rank and having twice been decorated.

Canada Not Thriftless.

Canada has not been a thriftless country, in comparison with others. The savings banks of this country have been extensively patronized, to a degree indeed that has aroused admiration in the United States. On the other hand, we have not been thrifty in the French standard.

E. B. SHAW

Repairing of Boots and Shoes of all Kinds

Has resumed business at the old stand in his new building.

Orders Solicited and Carefully Executed

COAL!

Acadia Lump,
Albion Nut,
Springhill
Inverness

A. M. WHEATON

A woman may be beaten, but she rarely acknowledges it.

AN ALL-ROUND GENIUS.

Some Facts About Major "Rab" Tait McKenzie.

The name of Major "Rab" Tait McKenzie is widely known to Canadians. He was physician at Government House in Lord Aberdeen's time. He personally fulfills, more perfectly than any other man I can think of, the Greek ideal of all-round cultivation of physical and mental faculties. He was Professor of Anatomy and Physical Director in McGill University, Montreal, for years. He has long served Pennsylvania University in the same capacities. He originated and spread the system, now so general in the United States and Canada, by which entire student and pupil bodies, not merely the few eminent athletes, are required to train their bodies in enjoyable ways, and allowed credit marks for physical as well as scholastic accomplishment. He is a noted expert in cure of deformities, or injurious abnormalities, and has extensively imparted his knowledge thereof to the profession, besides writing several noted books on hygiene, etc. As a bagpiper few skilful skirlers on the Pibroch stand in his class; as I heard an eminent Highland performer testify years ago. The doctor was a great all-round athlete (who can still do fine stunts) and so redoubtable a boxer that John L. Sullivan, when in his prime, told him: "Bedad, I'm glad you are a light weight." As a lecturer he has no fault save, perhaps, that aspect of unjustifiable modesty. He used to paint so well in water colors that much money could not buy from me some of the pictures he presented to my unworthiness. In sculpture he has long been renowned, more particularly by his statute of Benjamin Franklin in youth, which holds a place of high honor on the Campus of the University of Pennsylvania; by his "Sprinter"; his football group "The Onslaught," comprising many battling figures, a Bronze that pretty much all wealthy college men, and, perhaps all athletic clubs, proudly own; his "Competitor," "the Relay," "The Joy of Effort," which latter medallion was set in the wall of the great Olympic Stadium at Stockholm by order of the Swedish King; and beautiful portrait statuettes and plaques too numerous to specify here. Judicious men of many cities know how well he can tell a story, especially if it be tinctured with Scotch.

As a dancer of the highland fling few amateurs can throw a leg to him. Finally—but truly there is no saying "finally" to the major's accomplishments, because he is continually adding to them, though performing prodigious labors in the way of duty.

Recently he toured Canada on behalf of our Government, establishing at military hospitals classes for masseurs, physical instructors, and medical officers. To them he is imparting from stores of new war-knowledge he accumulated while in command of the great Convalescent Camp at Heaton Park, near Manchester, England, over which he presided for more than a year, during which time he developed for the British Government the whole system of Medical Command Camps. For them he invented numerous novel mechanical appliances, and methods suited especially to war-bound cases. From his own particular Heaton Park Camp he sent back to the front more than one thousand men who had been given up as hopeless cases by ordinary hospitals. He repaired for work in civil life as many more.

As a sculptor he has a special genius for securing beauty in expression of sculptured countenances and of touching melancholy in line of nature. Consider, for instance, the statue of Lieut. Guy Drummond, only son of the late millionaire, Sir George Drummond, of Montreal, and of Lady Drummond, who commissioned this haunting work from the major. The young, much loved hero was killed in Flanders early in the war. How nobly, how tenderly, how chivalrously he stands and looks! An exemplar of so many thousands of beautiful young warriors taken, not lost, living here for the Ages of Ages in human recollection and gratitude, pictured relics of them forever reminding that "whom the gods love die young." He stands as gazing even kindly on death, which had for him no victory, on the grave which had no sting for his sweet spirit.

Saving Old Straw.

It is illegal in Saskatchewan to destroy straw stacks in accordance with a general farm custom in the Canadian as well as in the United States west. In the past, farmers, after setting aside sufficient straw for their own use, burned the apparently useless remainder. The war is dispelling the belief, in country as well as in town, that there are such things as useless remainders. Straw has become a necessary raw material, and the order prohibiting its destruction may be followed by another forbidding the wholesale burning of autumn leaves, instead of using them for fertilizing purposes.

War Vanquishes Superstitions.

That the war is dealing death blows to many age-old superstitions is further attested in the circumstances that at Collingwood a new vessel, the Water Witch, was actually launched on Friday, the 13th. Not so many years ago a ship thus making its debut could not have got a crew for multiplied pieces-of-eight.

A Weird Decision.

Judge Brady, at Paris, Ont., has reversed the decision of Magistrate Patterson, who had fined Henry Crew $100 and costs for having allowed a neighbor to cook one slice of ham on Crew's stove during a porkless day.

Chaplain Bagged Forty-Seven.

A Canadian chaplain poking about a supposedly abandoned Hun trench with a walking stick as his only weapon, recently stumbled upon a party of 47 Huns who promptly cried "Kamerad" and were marched to the rear.

COAL! COAL! COAL!

Carefully Screened and Promptly Delivered.

Springhill, Albion Nut and Old Sydney.

GIVE US A TRIAL.

Burgess & Co.

FOR SALE.

The residence and tenements of late C. H. Borden (3 properties), on south side of Main Street. For sale together or separately. Apply to.

E. S. CRAWLEY,
G. W. MUNRO,
Trustees.

NEW C.P.O.S. LINERS

THE part played by the Canadian Pacific Ocean Services in the Great European war will make a big chapter in Canadian history. Undoubtedly the sea supremacy of Great Britain was one of the most potent factors in the winning of the victory which was obtained, and the ships of the C. P. O. S. took a big part in making Great Britain supreme at sea. There are few branches of sea service in which they did not take a part. Mounted with guns some of them were where there was fighting to be done.

Over 4,000,000 tons of cargo and munitions of war have been carried in addition to many thousand horses and mules.

The C. P. O. S. have carried from the outbreak of hostilities to October 31st, 1918, 1,041,000 troops and passengers all over the world, embracing ports in China and Japan, Singapore, Bombay, Mesopotamia, Suez Gallipoli, ports in the Mediterranean, Colombo, Dares-Salaam, Delagoa Bay, Durban, and Mauritius, in addition to the west coast of North and South America, and the United States and Canadian ports. The total loss of troops carried caused by enemy action and irrespective of disease has been eight in number. On one consecutive continuous voyage one of the company's vessels steamed 28,441 miles.

Over 300 officers and engineers were found out of the company's service for the Royal Navy. Lieut. R. N. Stuart, one of these, has won the D.S.O. and the V.C., while many others have received decorations and been mentioned in despatches.

The Missanabie, a C. P. O. S. steamer, was the first big vessel to sail on her maiden voyage from Great Britain to Canada after the outbreak of the war in 1914, a sister ship, the Metagama, sailed on her maiden voyage from Liverpool, March 28th, 1915. These two splendid ships have been followed by two larger ships, the Melita, which sailed from Liverpool Jan. 30th, 1918, and her sister ship the Minnedosa, on her maiden trip from Liverpool Dec. 5th, 1918 to St John—the first steamer to sail since hostilities ended. The Minnedosa is a splendid acquisition to the already large fleet of C. P. O. S. vessels. She has a gross tonnage of 14,909, length 546 feet, width 67 feet, depth 45 feet, and a total cargo capacity of 538,000 cubic feet.

There is accommodation for approximately 500 cabin and 1450 third class passengers. The Gymnasium on "A" Deck (or Boat Deck) is fitted with the latest mechanical devices for exercise and amusement. On "B" Deck (or Upper Promenade Deck) are located the Cabin Smoking Room, Cabin Drawing Room and Cabin Lounge.

The Entrance Hall from the extensive Promenade Deck with its panelling, mirrors and staircase is an attractive approach to the Dining Saloon.

The Spacious Lounge with its charming old English fireplace and large windows is fitted with spot green panelling. It is most comfortably furnished and hung with beautiful old English prints of the 18th century and some rare old red lacquer mirrors.

The Drawing Room, panelled with most beautiful Australian Black Bean Wood in the Queen Anne style, has an air of coziness not often found on board ship. The beautiful colored prints which adorn this room are from the famous panels painted in 1780 by Fragonard for Madame du Barry and purchased by the late Pierpont Morgan. A writing recess is also to be found in this room.

The Smoking Room is panelled in old oak of the Jacobean style, its fine old chimney piece and sporting prints being noteworthy features.

A small number of two-berth staterooms are provided on this deck.

On Deck "C" (or Lower Promenade Deck) is to be found the Bureau and Ticket Office. A special feature is the spacious square and gallery round the well over the Dining Saloon. A good number of well appointed, airy and commodious staterooms are provided amidships for cabin passengers containing three and four berths. At the forward end an entrance for third class passengers is provided.

On "D" Deck is situated the Dining Room, which extends the whole breadth of the ship and has seating accommodation for 300 persons, placed at small and large tables. It is tastefully decorated in the Georgian style, a special feature being the open staircase. There is accommodation for 60 cabin passengers on this deck in four berth staterooms.

At the extreme after end of "D" Deck, the Third Class Smoking and also Third Class Ladies' Room is to be found, whilst at the forward end there is a Third Class Dining Saloon, seating over 400, is also on this deck.

On the starboard side of Deck "E" are a number of Cabin Staterooms containing two and four berths, whilst another Third Class Dining Saloon, with a seating capacity for 128 persons, is situated in the after end of the ship.

The Missanabie was torpedoed and sunk by a German submarine in 1918.

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Could Not Lift Stick of Wood

Would Almost Faint From Severe Pain in Back — Doctors Could Not Get the Kidneys Set Right.

A great many people suffer the results of deranged kidneys and do not understand the cause of trouble or the way to obtain cure. The writer of this letter suffered excruciating pains in the back and in vain his physician tried to cure him. For some reason or other his medicines did not have the desired effect.

Mr. Otts' brother was a merchant selling, among other medicines, Dr. Chase's Kidney-Liver Pills, and he heard his customers telling about how they were cured of kidney derangements by their use. This led to Mr. Otts putting them to the test, with the splendid results reported in this letter.

Mr. E. C. Otts, Benton, Carleton County, N. B., writes: "I am glad to let you know how much your medicine has done for me. I suffered from my kidneys, which at one time were so bad I could not lift a stick of wood without getting on my knees, and then would almost faint from the pain in my back. I consulted a doctor about it, and he gave me some medicine, but it did not help me. My brother, who is a merchant, and carries all your medicines, advised me to try Dr. Chase's Kidney-Liver Pills. I got one box, and they helped me, so I got another one, and kept on until I had taken five boxes, which cured me. I have had no trouble with my back since, and am never without Dr. Chase's Kidney-Liver Pills in the house. Last summer I also suffered from piles. I used three boxes of your Ointment, and it cured them. I can certainly recommend Dr. Chase's Pills and Ointment."

Dr. Chase's Kidney-Liver Pills, one pill a dose, 25c a box, 5 for $1.00, at all dealers, or Edmanson, Bates & Co., Limited, Toronto. Do not be talked into accepting a substitute or you will certainly be disappointed.

Professional Cards

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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. Bowles.
Telephone 23.
Hours 8-9 a. m.; 1-3, 7-9 p. m.

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Surveys, Plans, Levelling & Estimates.
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F. J. PORTER
Licensed Auctioneer for towns of Kentville and Wolfville, N. S.

"A MODEST DOG SELDOM GROWS FAT"

A merchant who does not advertise never lives to retire. He may buy the best and sell at a fair profit, but if he neglects to tell people about it, his shelves will become burdened with shop-worn goods. You can tell whether or not a merchant is alive and progressive by his advertisements.

Even If War Is On You Must Have Clothes

And we are well prepared to serve you in this line.

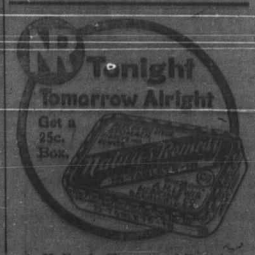
Our work in

MEN'S CLOTHING OF ALL KINDS

Is winning us a reputation. We use the best materials, employ the best workmanship and our styles are always right.

We guarantee every garment and shall be pleased to show goods and quote prices.

A. E. Regan, Wolfville



A. V. Rand, Chemist and Druggist.