Buttermilk as Food.

As a wholesome and nutritious food buttermilk is valuable. It has three per cent proteids, and a quart contains one fourth as much proteid as a man needs in a day. It is said to possess hygiene value as well, the theory that lactic acid bacteria may grow in the intestines, crowding out other undesirble kinds.

Though not much different in nutititive value, buttermilk obtained as a by product in making butter has a different quality of texture, and a different flavor from the so called skim milk buttermilk.

The Burdens of Age.

The kidneys seem to be about the first organs to wear out and fail to properly perform their work. The result is weak, lame aching back, rheumatic pains and failing eyesight. Many people of advanced years have recovered health and comfort by using Dr. Chase's Kidney-Liver Pills. They ensure the healthful action of liver, kidneys and bowels.

Some Suggested Amendments to P. E. I. Prohibition Act.

The Temperance Alliance of Prince County, P. E. I., has recommended some excellent amendments made in the Prohibition Act as follows:—

'To remove all alcholic liquors from drug stores except pure alcohol, and to prohibit physcians from selling liquor, and to appoint vendors under suitable and strict regulations, the vendors to be paid a fixed salary and to give a detailed account of all sales. It will be necessary to fix the amount which vendors may sell to the individual. The profits of the sales by the vendors to be designated for some specific purpose.

Amend physician's prescriptions so as to require personal diagnosis of the case for which liquors are prescribed.

Make it illegal to treat on railway trains, streets and public highways, also in railway stations and other buildings belonging to the public.'

Paralyzed Limbs.

To-day it is sleeplessness, headaches, digestive trouble, and irritability. Next thing you know some form of paralysis has developed. Mr. Alex. Honsberger, 10 Moore street, St. Catherines, Ont., writes: 'Nervous trouble developed into paralysis of the limbs so that I became helpless. Doctors failed me, but after using ten boxes of Dr. Chase's Nerve Food I resumed work, and now feel better than I did for 20 years.'

A detachment of British soldiers was about to attack a tribe of rebel Indian tribesmen, who awaited them, drawn up in battle order. A seasoned old sergeant noticed a young soldier fresh from home, visibly affected by the nearness of the coming fight. His face was pale, his teeth chattered and his knees knocked. It was sheer nervousness, but the sergeant thought it was downright funk.

'Callaghan,' he whispered, 'is it trimblin' ye are ter yer own dirty skin?'

'No o, sergeant,' replied Callaghan, making a brave attempt to still his shaking limbs. 'Ol'm trimblin' for th' inimy. They do not know Callaghan's here.'

'I had been troubled with constipation for two years and tried all of the best physicians in Bristol, Tenn., and they could do nothing for me,' writes Thos. E. Williams, Middleboro, Ky. 'Two packages of Chamberlain's Stomach and Liver Tablets cured me.' For sale by all dealers.

A lady who owned a tortoise shell cat called her grocer up one morning and gave her usual economical order —an order for dried beans, hominy, yesterday's bread, and so forth—and she concluded with a request for one cent's worth of cat meat. The grocer sighed, for this order would have to be delivered three miles away—but, as he was entering the items in his order book, the lady called him up again.

'Mr. Sands,' she said. 'Oh, Mr. Sands!'

'Yes, madam?'

'Mr. Sands, I want to cancel that order for cat's meat. The cat's just caught a bird.'

I was cured of terrible lumbago by MINARD'S LINIMENT. REV. WM. BROWN.

I was cured of a bad case of earache by MINARD'S LINIMENT. MRS. S. KAULBACK.

I was cured of sensitive lungs by MINARD'S LINIMENT. MRS. S. MASTERS.

A man who was accused of frequent tippling, entered a room in a hotel where a grave Quaker was sitting by the fire. Lifting a pair of green spectacles and rubbing his inflamed eyes, the newcomer called for hot brandy and water. While waiting for it, he complained to the old Quaker that his eyes were growing weaker and weaker and that spectacles did not seem to do any good. 'I'll tell thee, friend,' replied the Quaker, 'what I think. That if thee were to wear the spectacles over thy mouth a few months, thy eyes would get well again.'

CASTORIA

For Infants and Children.

The Kind You Have Always Bought

Bears the Signature of Chas. H. Fletcher

A tailor's sign in a little town of Cheshire was an apple—simply an apple. The people were amazed at it. They came in crowds to the tailor's asking whatever was the meaning of it. The tailor, with a complacent smile, replied:

'If it hadn't been for an apple where would the clothing business be to day?'

The Abuse of Salt.

People are beginning to review their dietetic habits in view of reasoned argument against the practice of excessive salt eating published in the London Magazine. The article alleges that the prsctice of eating much salt upsets the composition of the blood and produces a tendency to bleeding, and that the crude mineral salt in habitual use artifically preserves waste tissues instead of allowing them to decay and vanish naturally, and thus the body becomes overloaded. The digestive system cannot act upon it, and it is suggested that skin and even more serious internal d sorders can be traced to the abuse of salt. The moral is driven home in a novel fashion. The Apollo Belvedere is shown as he would have appeared had he been a victim to the deadly habit. He is represented as bald, his eyes are puffy, and he is disfigured by a double chin.

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.

At It Again.

That sincere feeling of friendship which the Laurier papers have been telling us exists in the United States towards Canada is well exemplified in the following extract from the Chicago Inter Ocean:

'The American people are very good humored and tolerant of the youthful struttings or decadent pomposities of their national neighbors. We are blessed as a people with a keen sense of humor, and as a rule these exhibitions seems to us merely funny.

'Yet there are limits to the good humor and the patience of even the most tolerant nation. We put up with Mexican impudence and Spanish insolence for many years, but at last there came a day of reckoning. We do not believe Canada is in the least danger now of such day, but should it ever dawn—Well, there would be only one flag clean up to the North Pole.'

If this means anything it is an open threat that unless the Canadian people so conduct themselves as to meet with the approval of the United States, they will be annihilated and that one flag will float over all the territory from the North Pole to the Gulf of Mexico. For bombast and impudence the assertions of the Inter Ocean are only excelled by the proclamation issued by General Hull when he invaded Canada in 1812. The writers of such twaddle as this fail to realize the true character of the Canadian people. They forget that the freedom which exists in this country is even greater than that enjoyed by the citizens of the United States, and further, that the inhabitants of Canada come from a race that has been willing at all times to shed its blood in the defence of its flag and constitution. Canadians desire to dwell in harmony with the people of the United States and will pay little attention to the vaporings of that class of newspapers represented by the Inter Ocean.

The quicker a cold is gotten rid of the less the danger from pneumonia and other serious diseases. Mr. B. W. L. Hall, of Waverly, Va., says: 'I firmly believe Chamberlain's Cough Remedy to be absolutely the best preparation on the market for colds. I have recommended it to my friends and they all agree with me.' For sale by all dealers.

The Queer Argan Tree.

Among the most remarkable trees of the world is the argan, which abounds in Southern Morocco, but is seldom seen elsewhere. A 'forest' of argans has a curiously scattered appearance, because the trees grow singly and far apart. They are very lenty, but seldom exceed twenty feet in height. The branches put out horizontally, and begin a yard above the ground. Sheep, cattle and camels feed on the leaves, and goats will stand on their hind legs to reach them, but horses and mules refuse to touch them. The wood is very hard, and extremely useful to the natives, who make charcoal from it. The fruit resembling a large olive, is used to feed cattle and to manufacture a valuable oil. It also furnishes the principal sustenance of many of the poorer natives.—Scientific American.

When your feet are wet and cold, and your body chilled through and through from exposure, take a big dose of Chamberlain's Cough Remedy, bathe your feet in hot water before going to bed, and you are almost certain to ward off a severe cold. For sale by all dealers.

SEALED TENDERS.

For the Collection of County and Poor Rates in the various Wards in the County of Kings, and Dog Taxes as per By law, are requested for the year A. D. 1912.

1. Tenders to be filed with L. DeV Chipman, Clerk of the Municipality, at Kentville, until the first of January, A. D. 1912, noon.

2. All tenders to be marked 'Tenders for the Collection of Rates,' and to name the proposed two bondsmen

3. Collectors must guarantee the amount of each rate roll, and the collection thereof, subject only to any losses the Council may see fit to adjust.

4. The Council do not bind themselves to accept the lowest or any tender. By order.

L. DeV. CHIPMAN,
County Clerk,
Mun. of Kings, N.S.

Kentville, Nov. 25, 1911.

COAL!

SCOTCH ANTHRACITE
AMERICAN "

Acadia, Inverness and Springhill Coal.

Place your orders with me, and get CLEAN Coal and be satisfied.

Telephone No. 15—11.
Office: Front Street.

A. M. WHEATON.

WANTED!

A live representative for

WOLFVILLE

and surrounding district to sell HARDY NURSERY STOCK for

"Canada's Greatest Nurseries"

Splendid list of varieties grown specially for our Maritime Provinces trade

Send for terms and circulars, showing what we have already done in Nova Scotia, New Brunswick, Prince Edward Island and Newfoundland.

Pay weekly, Free Outfit and Exclusive Territory.

STONE & WELLINGTON
Toronto, Ont.

BOUNCING BABY'S ECZEMA CURED

By Morriscy's No. 4. Prescription 47 Years Old.

Pictou, N. S., July 8, 1910.

"When my baby was only two weeks old I noticed a slight rash on his body, and the little fellow would cry and fret night and day. I was greatly worried about him, and tried everything to relieve him, but without any success. The rash kept getting worse and worse until his little face and body was a mass of scabs. When he was about six months old I was advised to try Father Morriscy's No. 4 Eczema medicine, which I did. In about two months time the scabs had disappeared, and the child is now healthy and strong. I most thankfully recommend it to anyone suffering from Eczema."

Mrs. F. Gratton.

The above prescription is not a "Cure-All" or so-called patent medicine. Dr. Morriscy prescribed it for 44 years, and it cured thousands after other doctors failed.

Price, 50c. per box at your dealers, or Father Morriscy Medicine Co., Limited, Montreal. 301

People's Market

The subscribers having leased the shop next T. L. Harvey's grocery and opened a general meat and provision business, respectfully solicit the patronage of the people of Wolfville and vicinity. A good stock of Meats of all kinds will be kept constantly on hand, and customers will receive best possible attention. Our 'phone number is 124, and we shall be glad to wait on you.

MOSES & PETERS

Wolfville, Nov. 7, 1911.

NOTICE!

I am selling Daisy Pastry Flour and Red Rose Bread Flour. We have them in 24 lb bags, and it also comes in barrels and halves. The price is proportionally no higher in small bags than barrels Why not let me send you one bag of each?

"RED ROSE" FOR BREAD,
"DAISY" FOR PASTRY.

C. W. STRONG
THE WOLFVILLE CASH STORE.

Fred H. Christie

PAINTER
....AND....
PAPER HANGER.

Best Attention Given to Work Entrusted to Us.

☞ Orders left at the store of L. W. Sleep will be promptly attended to.

PATRONAGE SOLICITED.

Property Sale!

Property on Main street occupied by the subscriber. Large house containing twelve rooms, bath, sixteen fruit trees, with good building lot on Gaspereau avenue. Apply to

MRS. EASTWOOD
or J. W. WALLACE.

Wolfville, Dec 1, 1909

Nursery Stock.

Before ordering trees, write us for our Catalogue and prices or see our nearest agent. We are the largest growers of Trees in Canada. Full line of Apple, Peach, Pear, Cherry and Plum trees. Our trees are noted for fine root system and largest limb growth. Our Nurseries are patronized by the largest and most progressive fruit growers of Canada. Write for an Agency.

Brown Bros. Co., Nurserymen, Ltd.
Brown's Nurseries, Welland Co.
Ontario.

Wolfville Real Estate Agency.

Persons wishing to buy or sell apply to

J. W. SELFRIDGE,
Manager.

Wolfville, April 27

H. PINEO,

EXPERT OPTICIAN,
WOLFVILLE.

Write if you wish an appointment either at your home or his.

Dr. de Van's Female Pills

A reliable French regulator; never fails. These pills are exceedingly powerful in regulating the generative portion of the female system. Beware of cheap imitations. Dr. de Van's are sold at a box, or three for $10. Mailed to any address. The Scobell Drug Co., St. Catherines, Ont.

Or at Rand's Drug Store.

Minard's Liniment Cures Burns, Etc.

THERE are few improvements possible which do more to make farm life pleasant than an ice house. Its stored blocks not only make it possible for the farmer to increase his profits by improving the market value of his dairy products, but also, to enjoy the comforts of a home supply of ice.

It is so easy and inexpensive to have an abundant supply of ice all summer that it is really surprising that every farm is not provided with an ice house. The spread of concrete construction on the farm has been followed by the erection of such buildings in all parts of the United States and Canada, and it is the purpose of this article to give some suggestions which may help those who have not yet built, to plan their ice-houses.

Concrete, being indestructible and not easily penetrated by heat or cold, is a splendid material for the walls. It has the added advantage of being comparatively cheap, since sand, stone, gravel and water are usually available on the farm, and the work can be done by the farmer or his assistants, at seasons of the year when there time is plentiful. Moreover, concrete walls are not affected by the continual dampness and do not rot like wood. The saving in painting and repairing, to say nothing of superior ice-keeping qualities, in a few years amounts to more than the first cost of the concrete building.

Location.

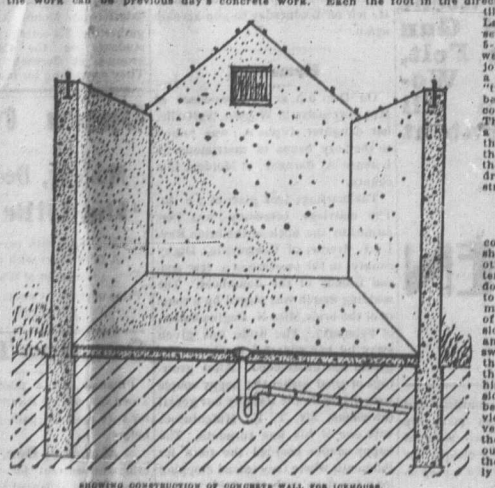
In determining the location of the ice-house, a place should be chosen where the building can be well drained by an underground line of drain tile. If possible, it should be placed where the shade of large trees, or larger structures, will protect it from the heat of the midday sun.

The concrete for the walls should be made of Portland cement, clean sand and a hard crushed rock or screened gravel, instead of the sand and rock, clean bank-run gravel may be used.

Naturally, the size of the ice-house will depend upon the number of pounds needed daily and the number of days ice will be used. A cubic foot of ice weighs about 57 pounds and a ton, with a 40 per cent allowance for seams between the cakes, occupies 88 cubic feet. It is not necessary to pack the ice between the cakes, but on the floor, around the sides of the building and on the top of the ice there should be placed 12 inches of sawdust, well rammed. An 18-inch thickness of prairie or marsh hay may be used instead of the sawdust, provided it is well weighted down on top of the ice. Making allowance for sawdust packing and 8-inch concrete walls, a house 16 feet square (inside measurement) and 8 feet to the eaves will hold 10 tons.

The materials may be hauled to the site at odd times, and piled so as to be convenient for working.

The wooden forms for the concrete may be either fixed or movable. Fixed forms are merely two boxes without top or bottom, which fit one within the other with an 8-inch space between for the concrete. Such forms are made of 2 by 4 inch studding spaced two feet and sheathed next to the concrete wall with 1-inch siding. The forms should be held in place at the bottom by timbers called "liners," and should be well braced. To save lifting the concrete, the outside boards may be nailed on as the concrete is placed in the forms. Movable forms require less lumber than the fixed variety. Such forms are built in sections 2 to 4 feet high and in lengths convenient to handle, usually 8 to 10 feet. The 2 by 4 inch uprights are spaced three to four feet. Cross-cleats at the top are provided to keep the forms eight inches apart. Near the bottom twisted wire ties are used to draw the forms up tightly against the previous day's concrete work. Each succeeding day the wires are cut and the forms raised.



The sheathing and rafters for the wooden roof may be used in the forms. It is not necessary to cut them; their ends may simply be allowed to project beyond and above the walls.

Foundation trenches should be dug 16 inches wide along the lines laid out for the building and should be carried down to solid ground and below frost, usually three to four feet. Bring a drain tile up within the building lines to the point where the door will be.

Mixing.

In mixing the concrete a tight wooden platform should be used. The proportions are one part Portland cement to 2½ parts sand to 5 parts crushed rock. Or one part cement may be used to 5 parts bank run gravel. In measuring, count one bag of cement equal to one cubic foot.

Concrete for the foundation should be made mushy wet and filled in the trenches to the ground level.

Set up the forms, and during the erection, in the centre of one of the end walls, place a door frame (2½ by 4 feet clear) within the forms. Brace it well so that the concrete will not bulge it out of shape. Place the concrete in layers 6 to 8 inches thick carried around the entire building in the concrete walls of each gable and set a frame for ventilating door (2½ by 2½ feet) in the same way as the large door frame was placed.

As the formsware filled, at intervals of 18 inches, imbed bent iron rods or twisted wire in the concrete around the corners of the building. Likewise put two ⅝-inch rods or an old wagon tire in the concrete 1½ inches above the door opening. When the side and end walls have reached their full heights and while the concrete is yet soft, set ½-inch bolts, 8 inches long, heads down, 5 inches in concrete and 32 inches apart. To these bolts will be fastened the 2 by 4-inch plates for the roof.

After the building is a week old, the forms may be removed and the 4-inch concrete floor built directly on the ground. Begin at the back of the building and slope the floor ¼-inch to the foot in the direction of the drain tile at the door. Lay the last few sewer pipes of the 5-inch drain with well-cemented joints and include a tile known as a "trap," having a bend which always contains water. The water acts as a seal to keep out the warm air in the drain. Cover the floor end of the drain with a trash strainer.

The Roof.

The roof may be covered with shingles of any other good material. Close the door opening, next to the ice, with removable sections of boards fitting in slots or grooves and provide a door swinging out. Hang the little doors in the gables with hinges on the outside, so they may be cranked to provide the necessary ventilation and at the same time keep out the rain. Store the ice as previously instructed.

Success in ice-keeping depends largely,

On an air-tight, heat-proof building;

On good drainage, with the drain "trapped" to keep out warm air;

On careful and thorough packing of the ice;

On well regulated ventilation in the roof space over the ice.

A well-built concrete ice-house fulfils these conditions. Every year it is ready for use without repairs. And by means of ice, farm life can not only be made more comfortable and attractive, but fruit, poultry and dairy products can be marketed to better advantage.

For an ice-house 10 by 10 feet, 8 feet to the eaves, and 18 feet to the roof peak, with 8-inch walls, 4-inch floor, and a foundation 10 inches by 8 feet, the following materials will be required for the concrete:

Crushed rock, 15 cubic yards.
Sand, 7½ cubic yards.
Portland cement, 21 barrels, and
16 ⅝ by 8-inch round head bolts.

COUGHS, COLDS, BRONCHITIS, LA GRIPPE AND LUNG TROUBLE

OLIVEINE EMULSION

THE GREAT HEALTH RESTORER

"TAKE NOTICE "YE SICKE, DELICATE AND RUN DOWN PEOPLE": Are you dreading the cold winter weather with its sudden changes, which is so apt to bring back that distressing cough and those terrible chest, side and lung pains, consumption and tuberculosis? These dreaded diseases are no respecter of persons. The old and young, rich and poor, are subject to their ravages. OLIVEINE EMULSION will prevent or stop that cough, and so invigorate the system that the germs cannot secure a foothold. OLIVEINE EMULSION is easy to take, and is so prepared that the most delicate invalids and children of all ages can take it and retain it without any trouble. OLIVEINE EMULSION contains, among other ingredients, Extract of Malt, which is nourishing and strengthening, Extract Wild Cherry, which improves the appetite and strengthens the digestive organs, Hypophosphites, which is admitted by the medical profession unexcelled in all wasting diseases and in building up the system.

Experienced physicians prescribe lots of food in wasting or nervous diseases; OLIVEINE EMULSION produces an appetite, helps digestion, and enables you to receive the full benefit of all your food. Run down business men and women, overworked mothers, delicate boys or girls will show permanent improvement from the use of this preparation.

OLIVEINE EMULSION—Makes the weak strong.
OLIVEINE EMULSION—Is a blood purifier.
OLIVEINE EMULSION—Is a flesh creator.
OLIVEINE EMULSION—A Tissue Builder
OLIVEINE EMULSION—Is a cough producer.
OLIVEINE EMULSION—Is improves the appetite
OLIVEINE EMULSION—Is a specific in throat and lung diseases.
OLIVEINE EMULSION—Is is an ideal tonic and nutrient
OLIVEINE EMULSION—Is is a preventative against debility at change of life.

It is unsurpassed as a Cough Preparation, it gives strength to the weak and delicate so that all phlegm or waste matter is brought up from the lungs and throat.

BEWARE OF IMITATION

Any product like OLIVEINE EMULSION which is widely employed, is apt to be imitated. Ask and insist on having OLIVEINE EMULSION, and we are the sole owners. Its value depends on our process, on the skill and knowledge employed in its compounding. There are features which cannot be imitated, and without them the vital elements are lacking. For your own sake when asking for OLIVEINE EMULSION, please be careful, protect yourself and take no other. If your druggist or dealer does not keep it in stock, send us the price and we will send express prepaid to any part of Canada, 3 bottles for $3.00.

FRASIER, THORNTON & CO., COOKSHIRE, QUEBEC, CANADA

☞ Get Your Printing Done at THE ACADIAN.

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. J. W. Brown.
1st Vice President—Mrs. (Rev.) Prestwood.
2nd Vicepresident—Mrs. (Rev.) Miller.
3rd Vice President—Mrs. Irene Fitch.
Recording Secy.—Mrs. L. W. Sleep.
Cor. Secretary—Mrs Charlotte Murray.
Treasurer—Mrs. T. W. Vaughn.
Auditor—Mrs. T. E. Hutchinson.

SUPERINTENDENTS.

Evangelistic—Mrs. G. Fitch
Mothers' Meetings—Mrs. Prestwood.
Lumbermen—Mrs. J. Kempton.
Peace and Arbitration—Mrs. J. Rand.
Temperance in Sabbath-schools—Mrs. (Dr.) McKenna.
Juvenile Work—Mrs. B. O. Davison.
Parlor Meetings—Mrs. (Rev.) McGregor.
Press Work—Miss Margaret Bares.
Aldershot Work—Mrs. L. Sleep.

Abstinence and Long Life.

Another fine report has been issued, says the 'Financial Times,' by the Sceptre Life Association, an excellently controlled office, which has attained to the highest success although, perhaps because, its figures are by no means large. The constant aim of the management has been to secure customers with high vitality, and this desirable object has been so well attained that not only in the temperance, but also in the general, section the bonus is remarkable. Although the average policy amount is less than £200, the expense rate is well under 13 per cent, a combination which is very rare indeed. In 1910 the new policies were 559 for £108,000, 452 being on lives of abstainers from alcoholic liquids, and of these no fewer than 381 had been so from birth. On the other side of the books the claims by death stood thus:

	Temperance.	General
Deaths expected	133	336
Actual deaths	61	114
Percentage	45.8	81.6

Although the general claim is much worse than the other, it has to be noted that it is in itself an excellent rate as judged by assurance experience, and even the generals got in 1908 a bonus of £1. 10s. per cent. per annum. The assets at the end of the year amounted to £1,188,000, the values taken credit for being substantially that what could be got for the securities in the open market, and the interest earnings work out at the high rate of £4. 4s. per cent., subject to tax. We expect that next valuation will be quite as good as the last one. —Alliance News.

Mr. Carnegie on Temperance.

Addressing the boys attending a Technical School Mr. Carnegie, of Skibo castle, advised them to take advantage of the splendid educational facilities provided for them. He also recommended them to abstain from liquor, as he found from experience in dealing with hundreds of men, many of whom had risen to be millionaires, that strong drink had maimed more useful lives than any other vice.—Selected.

The Channel Swim.

Mr. T. W. Burgess, who successfully swam the Channel from Dover to France on September 6, has made the following statement: 'During my swim over the Channel my chief nourishment consisted of milk chocolate, which I partook of at frequent intervals during the 22 hours 40 minutes. Besides this, the only other food that I took was grapes, the leg of a chicken, and half a cup of tea, made with Nestle's Swiss milk. No meat extract whatever was used by me during the whole of the swim. Thus the greatest achievement since the late Captain Webb swam the Channel 36 years ago has been won by total abstinence. It is a remarkable sign of the times that whilst Captain Webb was 'nourished' with ale and brandy, during recent years when attempts have been made ale has never been administered, and brandy only on very exceptional occasions. Athletes everywhere, when training for any arduous task, now taboo the toxicants altogether. Thirty six years ago doctors often recommended alcoholic stimulants to athletes, but to day it is generally admitted on all hands that alcohol gives no strength, alcohol does not keep out the cold, it is useless for soldiers on the march, and it is now almost excluded from all the hospitals. We shall probably hear more from liquor enthusiasts about the wonderful achievements of Capt. Webb with the aid of intoxicants, but one thing is certain, that whatever stimulants Capt. Webb took 36 years ago, nobody believes to-day that alcohol helped him to cross the English Channel.' Mr. Burgess, by his wonderful achievement, has added further testimony to the value of total abstinence in keeping the body fit. —The Alliance News.

It is encouraging to note the large number of states which are enacting anti-cigarette legislation, making it a crime for any one to sell cigarets or tobacco in any form to minors, and the interest that is being taken in their rigid enforcement by not only white ribboners, but parents, teachers and all who are interested in saving the youth of our country from the degeneracy that naturally follows the use of cigarets. An Indiana legislator has proposed a law which goes a step further and makes it a misdemeanor for minors to use tobacco in any form. With such comprehensive legislation, including both the seller and user, protection is certainly afforded minors. Any measure which will check the terrible habit is to be welcomed and helped forward.

TORTURED BY BILIOUSNESS

AND TERRIBLE SICK HEADACHES

Both Completely Cured by "Fruit-a-tives"

DRESDEN, Ont. July 17th, 1910.

"I was a dreadful sufferer for many years from Sick Headaches and Biliousness, or Torpid Liver. I tried many remedies and physicians, but nothing seemed to do me any good. I finally used "Fruit-a-tives" and after the first box, I was so much better that I continued using these fruit tablets and they have entirely cured me.

"I certainly can recommend "Fruit-a-tives" to anyone who suffers from Headaches, Biliousness or Stomach Trouble." MRS. ISAAC VANSICKLE.

Thousands of people have had the same experience as Mrs. Vansickle. They have tried doctors and taken all sorts of medicine, only to find that "Fruit-a-tives" is the one and only remedy that actually cures these troubles.

"Fruit-a-tives" is the only medicine in the world made of fruit juices, and is the greatest Liver Cure ever discovered. It acts directly on Liver, Kidneys and Skin—sweetens the stomach and purifies the blood.

50c. a box, 6 for $2.50, or trial size, 25c. At all dealers or from Fruit-a-tives Limited, Ottawa.

The American Pharmaceutical Association in national convention at Richmond, Virginia, again placed itself on record as advocating the abolition of alcohol as a commodity of sale in all American drug stores. It also earnestly urged the elimination of all traffic in what is termed 'habit-forming drug.'

For Eczema, Tetter and Salt Rheum.

The intense itching characteristic of these ailments is almost instantly allayed by Chamberlain's Salve. Many severe cases have been cured by it. For sale by all dealers.

'We'll have as much sense as the dogs and cats, or we will not drink at all.' The above line from a verse by Christine Tisling will set more people to thinking than many pages of dry statistics, though the latter are getting more readers, and thinkers than ever before. But think of it! Have the temperance dogs and cats more self-respect than hundreds of our young men?

Minard's Liniment used by Physicians.

FOR SALE

Small Fruit and Dairy Farm

Pleasantly situated in Wolfville, near School and College, containing 26 acres, bearing orchard yielding 500 bbls. apples with small fruit, 12 roomed house with barn and out buildings in perfect order.

Apply P. O. Box 283,
Wolfville.

For Sale or To Let.

The property at Greenwich at present occupied by the subscriber, with well-finished dwelling of seven rooms besides kitchen and pantry. Good water supply in house. Frost-proof cellar. Barn and orchard. Produced this year sixty barrels of apples. Convenient location, just outside limits of town of Wolfville. Will sell cannery plant in connection if desired, also one steam boiler, 10 h. p. Part of purchase money may remain on mortgage if desired. Possession Nov. 1st.

D. H. SHAW.
Wolfville.

H. LEOPOLD,

(Successor to Leopold & Schofield.)

Livery and Boarding Stable.

Stylish Single and Double Turnouts Furnished.

Teams meet all trains and boats.

All kinds of trucking and expressing attended to promptly.

Elm Avenue, (Next Royal Hotel,)
WOLFVILLE.

If You Ride Horseback,

or drive in a carriage, see before you make a start that the Trappings are

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