

SPECIALIST SAID HE MUST OPERATE

She Took "FRUIT-A-LIVES" Instead, And is Now in Perfect Health.



For three years I suffered great pain in the lower part of my body, with swelling and bloating. I saw a specialist, who carefully examined me and gave me several tonics to take, which did not help me. Then he told me I must undergo an operation. This I refused to permit. I heard about "Fruit-a-Lives" and the wonderful results it was giving to others, so I decided to try it. The first box gave great relief, and I continued the treatment, taking six boxes more. Now my health is excellent—I am free of pain and swelling—and I give "Fruit-a-Lives" my warmest thanks.

White Ribbon News.

Woman's Christian Temperance Union first organized in 1874. 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—Agiolate, educate, or organize.

- OFFICERS OF WOLFVILLE UNION. President—Mrs. L. W. Slog. 1st Vice President—Mrs. F. Fitch. 2nd Vice President—Mrs. G. Miller. 3rd Vice President—Mrs. Armstrong. Recording Secy.—Mrs. W. O. Taylor. Secy.—Mrs. E. E. Hadden. Treasurer—Mrs. H. Fines.

A Visit to the U. S. Red Cross Headquarters.

I send you greetings from Washington the beautiful, Washington invigorated and expanded into, not alone a greater national power, but a greater world power as well, through the ban it has placed upon the liquor traffic throughout the entire District of Columbia. May I speak of the great privilege accorded me in being for a brief time a guest at National Red Cross Headquarters—headquarters from one of its heads, Miss Mabel Broadman, the only woman honored by a place on its National Executive—the marvelous story of development, expansion and output, of the Red Cross of the U. S. The President of the United States is its President, and closely associated with him and by his appointment, is Ex-President Taft and five others similarly appointed, among these Miss Broadman, who has given up her beautiful home to serve her days being entirely spent at headquarters. And what headquarters! Scarcely had I seen anything more chaste and elegant than this white marble pile, with its huge pillars, the building the gift of the Government and the people of the United States—as a marble scroll sets forth—to the women of the North and the women of the South, now united in a common hope and purpose. It is such a contrast to anything, this blood-bought federation of the North and South! Never since the days preceding Civil War has the bond been so close as now, and the six million Red Cross members gathered from the North and South and the Middle and Eastern and Western States are one in patriotic aim and its beneficent expression. —SARA ROWELL WAIGHT, Washington, Dec. 7th.

The Cigarette Evil.

The U. S. is facing the same grave situation as we are in Canada through the alarming increase in the consumption of the cigarette, or other forms of "smokes." More than one prominent woman bore testimony how she had been approached by letter or otherwise by some agent of the Tobacco Trust urging her to boom the raising of money to procure "smokes" for the boys going to the front. I wonder if just here does not lie the key to the situation in Canada, of the enormous amount of money collected and expended on "smokes" for our own boys

A Cure for Pimples

"You don't need mercury, polish or any other strong mineral in cure pimples caused by poor blood. Take Extract of Root-droplet calls it 'Mother's Own' because it's as fresh as a baby's. It will clear up your skin and regulate your bowels." Get the genuine, 50c. and 15c. bottles. At drug stores.

Utilize Relics of Battlefield

By permission of the War Office we are able to publish for the first time details of a big army enterprise which has been built up by the department at Dewsbury, and by which discarded uniforms and other articles of clothing collected on the battlefields overseas and in home camps are dealt with in such a way as to save the nation hundreds of thousands of pounds, says the Yorkshire Post. The consignments of condemned and surplus part-worn clothing gathered up by the army ordnance officials and sent into convenient ports for shipment to England. At Dewsbury arrangements are made for their receipt, immediately the railway trucks arrive, the sales of clothing are run on hand by the military authorities, who are employed experienced women sorters. The bags are ripped open and the contents spread out among the "pickers," whose nimble fingers and trained eyes quickly discover what garments should be set aside for repair, and which are only fit for disposal to rag merchants, and others who put them through their special machinery, preparatory to their being made up again into army cloth in the local factories.

The sorting places are veritable hives of industry, especially when the consignments of clothing received are very heavy, as often is the case. As many as 90 truck loads have been received at the Dewsbury stations in a single day. Organized into districts, however, the number of men employed is small, and their work so thoroughly that nothing is wasted. The garments which are beyond repair are carefully scrutinized and sorted into woolens, linens, Angora, etc. All the articles capable of being repaired are sent to a local firm of dyers and cleaners, by whom they are cleaned. Then they are repaired and returned to the troops, or for the use of German prisoners of war.

Money Found in Milk Bottle.

A woman in St. John says that she can prove that one milkman at least does not wash his bottles. When she went to take in her milk the other morning in the bottle in which the milkman delivers it, she found as she emptied it out, that there was something hard in the bottom of the bottle. On investigation, she proved to be a roll of paper in which was enclosed a bill and an amount of silver. The bottle had evidently contained the milk of some other family before it contained Mrs. Hooper's milk, and that family had settled their milk bill by leaving the money in the bottle. The milkman never bothered to wash the bottle and so the milk was poured into it for Mrs. Hooper and was delivered to her together with the money. The household usage will take steps to find out whether the milkmen wash their bottles or not and to have the law compelling them to do so, strictly enforced.

The Aiter Effects of La-Grippe.

Often worse than the disease itself is the aftermath of weakness, nervousness and general debility. La Grippe—the name by which influenza is most generally known—is a disease prevalent throughout Canada during the winter and spring months. Anyone who has felt its pangs is not likely to forget the trouble. La Grippe starts with a slight cold—and ends with a complication of troubles. It tortures him with fevers and chills, headaches and backaches. It leaves him a prey to pneumonia, bronchitis, consumption and other deadly diseases. In fact its after effects are more serious than the trouble itself. You can avoid la grippe and its complications by keeping your blood rich and red by the occasional use of Dr. Williams' Pink Pills. If you have not done this and the disease lays low you, you can banish all its evil after effects by the same great blood-building, nerve restoring medicine. This has been proved in thousands of cases throughout Canada by the many victims who have been made well and strong through the use of Dr. Williams' Pink Pills. Among the cured is Miss Irene Boot, a Portmouth, Ont., who writes:—I take much pleasure in recommending Dr. Williams' Pink Pills, because I have proved their worth in my own case. Last winter I had a severe attack of la grippe and it left me weak and all run down. I had severe pains in the chest and under the arms, palpitation of the heart and attacks of neuralgia which left me with the feeling that life was scarcely worth living. I was taking doctor's medicine, but it did not help me and I was much discouraged. I was advised to try Dr. Williams' Pink Pills and began their use only on the principle that I would try anything that might better my condition. I had only been using the pills a couple of weeks when the pains began to leave me. Gradually my strength returned, appetite improved, and in a little more than a month I felt all my old time vigor had returned. I am sincerely glad I was persuaded to try Dr. Williams' Pink Pills, and I shall always have good word to say for them.

The Japanese are producing annually 20,000,000 tons of coal.

Now is the Time!

To Get Your Furniture Upholstered. Carpenter work is slack at present, and I am prepared to do Upholstery of all kinds of Furniture, also Carriage and Sleigh Seats. Will also repair Furniture of all kinds. I have had a large experience in this work and can guarantee satisfaction. J. C. Bishop, Wolfville.

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Teaching The Children To Farm

MUCH is being added to the agricultural education of children, especially to children, by the children's competitions which have become a feature of the winter exhibitions in Western Canada during the past year. At every place at which these competitions were held they were the centre of interest, not only to the children themselves but also to adult visitors. In fact, many of the older exhibitors displayed a greater interest in the exhibits of the children than in their own.

The competitions are generally arranged by breeders' associations, sometimes with the assistance of the Department of Agriculture of the province and other public bodies. Usually they are confined to boys and girls between the ages of ten and fifteen, who are required to feed, care for and look after a calf, a pig or a lamb, as the case may be, for a certain period previous to the opening of the fair. One of the most successful of these competitions was the baby beef competition held at the Calgary Winter Fair in December. The competition was for heifers, pure bred or grade, born in 1916, and fed between November 1st and the date of the show. The production of baby beef is developing into one of the most important branches of farming in Alberta. Dr. J. O. Rutherford, Superintendent of the Animal Industry Branch of the

Horse Breeding and Environment

At the present time there is an enormous demand for heavy work horses which cannot be adequately met with, and as a consequence, prices are higher than they have ever been before. This condition, though chiefly caused by the shortage of horses of the best quality for war purposes, is likely to continue for many years after the termination of the war. Nowhere is the demand greater than in Western Canada where considerable areas of trable land are available for putting into crop. The market there is an immense one. Farmers are breeding more land every year, and although they are not yet generally using the best methods of breeding, many farmers prefer to use horses. New settlers continue to arrive and they are looking for good horses. It has always been possible to sell locally bred horses at prices well below those of horses of other breeds of farming in Western Canada. In some areas they are larger than those which the farmer who engages in the raising of horses may expect. It is an article written by Mr. E. A. Davenport, of Acme, Alberta, which appeared in a recent issue of the "Farmer's Advocate" (Winnipeg), and which outlines the advantages possessed by the province as a horse raising country. The author points out that the province has been a successful breeder of Percheron horses in Alberta for a number of years, and writes from experience:— "The climate of Western Canada is so favorable for the production of heavy horses, that our soil conditions are such that the feed grown is wholesome and nourishing for the production of a strong, perfect and enduring frame. The atmosphere is bright, bracing and pure, with the seven months required for lung development and good building, with abundant

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If you catch colds easily, if troubled with catarrh, if subject to headaches, nervousness or listlessness, by all means start today to build your strength with

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Quickly Relieves
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Anyone troubled with sore, tired or aching feet should use Mentholatum according to the directions with the jar.
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