

of all Live Stock in Nova Scotia
Years AFTER THE WAR.
KEEP YOUR EWES LAMBS.
 for breeding purposes. Do not sell
 Scotia and provides for paying com-
 known. Now let every farmer who
Live Stock Division of the Dominion
 in charge of Sheep Extension
 Scotia Department of Agriculture will
 call on parties wishing help with their
 siring further information in regard
 of their flocks.
 Regularly write
VISION:
 Scotia Dept. of Agriculture,
 Truro, N. S.
GAN.
 of Sheep Extension Work,
 Amherst, N. S.
 for Agriculture,
 Province of Nova Scotia

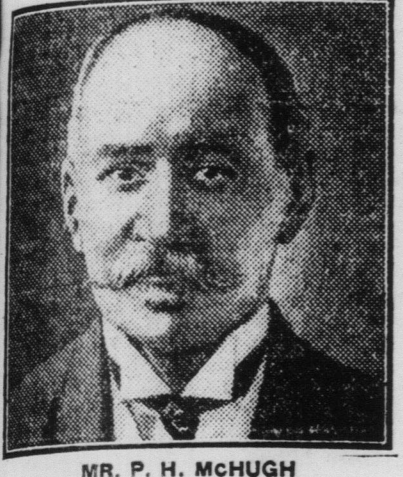
Force
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 shipped, into servile
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 which is maintained
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TORTURED BY RHEUMATISM

"FRUIT-A-TIVES" Brought Quick and Permanent Relief



MR. P. H. MCHUGH
 103 Church Street, Montreal.
 December 10th, 1917.
 "I was a great sufferer from Rheumatism for over 16 years. I consulted specialists, took medicines, used lotions; but nothing did me good. Then, I began to use "Fruit-a-tives"; and in 15 days, the pain was easier and the Rheumatism was better. Gradually, "Fruit-a-tives" became my Rheumatism; and now, for five years, I have had no return of the trouble. Also, I had severe Eczema and Constipation, and "Fruit-a-tives" relieved me of these complaints; and gave me a good appetite; and in every way restored me to health."
 P. H. MCHUGH.
 30c a box, 6 for \$2.50, trial size 25c. At dealers or sent post paid on receipt of price by Fruit-a-tives Limited, Ottawa, Ont.

TRAVELLERS' GUIDE DOMINION ATLANTIC RAILWAY

TIME TABLE REVISED TO MONDAY, JULY 1st, 1918.

GOING WEST

Station	Express Daily a.m.	Mixed Daily p.m.	Express Daily only a.m.
Middleton	11.37	6.00	8.40
Lawrencetown	11.51	6.25	8.56
Paradise	11.58	6.40	9.02
Bridgetown	12.09	7.00	9.14
Tupperville	12.20	7.35	9.26
Boundhill	12.29	7.45	9.38
Annapolis Royal	12.42	8.30	9.55
Upper Clements	12.53	8.45	
Wentworthport	12.58	8.55	
Deep Brook	1.05	9.10	
Seaview			
Bear River	1.15	9.25	
Imbertville	1.18		
Smith's Cove	1.22	9.35	
Digby	1.37	9.55	

GOING EAST

Station	Express Daily p.m.	Mixed Daily a.m.	Express Daily only p.m.
Digby	12.30	4.20	
Smith's Cove	12.45	4.40	
Imbertville	12.49		
Bear River	12.53	4.55	
Seaview			
Deep Brook	1.05	5.10	
Clementsport	1.14	5.25	
Upper Clements	1.21	5.35	
Annapolis Royal	1.33	5.50	5.37
Boundhill	1.47	6.29	5.37
Tupperville	1.57	6.44	5.46
Bridgetown	2.08	7.05	5.56
Paradise	2.19	7.40	6.06
Lawrencetown	2.26	8.00	6.13
Middleton	2.42	8.30	6.30

R. U. PARKER, General Passenger Agent.
 GEO. E. GRAHAM, General Manager.

H. & S. W. RAILWAY

Accom. Wednesdays only	TIME TABLE IN EFFECT March 10, 1918	Accom. Wednesdays only
Read down	STATIONS	Read up
11.10 a.m.	Lv. Middleton Ar.	5.00 p.m.
11.41 a.m.	*Clarence	4.28 p.m.
12.00 p.m.	Bridgetown	4.10 p.m.
12.32 p.m.	Granville Centre	3.43 p.m.
12.45 p.m.	Granville Ferry	3.25 p.m.
13.12 p.m.	*Karsdale	3.05 p.m.
13.30 p.m.	Ar. Port Wade Lv.	2.45 p.m.

Connection at Middleton with all points on H. & S. W. Railway and Dominion Atlantic Railway.
 W. A. CUNNINGHAM, Div. F. & P. Agent.

Dominion Atlantic R'y To BOSTON, MONTREAL

and all points in WESTERN CANADA and UNITED STATES via DIGBY and CANADIAN PACIFIC LINES at Lowest Rates

For fares, sleeping accommodation and other information telephone or write to
R. U. PARKER
 General Passenger Agent
 117 Hollis Street, HALIFAX, N. S.

Autumn Cultivation for Weed Control

(Experimental Farms Note)

The ploughing of the land in the fall is desirable as a part of the regular work of the farm since it enables the ground to be got into proper condition for sowing the seed in spring considerable earlier than would otherwise be the case. But it is perhaps of even greater importance as a means of keeping weeds in check. In the case of perennial weeds the mere turning up and exposing of the rootstocks to the action of the frost will serve as a considerable check to the weeds in cases where they are not killed outright. Where it is desirable to collect and burn creeping rootstocks this can be more readily accomplished where the ground has been pulverized by the frost and snow of winter.

In case of annual weeds these are of two classes from the point of view of their life-history. One group requires a resting period before the seeds will germinate and this holds good even if the conditions with regard to moisture and temperature are suitable.

These normally germinate in the spring of the following year after they are shed, but in many species the germination can be delayed for several years if the seeds are buried to a considerable depth in the soil. This is the case of such species as Wild Oats and Wild Mustard.

Each time the surface of the ground is disturbed some of these buried seeds will eventually become clear of them. In another group of annual species known as Winters Annuals, the seeds germinate immediately after they are scattered and pass the winter in the form of a small seedling plant which survives under the snow and resumes growth in the following spring.

Belonging to this group are the following weeds:-Chess, Purple Cockle, Night-flowering Catchfly, Stinkweed, Shepherd's Purse, False Flax, Ball Mustard, Wild Radish, Hare's Ear Mustard, Tumbling Mustard, Peppergrass, Wormseed Mustard, Corn Cromwell, Blue Bur or Stickweed, and Stinking Mayweed. It is in the case of these weed that autumn cultivation is especially desirable as if they are turned under with the blow and covered sufficiently deeply, very few of them will be able to continue their growth after the snow melts.

Help The Boys "Over There" By Saving Gasoline

The Allies need gasoline. Waste none of it on Sunday motoring for pleasure. He who uses it for this purpose stints those who are fighting our battles. It is the duty of all motor car owners to comply with the Fuel Controller's request to save "gas."

The safety of the State being the supreme law, personal enjoyment must give place to national necessity during war time. To save gasoline is to save money. It will also ensure a more adequate supply of "gas" for the needs of our war machine, which must lack no essential. To comply with the Fuel Controller's request will save \$150,000 on a single Sunday. In gasoline it will also save hundreds of thousands of gallons. A word to the wise motor car owner is sufficient!

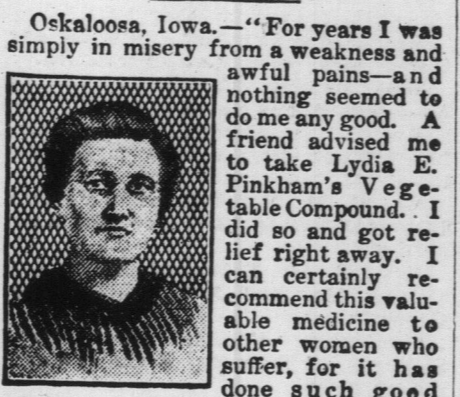
Especially in Rough Weather

Explaining the Gender-She -I never could see why they call a boat "she."
 He-Evidently you never tried to steer one.

After a woman has married twice for love her female friends consider her hopelessly queer.

IN MISERY FOR YEARS

Mrs. Courtney Tells How She Was Cured by Lydia E. Pinkham's Vegetable Compound.



Oskaloosa, Iowa. "For years I was simply in misery from a weakness and awful pains—and nothing seemed to do me any good. A friend advised me to take Lydia E. Pinkham's Vegetable Compound. I did so and got relief right away. I can certainly recommend this valuable medicine to other women who suffer, for it has done such good work for me and I know it will help others if they will give it a fair trial."
 —Mrs. LIZZIE COURTNEY, 108 8th Ave., West, Oskaloosa, Iowa.

Nova Scotia's Stake in Forest Protection

In practically all parts of Canada, the immediate incentive to forest protection reforms has been a series of disastrous forest fires. Nova Scotia's unfortunate experience this summer will probably bring about a provincial system of fire prevention such as Ontario, Quebec, New Brunswick and British Columbia have already put into effect with splendid results. There was lost this year probably one hundred times the cost of a wideawake provincial forester who could co-ordinate the work of the municipal guardians and carry on valuable educational work at the same time.

Nova Scotia is now the only Canadian province having control of forest resources which has not inaugurated modern methods of forest protection. New Brunswick introduced a new and thorough system last year, which all classes of citizens already hail as a sensible advance in the interest.

Public feeling in Nova Scotia has been so aroused over the forest fire losses this summer that any Government action securing the appointment of a skilled Provincial Forester having authority to organize and direct the present fire guardian machinery along more effective lines would be certain of generous support.

Nothing Remarkable

A man who was showing off by diving into the sea and staying under the water for a time, after one dive came up and found he had remained under water for two minutes.
 "That's going some!" he bragged, "I'll bet that's a record around here!"
 "Oh, no, it ain't!" replied a spectator.
 "A man dived in here this time yesterday, and he ain't came up yet!"

An Awkward Position

The wife of a clergyman warned him as he set off to officiate at a funeral one rainy day: "Now John, don't stand with your bare head on the damp ground."

Good as Gold

A lucky man on being asked how it felt to be engaged to a heiress replied:
 "Fine! Every time I kiss her I feel as if I were clipping a coupon off a government bond."

It sometimes happens that a married man has a great deal to say, but his wife won't let him say it.

Harvesting and Storing Certain Vegetables

(Experimental Farms Note)

While vegetables have been harvested continuously in many gardens in Canada since radish and spinach were ready for use in early spring, the time has come when the bulk of the crop must be gathered to escape hard frost.

As beans discolour and mould very readily, it is important to dry them as soon as possible, and to keep them dry. They should be spread out thinly under cover, and turned every two or three days until quite dry. If it is necessary to harvest the plants before they are thoroughly ripe they can be hung up outside until dry.

There will be many potatoes which will not ripen before the plants are killed by the frost. If the fully-grown green specimens are picked before being frozen, and each specimen wrapped in paper and stored in closed boxes, they will be found, from tests made at the Experimental Farm, to ripen better than by exposing them to the sun. Even if put into closed boxes without wrapping each specimen, they ripen well.

Frequently cauliflowers are just beginning to head when it becomes necessary to harvest them owing to severe frosts. If the plants are pulled and replanted in boxes in the cellar, and kept watered, they will go on developing, and one can have cauliflower for some weeks. Brussels sprouts can also be replanted in this way. Both of these vegetables may, however, be left in the ground for some weeks yet.

If cabbage begin to split and it is not yet time to harvest them, the splitting will be prevented to some extent by twisting the plants so as to loosen them. This checks the flow of sap into the head. If the cello is warm and dry, and the cabbage have to be harvested owing to the frost, they will keep well for a time outside if covered with leaves.

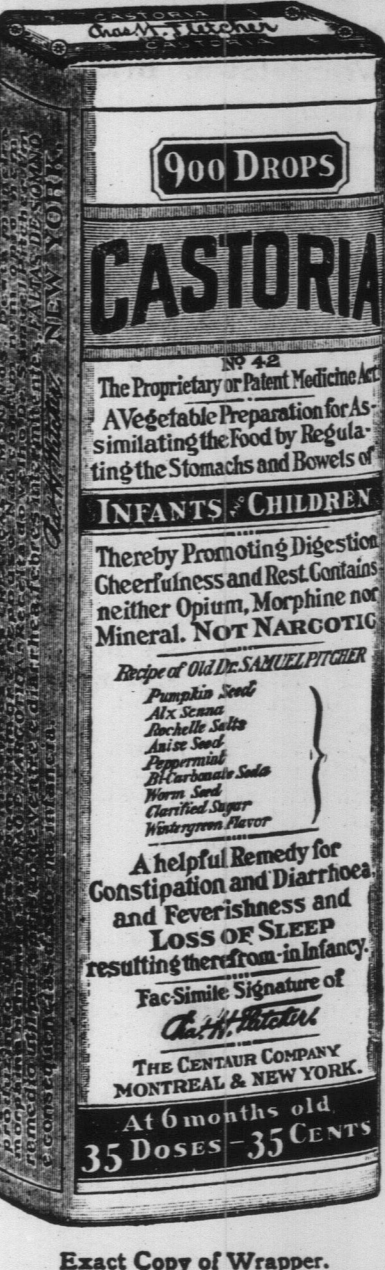
Where the accommodation is poor, celery may be kept outside in the soil well into the winter by opening a trench preferably a narrow one fifteen or sixteen inches wide, and deep enough so that the tops of the celery will come about level with the surface of the ground. The celery plants are put close together in it, and before there are severe frosts, a thin layer of straw or leaves is put over the top. When the cold weather comes a heavier covering of leaves may be put over, if it is desirable to leave the celery longer, and then twelve to fifteen inches of soil over that. By putting sufficient leaves or straw over the soil again, frost may be kept out, and the celery dug out as required.

In harvesting potatoes, any which show signs of decay should be kept separate from the rest, and used first, thus helping to avoid the development of rot when stored. Potatoes should be dry when they are stored.
 Keep onions dry, spread thinly. Squashes, pumpkins and ciccrons should be kept in a moderately warm, not a cool, place.

Take the Long View

"It is more than ever necessary to take the long view," Sir William Goode, of the British Ministry of Food, told the Consumers' Council in reference to food production. "Food production," he said, "must be kept up to the highest possible quantity. Cheap prices today, if it means less food or no food tomorrow, is a fool's benefaction."

It is almost as difficult for some women to get their hats on in the evening as it is for the men to get theirs on in the morning.



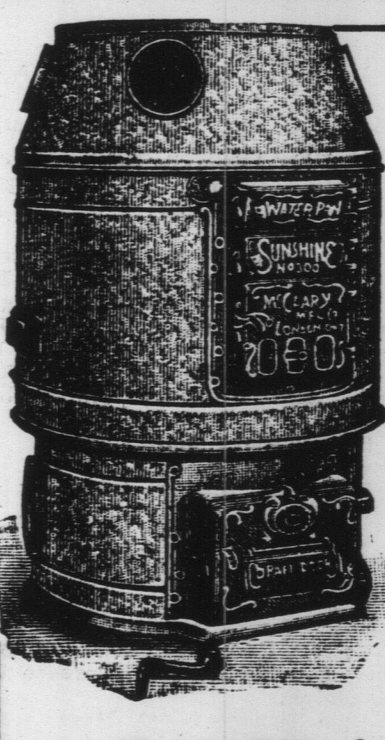
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For Infants and Children. Mothers Know That Genuine Castoria

Always Bears the Signature of

Wm. D. Mitchell
 In Use For Over Thirty Years

CASTORIA



Different Kinds of Heat

Your furnace should not only give you plenty of heat, but the right quality of heat.
 Some houses would be better without any heat than the kind their furnaces give them.
 If you study the Sunshine Furnace you will know what the right kind of heat is and how to get it.

MAGEE & CHARLTON
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McClary's Sunshine Furnace
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Dependable Values in Leather Shoes

Women's Fall Boots in dark, tan and black, on latest lasts. Men's Black and Tan Goodyears in different styles and prices. School Boots to fit all the Boys and Girls.

J. E. LLOYD

Y. M. C. A.

E. J. Arnot, Halifax, has been appointed head of the Maritime Provinces Division of the new Y. M. C. A. Town and County Department whose objective is a widespread constructive welfare work for boys and young men in the rural communities. A Secretary will be appointed in each county to work in close cooperation with the Ministers and teachers, and who will organize Boy Scout Corps, Agricultural Clubs for boys and girls, and Pig Clubs. Boys' Conferences and Summer Camps will also be held at various points.

An outstanding feature of the new Department's activities will be the promotion of the Canadian Standard Efficiency Training for boys in their teens. This program which aims at inculcating high deals of Christian citizenship, bears the "Made in Canada" mark, and its excellence is such that it has been adopted on a very large scale in the United States. It teaches the basic value of four things, the home and community, the church, the school and personal health and habits. The Department will also feature games, demonstrations in school grounds and will hold an annual Union Play Day for each county.
 Mr. Arnot was for four years a highly successful County Secretary in Lenawee County, Michigan, and he brings to his new field in the Maritime Provinces a trained enthusiasm that will repeat his success here.
 If a man's first love is himself, he never finds a satisfactory successor.