

SPECIALIST SAID HE MUST OPERATE

She Took 'FRUIT-A-TIVES' Instead, And Is Now in Perfect Health.



Mrs. F. GAREAU
153 Papineau Ave., Montreal.
"For three years, I suffered great pain in the lower part of my body, with swelling or 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-tives' and the wonderful results it was giving because this medicine is made from fruit juices, so 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-tives' my warmest thanks."
Mrs. F. GAREAU,
Box a box, 5 for \$2.50, trial size 25c. At all dealers or sent by Fruit-a-tives Limited, Ottawa.

White Ribbon News.

Woman's Christian Temperance Union first organized in 1874.
ANN—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.
WATCH—A knot of White Ribbon.
BAGS—Woolen—Agitate, educate, or gauge.
OFFICERS OF WOLFEVILLE UNION.
President—Mrs. B. O. Davidson,
Vice President—Mrs. G. W. Miller
2nd Vice President—Mrs. M. C. McQuinn
Recording Secretary—Mrs. Ernest Rodden
Cor. Secretary—Mrs. W. C. Taylor
Treasurer—Mrs. H. P. P. Freeman.
SUPPORTERS.
President—Mrs. George Bishop
Parlor Meeting—Mrs. Young
Laborer Work—Mrs. Fielding,
Red Cross and Lumbermen—Mrs. J. W. Young,
Press and Willard Hall—Mrs. M. P. Freeman.
White Ribbon Bulletin—Mrs. Hutchins.
Temperance in Sabbath-schools—Mr. C. A. Patriquin.

Let us not therefore judge one another any more, but judge this rather, that no man put a stumbling block or an occasion to fall in his brother's way.—Rom. 14: 31.

Business meeting of the W. O. T. U. this Friday evening month.

In the Museum, 2017 A. D.

"Oh, Mother! See that tremendously long article of furniture with the brass rail in front of it, and the huge mirror behind it! That must have been a dressing table for a giant."
"A very reasonable conjecture, my son, but erroneous. It used to be known as a Bar. Men were accustomed to assemble in front of it and purchase enormous numbers of drinks, which they didn't need, at prices many times in excess of their value."
"What a silly custom, Mother! What made them drink if they didn't need to?"
"Heaven knows, my child! You, great-grandfather, recall, had often told me that in his younger and wiser days, before Bars became extinct by reason of the Great War, he sometimes visited a Barroom, where a few companions and consumed so many drinks that he became practically numb."

"I never heard of anything so absurd, Mother. Why did people purchase drinks over these Bars if the prices of the drinks were so much higher than they should have been?"
"That, too, is another question which I cannot answer. Your great-grandfather has frequently told me that men who screamed as though they had been knifed every time they gave a cent a glass would never murmur when a barkeeper charged them a dollar for three drinks, whose ingredients didn't cost a bit over eleven cents."

"I can scarcely credit such a statement, Mother! The human race must have been in bad shape prior to the Great War. Did men always buy three drinks at a time when they visited Bars?"
"Oh, no, Roy! As I understand it, a man bought as many drinks as there were men with him, and then had to wait while the other men bought drinks in turn."
"How strange and complicated, Mother! I wonder why the Bar had a mirror behind it? One would think that the men wouldn't have cared to see themselves acting so foolishly."
"One would think so, Roy; but one would have another thing to con-

ing. Men would no more have patronized a Bar without a mirror behind it than they would have fought Germany if she had been a republic."
"Ah, well, Mother, the whole thing is beyond me! Can't we turn our attention to something simpler?"
"Most assuredly, my son. Let us pass into the next room and have a good laugh at the early models of vertical, nonrotative pumping engines.—Life.

Humus of the Soil.

Humus is plant matter such as grain stubble, weeds, grass, second crop clover, green manure, strayed stock manure. On a light soil, humus binds the loose particles together giving the soil body to hold moisture and retain soluble plant food. On a heavy clay, humus opens the soil and greatly improves the possibilities of air circulating through it. Humus on heavy clay soils aids in soil drainage. Humus added to a soil makes the color of the soil dark, hence improves the power of the soil to absorb heat from sunlight.

Citizens of Bruges were greatly puzzled, after the signing of the armistice, by the presence of a German officer in full regalia in and about the city. This officer was at times accompanied by two Belgian officers of the second section of the Belgian general staff, but more often he was in command of ten or twelve German prisoners of war. It is now known that this man was the officer who, during hostilities, was in charge of the work of mining the town and the Zbrugge locks, bridges, etc. After the signing of the armistice he volunteered to remove the caps from the mines. It was a dangerous work, and several prisoners were called in to help. Some of the mines were timed to explode ten or twelve days after the departure of the troops.

"Mother, it's raining. H-ik!"
"And all my washing is out on the line," cried Mother, agitated. She ran from the room, light kitchen into the darkness of the garden and began pulling out the pegs and gathering in the clothes.
"Trudie, ever anxious to help, tried after her. Oh, but it was dark! The wind blew the tree branches about, so that they rustled and moaned. There was neither moon nor stars. And where was mother? So far away she seemed."

"Ah! Trudie's groping little hand found at last what it was seeking. Her glad laugh rang out. "Mother, she cried, 'I'm not a bit afraid of the dark now. I've got hold of you.'"
"Have you caught the outstretched hand of One who loves you—your Heavenly Father? Then you may say, with Trudie, when in darkness, 'I'm not afraid.'"
"You can, you can," cried Billy jubilantly. "You're the most wonderful pleading eyes in the world!"
"I wish that I could help you—"
"You can, you can," cried Billy joyfully. "You're the most wonderful pleading eyes in the world!"
"I wish that I could help you—"
"You can, you can," cried Billy joyfully. "You're the most wonderful pleading eyes in the world!"
"I wish that I could help you—"
"You can, you can," cried Billy joyfully. "You're the most wonderful pleading eyes in the world!"
"I wish that I could help you—"

DR. A. W. CHASE'S CATARRH POWDER 25c
It is sent direct to the diseased parts by the cleanest and most delicate method. It cleans the air passages, stops drops of mucus in the throat and relieves the irritation. All dealers of Household Remedies & Co. Limited, Toronto.

An Englishman had been trying unsuccessfully for the best part of a year to persuade an Irishman that the former's country was the most glorious land on earth, and at last thought he had Pat beaten by saying: "Do you know, Pat, the sun never sets on the British Empire?"
"Aye, to be sure," replied Pat. "Everybody is afraid to say an Englishman in the dark."
Tommy came home at supper time, slightly elated. "Pat," he said, "I have just learned from one of the soldiers now to say 'thank you' and 'if you please' in French."
"Good!" said his father, "That's more than you ever learned to say in English."
William II says: "Germany's destiny is war."
Sherman said, "War is hell."
We believe the Kaiser is right concerning Germany's destiny.

CASTORIA
For Infants and Children
In Use For Over 30 Years
Always bears the signature of
J. C. Watson
An Irishman was arrested for killing a man at a Donnybrook fair by cracking him over the head with a shillelagh. At the trial it was shown that the victim possessed quite a thin skull. The Irishman was convicted, and, on being asked if he had anything to say before sentence was pronounced, replied: "No, yer honor, but was that a skull for a man to go to a fair with?"
"Woman's idea of worldly wisdom is to know the failings of her neighbors. There is often a black eye in a name—if it is applied to the wrong man."

Children Cry FOR FLETCHER'S CASTORIA
"Some things certainly must sound queer to a foreigner."
"Such as what for instance?"
"I heard one man tell another that a certain acquaintance of theirs was crooked straight through."
"If a man does not have the price of a man about him he can always manage somehow to acquire a chew of tobacco."

Children Cry FOR FLETCHER'S CASTORIA
Newlych—Young man, I had to work hard for my money.
Some—Well, that's enough, people in our set are throwing that up to me without you talking about it.

Children Cry FOR FLETCHER'S CASTORIA
Newlych—Young man, I had to work hard for my money.
Some—Well, that's enough, people in our set are throwing that up to me without you talking about it.

Children Cry FOR FLETCHER'S CASTORIA
Newlych—Young man, I had to work hard for my money.
Some—Well, that's enough, people in our set are throwing that up to me without you talking about it.

Children Cry FOR FLETCHER'S CASTORIA
Newlych—Young man, I had to work hard for my money.
Some—Well, that's enough, people in our set are throwing that up to me without you talking about it.

Children Cry FOR FLETCHER'S CASTORIA
Newlych—Young man, I had to work hard for my money.
Some—Well, that's enough, people in our set are throwing that up to me without you talking about it.

Children Cry FOR FLETCHER'S CASTORIA
Newlych—Young man, I had to work hard for my money.
Some—Well, that's enough, people in our set are throwing that up to me without you talking about it.

Children Cry FOR FLETCHER'S CASTORIA
Newlych—Young man, I had to work hard for my money.
Some—Well, that's enough, people in our set are throwing that up to me without you talking about it.

Children Cry FOR FLETCHER'S CASTORIA
Newlych—Young man, I had to work hard for my money.
Some—Well, that's enough, people in our set are throwing that up to me without you talking about it.

Children Cry FOR FLETCHER'S CASTORIA
Newlych—Young man, I had to work hard for my money.
Some—Well, that's enough, people in our set are throwing that up to me without you talking about it.

Children Cry FOR FLETCHER'S CASTORIA
Newlych—Young man, I had to work hard for my money.
Some—Well, that's enough, people in our set are throwing that up to me without you talking about it.

The Interference of Bess

By AGNES G. BROGAN

Billy frowned down into the bowl of his starchy pipe, while the girl watched him solitarily.
"But may be," she encouraged, "it is not as bad as you think."

"Bad?" exclaimed Billy wrathfully, "why where would it be, if I did married again? Do you think he would put me through college and start me out on my career, if he were interested in a young establishment of his own?"
No, indeed, his second wife would take my place, and my coming wife's place, in the home. The thing to do, Bess, is to stop the affair in the bud. After a while it will be too late. Dad doesn't realize yet, that he's really in love with the girl."

"Perhaps," suggested Miss Blakely, "the boy."

"Oh! No!" Billy sarcastically responded. "Then why does he spend every spare moment of his time in her company? Hiding for hours with her in the park, gloriously a fellow! It interrupts a scene at the office. Dad was never like that with any of his other stenographers. And this one is a doll, you must admit that, Bess. You've seen her."

Bess nodded her head. "When you pointed her out to me, I—don't like her, Billy."
The boy smiled slyly. "Scheming looking?" he asked.
"That's what I thought."

"That has quite a bit of money. Some of it ought to come to me, but still if he has a second wife? You know, Peaches, that you and I are going to be married some day, just as soon as the little doctor's single to ever my door and—he'll cut out his hands despairingly—that's why I want to stop this affair of dad's."

The girl flushed, avoiding his eager eyes. "That's some day of yours is far away, Billy," she said.
"Not so far away as you think, perhaps," he replied. "Bess—his voice coaxed her, "you don't want to see my future wrecked, do you—all my beautiful plans gone to the dogs? Somebody's got to interfere. Dad will not listen to me, won't you go to him?"

"I—? the girl gasped, astounded.
"Yes," he nodded quickly. "You could make him see things as no one else could. You've such a way with you, Bess."
"Billy," smiled the girl, but his eyes remained dim thoughtfully.
"It's mother's money," said the boy defiantly. "I ought to have it."
"I wish that I could help you—"
"You can, you can," cried Billy jubilantly. "You're the most wonderful pleading eyes in the world!"
"I wish that I could help you—"
"You can, you can," cried Billy joyfully. "You're the most wonderful pleading eyes in the world!"
"I wish that I could help you—"

"Yes," he said, "you take the message to father."
She started to go, but he caught her by the wrist. "Wait a moment, but she went. The maid had sent her in to the big freight room unannounced. So, for quite a time Billy's father did not hear her; but when he did, he was so angry that he sent her to her room. There was in his eyes the "light of dreams." Though she could not see the picture, Bess discerned the outline of a girl's form, and she trembled at the pain she must inflict.

"Mr. Powers," she said at last, in an instant he had been hurriedly.
"You?" he murmured unbelievably.
"I've a message," Bess began breathlessly, "a message that will hurt. It's from Billy. The man waited."
"Yes?" he said.
"Billy is married. She rushed on: "He was married tonight to the stenographer—your stenographer. It seemed she told him she has a photograph, and she has learned to love him. So it was her suggestion, not his, that they marry quickly, and tell you after."

"I'm so sorry for you," she said.
"Billy's father spoke up very quickly, "I'm foolish of Billy, of course," he said. "But why should you be sorry for me?"
Bess's eyes widened. "Because you loved her," said the girl, "it was she who told me Billy feared you would marry."
The man stood looking down upon her. "I think I'll explain to you," he said, "that I never troubled to explain to Billy. I'm writing a book. The stenographer took my dictation. Sometimes it was absolutely necessary for me to get away to the stables every evening, in order to think. She went with me, and wrote that's all. As for love and marriage I never had a thought until—"
he smiled his tender quizzical smile—"until you came into my office that day to interfere."

"There was a moment of vibrant silence, then Bess pointed to the photograph in her hand. He placed it in her hand; his own face smiled back at her.
"It was my only comfort," he told her. "I found the picture in Billy's room." Quickly she raised her face to his, searching it long with unseeing eyes. Then suddenly, closely, he clasped her to him. "Oh! dear girl," he said, "that's just what my life has been lived, that the best is yet to come."
Radiantly Bess smiled up at him, and she gave Billy his career, too, she said.

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. H. WHEATON
Minned's Lumber Co's Cold's.

Educating Returned Soldiers

ABOUT 18 months ago it first became possible for a returned soldier, who had been so disabled by service that it was impossible for him to resume his former civil occupation, to take a course of training under government supervision and pay, which fitted him for some new occupation, the pursuit of which would not be prevented by his disability in other words, his case was usually considered, his disability taken into account, and his training arranged so that in his new occupation he could develop his efficiency. As an example take a machinist who had lost a leg; obviously his disability was such that he could not resume that occupation. He had a knowledge of blue prints and drawing and some latent ability in a drawing line. He was passed for a course as a mechanical draughtsman. At the termination of his course he was employed at a wage nearly equal to his wage as a machinist. The loss of a leg was no handicap as far as earning around. This man seriously handicapped as a machinist, was now employed as a draughtsman and complete successfully with any other draughtsman.

Owing to the increasing number of different trades and occupations in which it was necessary to train such men it became imperative that training places should be found. Obviously if a man was to be trained for a position in a machine shop, the place for training him was right in the particular machine shop in which he would eventually be employed. This resulted in the institution of industrial surveys. One of the first industries in Montreal to be surveyed was the Angus Shops (Canadian Pacific Railway). It can readily be understood that these shops, employing thousands of skilled men, in practically all kinds of mechanical work, offered great opportunities for the training of disabled men. The above mentioned industrial survey consisted of a detailed report on every position in the Angus Shops; it showed among other things the exact nature of the work done and what disabilities would hinder a man from doing the work. This survey was a guide to the District Vocational Office, as a reference to it showed immediately what mechanical work a disabled man would be physically able to do without being troubled by his disability.

From the outset, every official of the C. P. R. who was approached in connection with the re-employment of disabled soldiers in civilian occupations, showed a ready willingness to give any man taking a machine shop with an industry such as the Angus Shops, to finish that course and gain the necessary practical experience. During the time that the man is taking this training, he is drawing full pay and allowances from the Invalid Soldiers' Commission so the firm with which he is working is not called on to pay him anything in this way. The man becomes accustomed to the work of a machine shop, and he is employed at the termination of his course, and he is given the same wage as other men in the shop.

It might appear from the foregoing that the employment offered by the C. P. R. to men being trained by the Invalid Soldiers' Commission is confined to positions in the Angus Shops. Such however is not the case. Every department has been a tendency to fight shy of the returned men, the reason stated being his inability and apparent lack of power to give any man taking a course with the C. P. R. Every consideration is shown the returned man and every possible allowance is made which will assist him in re-establishing himself in civil life. The attention taken by the higher officials of the C. P. R. in regard to disabled soldier students is mirrored in the following letter of instructions issued to foremen—

THE RETURNED SOLDIER AS AN EMPLOYEE.
How do you treat a returned soldier working under you? Do you consider him as an ordinary workman, let him shift for himself and look out for his mistakes only as you would an ordinary employee? If so, you are assuming that he is in all respects just a normal man and that he should be able to do the work as quickly and as well as the average employee. If you do, you are wrong.
Many returned soldiers' constitutions are broken down. They have

been gassed, shell shocked and tortured by wounds, and consequently are highly strung and nervous and will be for some time to come. What they make of themselves depends on you. If one of these men makes a mistake and is roughly reprimanded, he is likely to shake like a leaf, get excited, and be very difficult to handle. The greatest tact, care and attention that you can give these men in helping them to become useful employees is what the Company expects, and, moreover, you owe it to them.

There are bound to be some exceptions and some men will fall to make good. The success or failure of the majority, however, depends on you, and it is your privilege to help your country in this national crisis by endeavoring to make useful citizens out of the nervous shattered men who are commencing to come back to us from the front.

It is further proof of the interest of the C. P. R. necessary? No! Now for results. Of the first hundred men to complete industrial educational courses in this unit, ten were employed by the C. P. R. on the termination of their courses. Up to date, about two hundred men have completed courses and now many of these men are employed by the C. P. R. These men have taken courses in no less than 18 different trades, and it is obvious that the C. P. R. is acting splendidly.

Finishing a locomotive link and union bearing cap.

Operating a double headed vertical slotting machine.

Operating a double headed vertical slotting machine.

Operating a double headed vertical slotting machine.

Operating a double headed vertical slotting machine.

Operating a double headed vertical slotting machine.

Operating a double headed vertical slotting machine.

Operating a double headed vertical slotting machine.

Operating a double headed vertical slotting machine.

Operating a double headed vertical slotting machine.

Operating a double headed vertical slotting machine.

Operating a double headed vertical slotting machine.

Operating a double headed vertical slotting machine.

Operating a double headed vertical slotting machine.

Being Sorry

Being sorry don't get you nowhere. Get you nowhere.

Being sorry don't get you nowhere. Get you nowhere.

Being sorry don't get you nowhere. Get you nowhere.

Being sorry don't get you nowhere. Get you nowhere.

Being sorry don't get you nowhere. Get you nowhere.

Being sorry don't get you nowhere. Get you nowhere.

Being sorry don't get you nowhere. Get you nowhere.

Being sorry don't get you nowhere. Get you nowhere.

Being sorry don't get you nowhere. Get you nowhere.

Being sorry don't get you nowhere. Get you nowhere.

Being sorry don't get you nowhere. Get you nowhere.

Being sorry don't get you nowhere. Get you nowhere.

Being sorry don't get you nowhere. Get you nowhere.

Being sorry don't get you nowhere. Get you nowhere.

Being sorry don't get you nowhere. Get you nowhere.

Being sorry don't get you nowhere. Get you nowhere.

Being sorry don't get you nowhere. Get you nowhere.

Being sorry don't get you nowhere. Get you nowhere.

Being sorry don't get you nowhere. Get you nowhere.

Being sorry don't get you nowhere. Get you nowhere.

Being sorry don't get you nowhere. Get you nowhere.

Being sorry don't get you nowhere. Get you nowhere.

Professional Cards

Professional Cards

Professional Cards

Professional Cards

Professional Cards

Professional Cards

Professional Cards

Professional Cards

Professional Cards

Professional Cards

Professional Cards

Professional Cards

Professional Cards

Professional Cards

Professional Cards

Professional Cards

Professional Cards

Professional Cards

Professional Cards

Professional Cards

Professional Cards

Professional Cards

Professional Cards

Being Sorry

Being sorry don't get you nowhere. Get you nowhere.

Being sorry don't get you nowhere. Get you nowhere.

Being sorry don't get you nowhere. Get you nowhere.

Being sorry don't get you nowhere. Get you nowhere.

Being sorry don't get you nowhere. Get you nowhere.

Being sorry don't get you nowhere. Get you nowhere.

Being sorry don't get you nowhere. Get you nowhere.

Being sorry don't get you nowhere. Get you nowhere.

Being sorry don't get you nowhere. Get you nowhere.

Being sorry don't get you nowhere. Get you nowhere.

Being sorry don't get you nowhere. Get you nowhere.

Being sorry don't get you nowhere. Get you nowhere.

Being sorry don't get you nowhere. Get you nowhere.

Being sorry don't get you nowhere. Get you nowhere.

Being sorry don't get you nowhere. Get you nowhere.

Being sorry don't get you nowhere. Get you nowhere.

Being sorry don't get you nowhere. Get you nowhere.

Being sorry don't get you nowhere. Get you nowhere.

Being sorry don't get you nowhere. Get you nowhere.

Being sorry don't get you nowhere. Get you nowhere.

Being sorry don't get you nowhere. Get you nowhere.

Being sorry don't get you nowhere. Get you nowhere.

Being Sorry

Being sorry don't get you nowhere. Get you nowhere.

Being sorry don't get you nowhere. Get you nowhere.

Being sorry don't get you nowhere. Get you nowhere.

Being sorry don't get you nowhere. Get you nowhere.

Being sorry don't get you nowhere. Get you nowhere.

Being sorry don't get you nowhere. Get you nowhere.

Being sorry don't get you nowhere. Get you nowhere.

Being sorry don't get you nowhere. Get you nowhere.

Being sorry don't get you nowhere. Get you nowhere.

Being sorry don't get you nowhere. Get you nowhere.

Being sorry don't get you nowhere. Get you nowhere.

Being sorry don't get you nowhere. Get you nowhere.

Being sorry don't get you nowhere. Get you nowhere.

Being sorry don't get you nowhere. Get you nowhere.

Being sorry don't get you nowhere. Get you nowhere.

Being sorry don't get you nowhere. Get you nowhere.

Being sorry don't get you nowhere. Get you nowhere.

Being sorry don't get you nowhere. Get you nowhere.

Being sorry don't get you nowhere. Get you nowhere.

Being sorry don't get you nowhere. Get you nowhere.

Being sorry don't get you nowhere. Get you nowhere.

Being sorry don't get you nowhere. Get you nowhere.