AUTOINTOXICATION OR SELF-POISONING

The Dangerous Condition Which Produces Many Well Known Diseases.

HOW TO GUARD AGAINST THIS TROUBLE

"FRUIT-A-TIVES" — The Wonderful Fruit Medicine — will Protect You

Autointoxication means self-poisoning, caused by continuous or partial constipation, or insufficient action of the bowels.

Instead of the refuse matter passing daily from the body, it is absorbed by the blood. As a result, *the Kidneys and Skin are overworked*, in their efforts to rid the blood of this poisoning.

Poisoning of the blood in this way often causes Indigestion, Loss of Appetite and Disturbed Stomach. It may produce Headaches and Sleeplessness. *It may irritate the Kidneys* and bring on Pain in the Back, Rheumatism, Gout, and Rheumatic Pains. It is the chief cause of Eczema—and *keeps the whole system unhealthy* by the constant absorption into the blood of this refuse matter.

"Fruit-a-tives" will always cure Autointoxication or self-poisoning—as "Fruit-a-tives" acts gently on bowels, kidneys and skin, strengthens the bowels and tones up the nervous system.

50c. a box, 6 for $2.50, trial size, 25c. At all dealers or sent postpaid on receipt of price by Fruit-a-tives Limited, Ottawa.

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. L. W. Sleep.
1st Vice President—Mrs. J. Cutten.
2nd Vice President—Mrs. R. Reid.
3rd Vice President—Mrs. Geo. Fitch.
Recording Secy—Mrs. W. O. Taylor
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Labrador Work—Mrs. Fielding.
Lumbermen—Mrs. J. Kempton.
Willard Home—Mrs. M. Freeman.
Temperance in Sabbath-schools—Mrs. Dr.) Brown.
Evangelistic—Mrs. Purves Smith.
Peace and Arbitration—Mrs. J. Read.
Press—Miss Margaret Barss.
White Ribbon Bulletin—Mrs. Walter Mitchell.
Loyal Temperance Legion—Miss Esam.

Queen Wilhelmina, of Holland, has *been a faithful friend of total abstinence* and the abolition of drink While stimulants are not rigidly excluded from the royal table the Queen refuses to permit them to be served to her; and not satisfied merely with the practise of total abstinence herself, she has striven to induce others to adopt the same course.

Strongly desirous to aid the promotion of world-wide temperance sentiment, Queen Wilhelmina cordially invited the International Congress Against Alcoholism to be held in 1911 at The Hague, and gave the Congress her marked support. Obviously the Queen's identification with the abstinence cause has done much to strengthen the hands of the temperance reformers in the Netherlands. In recent years considerable progress has been made there. The consumption of spirits has declined almost fifty per cent in three decades, and whisky, gin and similar spirituous drinks have been banished by parliamentary enactment from the railway stations. Striking pluralities, overwhelming in some instances—in favour of local prohibition have appeared in several electoral districts where unofficial plebiscites on the question have lately been taken. From these and kindred evidences it is apparent that the temperance sentiment so pronounced in the palace is spreading widely, too, among the people generally.

The Jewish New Year.

The Hebrews are now celebrating the dawn of the year 5678. Jewish places of business all over the world are closed and special services are being held in the synagogues.

The New Year occurs in the autumn, when the falling leaves and fading flowers are supposed to turn man's mind to more serious reflection It is known by different names, and each has a spiritual significance One of these names is Rosh Hasnahah, and it is also known as the Day of Memorial, the Day of Judgment and self-examination. Tradition tells us that on this day the Ruler of Life weighs the doing of man and allots to each his destiny, as it were, for life or death.

The special prayers which mark the observance of the celebration, though solemn, are nevertheless replete with the spirit of joy and optimism. The orthodox Jews devote two days to the observance but the reformed Jews only devote one day. Next week there will be another holiday—Tuesday evening to Wednesday evening.

A WORD FOR MOTHERS

It is a grave mistake for mothers to neglect their aches and pains and suffer in silence—this only leads to chronic sickness and often shortens life.

If your work is tiring; if your nerves are excitable; if you feel languid, weary or depressed, you should know that Scott's Emulsion overcomes just such conditions.

It possesses in concentrated form the very elements to invigorate the blood, strengthen the tissues, nourish the nerves and build strength.

Scott's is strengthening thousands of mothers—and will help you. Try it.

Scott & Bowne, Toronto, Ont.

The Worth-While Man.

The man who is worth while is the one who does somthing for the good of those about him.

He may not have much money, he may not be a leading citizen, he may not be a large contributor to funds which will bring him particular notice.

He may be only the plain, every day fellow who, in a quiet way, gives a life to the one who is a little worse off than he himself.

A man who works for two dollars and gives a meal to an unfortunate is entitled to many more times praise than the man worth half a million who gives half of it to some institution in which he is interested. (This by the way, is an overdrawn illustration, for millionaries are not giving away half their fortunes.)

The man who treats his family right, pays his debts, and is honest in his dealings, is worth an army of those who get money in stealth and give part of it away in public.

You, in your little house on the street which is called Straight, may be laying up treasure where moth and rust do not corrupt, while your acquaintance on Easy Street may have nothing with which to meet the final accounting

Wolfville Astonished by Merchant's Story.

A merchant relates the following: 'For years I could not sleep without turning every hour. Whatever I ate caused gas and sourness Also had stomach catarrh. ONE SPOONFUL buckthorn bark, glycerine, etc, as mixed in Adler-i-ka relieved me INSTANTLY' Because Adler-i-ka flushes the ENTIRE alimentary tract it relieves ANY CASE constipation, sour stomach or gas and prevents appendicitis. It has QUICKEST action of anything we ever sold.

A V RAND

Advice From a Sector.

A celebrated clergyman once startled the young ladies of his flock with the following advice: The handsom, lass, who can darn a stocking make her own frocks, command a regiment of pots and kettles, feed the pigs, chop wood, milk cows, wrestle with the boys and be a lady withal in company is just the sort of girl for me, and for any worthy man to marry. But you pining, moping lolling screwed up, easy wasted mortgages, music murdering, novel devouring daughters of fashion and idleness you are no more fit for matrimony than a bullet is to look after a family of fourteen chickens. The truth is, dear girls, you want more liberty and less fashionable restraint, more kitchen and less parlor, more exercise and less sofa, more pudding and less piano, more frankness and less mock modesty, more breakfast and less bustle. Lose yourself a little, enjoy yourself a little, enjoy more liberty and less restraint by fashion, breathe the pure atmosphere of freedom and become something as lovely and beautiful as nature designed.

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 your case. 60 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.

People who are in a hurry to tell disquieting news or to say something that will make someone uncomfortable are quite numerous. For such there is excellent advice in the following lines:

If you know a thing that will darken
the joy
Of a man or a woman, a girl or a boy,
That will wipe out a smile or the
least way annoy
A fellow, or cause gladness to cloy,
It's a pretty good plan to forget it.

CASTORIA
For Infants and Children.
The Kind You Have Always Bought
Bears the Signature of Chas. H. Fletcher

Chicago children have returned to the public schools for the most part with 'the Kaiser page' torn from their spelling books. Superintendent Shoop ordered that the offending page be torn from all books. The effect of the war on the schools was further shown by the fact that no more classes in German will be forced in the fifth grade, pending final decision by the School Board on a resolution to eliminate this study from the curriculum

Children Cry
FOR FLETCHER'S
CASTORIA

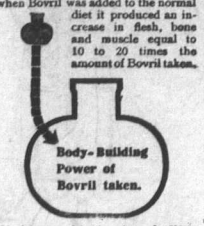
When Mr. Murphy went out on his first joy ride he was instructed on no account to speak to the driver. But it seemed rather necessary a little later to consult the chauffeur, and he said, hesitatingly: 'Pardon me, sor, for speakin', but since we bumped over those stones twenty minutes ago Mrs. Murphy has not been in the car.'

Children Cry
FOR FLETCHER'S
CASTORIA

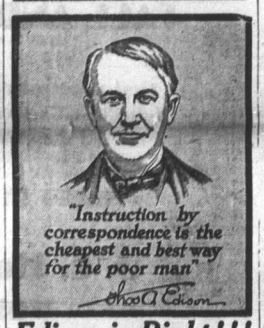
It pays to buy at home.

The Body-Building Power of BOVRIL

In feeding experiments on human beings carried out by a well-known independent British Physiologist, when Bovril was added to the normal diet it produced an increase in flesh, bone and muscle equal to 10 to 20 times the amount of Bovril taken.



No increase in price since the War.



Edison is Right!!!

You admit the International Correspondence Schools are a good thing. You'd take a course right now "if"—"except"—

"If" what? If you weren't so "overworked," with such "long hours," or had more strength and energy?

Wasn't it Edison who stayed up half the night educating himself in spite of every handicap you could ever have?

All big men who have made their mark in the world had the ambition—the determination—to improve their spare time, to train themselves for big work. You, too, can possess power, money and happiness if you'll only make the effort.

Here's all we ask: Merely mail this coupon. Put it up to us without paying or promising. Let us send you the details of others' success through the I. C. S. and then decide.

TEAR OUT HERE

INTERNATIONAL CORRESPONDENCE SCHOOLS
Box 888, SCRANTON, PA.
Explain, without obligating me, how I can qualify for the position, or in the subject, before which I mark X.

☐ ELECTRICAL ENGINEER	☐ SALESMANSHIP
☐ Electric Lighting	☐ ADVERTISING MAN
☐ Electric Car Running	☐ Window Trimmer
☐ Electric Wiring	☐ Show Card Writer
☐ Practical Telephony	☐ Outdoor Sign Painter
☐ Telegraph Expert	☐ RAILROADER
☐ MECHANICAL ENGINEER	☐ ILLUSTRATOR
☐ Mechanical Draftsman	☐ DESIGNER
☐ Machine Shop Practice	☐ BOOKKEEPER
☐ Gas Engineer	☐ Stenographer and Typist
☐ CIVIL ENGINEER	☐ Cert. Pub. Accountant
☐ Surveying and Mapping	☐ Railway Accountant
☐ MINE FOREMAN OR ENG'R	☐ Commercial Law
☐ Metallurgist or Prospector	☐ GOOD ENGLISH
☐ STATIONARY ENGINEER	☐ Teacher
☐ Marine Engineer	☐ Common School Subjects
☐ ARCHITECT	☐ CIVIL SERVICE
☐ Contractor and Builder	☐ Railway Mail Clerk
☐ Architectural Draftsman	☐ AGRICULTURE
☐ Concrete Builder	☐ Textile Overseer or Supt.
☐ Structural Engineer	☐ Navigator ☐ Spanish
☐ PLUMBING AND HEATING	☐ Poultry Raising ☐ German
☐ Sheet Metal Worker	☐ AUTOMOBILE ☐ French
☐ CHEMICAL ENGINEER	☐ Auto Repairing ☐ Italian

Name
Occupation & Employer
Street and No.
City Province

Is "Alright" Alwrong?

A father writes that his son has been severely scolded by his schoolmaster for using the phrase 'all right' in its amalgamated form 'alright,' and asks if the latter is no an abbreviated modern form as legitimate as, say, 'already.' Far from a modern upstart, 'alright' is, as a matter of fact, a very hoary antiquity, being used by English writers of a very early day. It may be anathema to the pedant, but it has its niche in the Oxford Dictionary.'—(London Daily News.)

Frederick the Great heard of a Silesian clergyman who had a reputation of communicating with spirits. He sent for him and received him with the following question:

'Can you call up ghosts?'

'At your pleasure, your majesty,' replied the clergyman but they won't come.'

Children Cry
FOR FLETCHER'S
CASTORIA

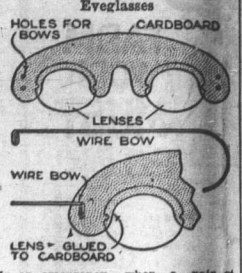
'Natural philosophy, my boy, is the science of cause and effect. Now you see the stream coming out of the kettle, don't you? But you don't know why it does so—'

'Oh, yes, I do, dad!—The stream comes out of the kettle that mother can open your letters without anyone knowing it.'

A Western dispatch had been killed. There was scarcely any evidence against the man who shot him. The coroner's jury brought in the following verdict:—

'We, the jury, find Bad Bill was killed with his boots on. We're against killin'; but thank God Bill's dead.'

Improvised Frame for Broken Eyeglasses



In an emergency, when a pair of glasses was broken, and it was found difficult to get along without them, a pair of old lenses, broken at the fastenings only, was fitted into a frame made of cardboard. The frame was made of the proper size so that the lenses were centered over the eyes, and the lenses were glued to it. Bows were made of wire and fastened in holes at the ends of the cardboard. This improvised frame gave reasonable satisfaction, in spite of its peculiar appearance.—Popular Mechanics.

KILLING WILD OATS

Successful Method of Veteran Farmer is Described

The weed problem is one of the most serious confronting Canadian farmers. Some weeds are troublesome in every province, while others cause most loss where grain farming is exclusively practised. Wild oats are a terrible pest in the Prairie Provinces and must be dealt with earnestly in order to keep them under control. Various methods are advocated for their eradication, but one of the very best is the fallow and fall rye method practised and recommended by one of the oldest and most successful farmers of the Northwest.

The infested field should be ploughed deeply (seven or eight inches if possible), as soon as spring seeding is over, and each day's ploughing harrowed as ploughed. As each crop of oats appears it should be cultivated or disked up to the 10th or 12th of August when the field should be given a final preparation and seeded about Aug. 15th, at the rate of one and one-quarter bushels of fall rye and packed or harrowed after seeding. The oats that germinate with the rye will be winter-killed, and those coming up in the spring will not ripen before the rye is ready to harvest. The better the soil is cultivated and prepared to receive the rye crop the greater will be the number of oats germinated and winter-killed. If necessary this treatment can be repeated. Fall rye is a sure crop, the grain brings a good price, and it is the one crop which will ripen ahead of the wild oats.

BRITISH CHURCH UNION

Public Worship in Common, was Baptist Divine's Idea

A striking suggestion of what might be a "Variety Church" was made by the Rev. W. Y. Fullerton, of London, as President, to the annual assembly of the Baptist Union at Bloomsbury Central Church. "My ideal for public worship in a village," said the president, "would be that all should gather in the ancient sanctuary which is the heritage of all; that there should be an Anglican service in the morning, a Methodist service in the afternoon, and a Baptist or Congregational service in the evening. If only it could be achieved, think what an influence it would have on the village and on the worship. In a town my ideal would be that on the morning of the Lord's Day we should go to our denominational sanctuary, and in the evening the people of all the churches should join as neighbors in prayers and praise in the nearest church, so that it would be no longer possible for two Christian families to live next door to each other and never worship together."

Relics of Hudson Bay

Some rusty relics were dug up at Toledo, Wash., while a man was digging a hole. They consisted of human bones and three rusted knives, all of the same pattern, an old coffee pot and an odd shaped bottle. It is thought the knives are of the Hudson Bay Company period.

Length of Animals' Lives

Whales seem, on the whole, to be particularly gifted with longevity; those which supply us with whalebone are supposed to live for several centuries. Elephants rank fairly high; in India they often attain the age of one hundred years.

For Large Game Fish

On a new lure for large game fish invented by a Chicago man two hooks are folded on one another with the barbs inside until a fish closes his mouth on the device and drives both hooks into effective position.

Because frosts do the most damage when the air is calm, a Paris scientist has advanced the theory that orchards and vineyards can be protected by electric fans to keep the atmosphere moving.

A fumigating boat, used in the harbor of Hamburg to rid incoming ships of rats, has been known to kill more than 900 rodents on a single vessel.

It is too bad more of the country-bred city leaders could not have exercised their ability toward the promotion of agriculture and country affairs.

A strip of land six miles wide and about 50 miles long in the Transvaal supplies about one-third of the world's gold.

The chief cause for the start of the feather-eating habit is lack of exercise, green food and meat scraps.

It will pay the poultry keeper to make draft-proof any cracks in the back, sides and roof of the houses.

Put Less Tea in the Pot

Because it chiefly consists of the Assam teas of Northern India, the strongest and richest in the world, less Red Rose is required in the tea pot.

Where four or five spoonfuls of ordinary tea are required just use three of Red Rose.

And Red Rose tastes better.

Kept Good by the Sealed Package

Memories
of "the nicest cup of tea I ever tasted"—

KING COLE ORANGE PEKOE

The "Extra" in Choice Tea

KING COLE TEA

THE SPRIG *of* MAGIC HEATHER

Among the Selkirk Mountains—Mt. MacDonald on left and Sir Donald on right.

I'M just an ordinary, everyday working woman. That I earn my living with a fountain pen and a typewriter, rather than with a fine needle and sewing machine, or a woolly cloth and a pail of suds, is an accident of temperament. I get just as tired sometimes scraping up thoughts and putting them into sentences as the other woman does who fine-combs Vogue or the Pictorial for a new way to make her customer's evening coat.

But this summer I had a holiday. I've had them before, but they've taken me to towns that were bigger and dirtier and more bedisenedly sophisticated than my own. I've come back so many dollars poorer, not a pound heavier, and, if I brought mementos home with me, they were body-wearables, not soul-delightables.

But this year I had a holiday that was so different that I'd rather spell it the old way and call it a Holy Day.

I spent a whole month in the Canadian Pacific Rockies.

Do you know what I'm looking at now? It's a sprig of red heather and I wouldn't give it up for a wardrobe-trunkful of dutiables.

I hold it in my hand, the tough little brown stalk of it, and gay green leaves, the purply-pink flame that it flowers into. And the walls of my den go back, melt out——

The sun is high in the cloudless heavens—the blue heavens that seem to hang like a soft curtain dropped to rest on the snow-tops of the great mountains. All morning I've followed the trail through the great trees of the Asulkan Valley, by the side of the ice-cold roaring glacial river, until the path led me back to the sources of everything.

The mountain slopes lay before me in a vast fan. Great gullies into which you could drop a city block looked like wrinkles in the brown velvet flanks. The river had its fourfold beginning on these slopes. To follow anyone of the streamlets up to its parent glacier-tongue would have been a day's joy, but the trail had elected to keep to the left according to the traffic laws of British Columbia.

At home I'm reckoned a fairly good walker. I can do a couple of miles without being [illegible] But in the Rockies [illegible] ten miles and get home with the lilt of pure joy in my very last step. And to pit myself against the sudden steepnesses of a trail full of surprises made me laugh out loud.

At the edge of a snowbank, where it crept to the border of the trail to peep over at the brooklet far below, my little bit of heather grew——

The vast silence of the heights was such that I wouldn't have been surprised if the brave pink bells had turned toward me and tinkled! I put my hand out slowly. And drew it back again.

I'm half Scotch according to the family tree that grows so green in my grandmother's memory. But I'd never seen heather before, except one wee pressed bit of it that compassionate friends had sent out to us.

And here it was—brave, wonderful, undauntable! I didn't need to wait to ask anybody. It was heather, heather to the staunch soul of it, and it was growing right there—it had always grown right there—for me.

I picked it and carried it, like a purple torch, right up to where the last green grass lifted itself out of the sheeted whiteness that ran straight up, steep as the pitch of a cathedral roof, to meet the far blue blaze of the sky. And when I look at it now, the wee flame on its crest lights up the way back to all the silent wonder of that day.

I have a yellow lily too that can work magic. It grew right up through the snow in an Alpine meadow where I talked to a great grey marmot who sat on a rock listening.

I have a white "hare's a tail"—silky little ball that swung in the wind that blew down from the Victoria Glacier at Lake Louise.

I have a bunch of dried sweet grass that came from Banff on a day we drove to Moraine Lake under its solemn Ten Peaks.

I have a little trilobite fossil that has never seen a glass case, though its worthy of one. It means a morning of enchantment on the prehistoric upland beds of Mt. Stephen at Field.

Best of all perhaps I have something that nobody can name.

"You look different," said my next door neighbor, "I don't know just what it is. You weren't sick when you went away. But now—you look like a house plant that's been in the garden all summer."

E. M. J.

Deutchman's cabin at Nakimu Cave, Glacier, B.C.

R. J. Whitten & CO.
HALIFAX
Receivers and Sellers of all kinds of Farm Produce.
Consignments Solicited.
Prompt Returns.

E. C. BISHOP
Licensed Auctioneer for Town of Wolfville and Kings County.
Wolfville, N. S. 14—3m pd.

F. J. PORTER
Licensed Auctioneer for towns of Kentville and Wolfville, N. S.

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.

Professional Cards

DENTISTRY.

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.
Office Hours:—8-1 a.m., 1-3, 7-9 p. m.

Expert Piano Tuning Guaranteed.
Voicing, Regulating, Repairing Organs Tuned and Repaired.
M. C. Collins.
P.O Box 321, Wolfville, N.S.

McCallums, L'td
The largest dealers in Improved Farm Properties in Canada.
Halifax, N. S., Canada.
Are now offering the property of the Wolfville Fruit Land Improvement Co. Ninety acres of Orchards fully improved. In whole or part. Price exceptionally low. 25
C. A. Porter, Local Agent.
OFFICES: WOLFVILLE AND KENTVILLE

COAL! COAL! COAL!
Carefully Screened and Promptly Delivered.
Springhill, Albion Nut and Old Sydney.
GIVE US A TRIAL.
Burgess & Co.

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. I will also repair Furniture of all kinds.
I have had a large experience in this work and can guarantee satisfaction.
J. C. Bishop, - Wolfville.

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

Yarmouth Line

Fall SERVICE.

Leave Yarmouth Wednesdays, and Saturdays. Return, leave Central Wharf, Boston, Tuesdays, and Fridays.

For tickets, Staterooms and additional information, apply at Wharf Office.

J. Ernest Kinney, Supt, Yarmouth, N. S.

BOSTON & YARMOUTH STEAMSHIP CO., Ltd.

Public Notice.

All persons having legal demands against the estate of Caleb R Bill, late of Wolfville, in the County of Kings, Collector of Customs, deceased, are requested to render the same, duly attested, within twelve months from the date hereof; and all persons indebted to the said estate are required to make immediate payment to the undersigned.

MARGARET B. BILL,
Administratrix.

Wolfville, Sept. 5th, 1917.

Wolfville Time Table

DOMINION ATLANTIC RY
& STEAMSHIP LINES
TO ST. JOHN VIA DIGBY
AND TO BOSTON VIA
DOMINION ATLANTIC RY.
YARMOUTH AND BOSTON S.S. LINE
BOSTON & YARMOUTH STEAMSHIP CO. LTD.
— — YARMOUTH LINE — —
LAND OF EVANGELINE ROUTE

Effective Sept. 19th, 1917.
Service daily, except Sunday.

ARRIVING

Express from Kentville	8.07 a m
Express from Halifax & Truro	9 58 a m
Express from Yarmouth	4.20 p m
Express from Halifax	6.55 p m

LEAVING.

Express for Halifax and Truro	8 07 a m
Express for St. John and Yarmouth	9 58 a m
Express for Halifax and Truro	4 20 p m
Express for Kentville	6.55 p m

ST. JOHN AND DIGBY
Daily Service (Sunday Excepted)

Canadian Pacific Railway S. S. 'Empress' leaves St. John 7.00 a. m. arriving in Digby at 10.00 a.m. Leaves Digby 2 00 p. m. arriving St. John 5.00 p m. making connection at St. John with trains of Canadian Pacific Ry. for Montreal and the West.

Boston Service

Express train leaving at 9.58 a. m. for Yarmouth connects with steamers of the Boston & Yarmouth S. S. Co., Ltd., sailing on Wednesdays and Saturdays for Boston.

Buffet parlor cars run each way, daily, except Sunday, on express trains between Halifax and Yarmouth.

R. U. PARKER
General Passenger Agent,
George E. Graham, General Manager,
Kentville, N. S.