Dangerous Condition Relieved Just In Time By "Fruit-a-tives"



632 Gerrard St. East, Toronto., Stomach. It afterwards attacked my body, so I could hardly move around. I tried all kinds of medicines but none of them did me any good. At last, the first box last June, and now I am suffering from Indigestion, no matter possibility. how acute". FRED J. CAVEEN.

troubles you, take 'Fruit-a-tives'.

At all dealers or sent postpaid by must be magnificent. We were too ing tucked into her belt betrayed how Fruit-a-tives Limited, Ottawa.

A DINNER AND A KISS

"I've brought your dinner, father," The blacksmith's daughter said, As she took from her arm the kettle And lifted its shining lid. "There is no pie or pudding, So I will give you this," And upon his toil worn-forehead She left a childish kiss.

The blacksmith took off his apron, And dined in happy mood, Wondering much at the savor Hid in his humble food; While all about him were visions Full of prophetic bliss; But he never thought of magic In his little daughter's kiss.

While she with her kettle swinging, Merrily trudged away, Stopping at sight of a squirrel, Catching some wild bird's lay. And I thought how many a shadow Of life and fate we should miss, If always our frugal dinners Were seasoned with a kiss.

THE MAN AND THE TIDE

the tide As it easily floats him along,

But the man against whom it has bringing with it the creak and rattle last the Islanders seized all the gaunt, turned, that deserves The honor of wreath and song.

And struggles to reach the goal, *

pride Because of his dauntless soul.

With the spirit of joy in his blood! civilization

His battle is terrible all the while

and smile

On the tide that ripples to town Of the river of life each day;

That drift with the stream along.

REZISTOL—A safe and sure remedy in all cases of overstimu-Brain Fatigue, Nervous Exhaustion caused by overwork or malnutrition, unequalled for nausea or general depression. A general tonic and body builder. Mail orders filled by

Minard's Liniment Cures Colds, etc. cide.

AT THE TOP OF THE NORTH SEA

(By U. N. Macdonnell)

Ever since the war began we have! At this moment we rounded a shouleen hearing of those remote islands der of our hill and saw a Shetland that command the upper part of the farm tucked away behind it. Such a base in the Orkneys, where much more or other,-it was not well grown en- I cannot speak, for I judged dis- sels. Against this background a studrocky islet of the Shetlands, and more the fishing and gain their chief live- twilight, but the sun does not set till rible explosion in Lerwick, their prin- the poor crops. cipal town, though its cause has been A minute later we met one of these

the earth the centre of a terrible fuel is also hers. The "kysshie" is atmosphere of fried herrings, which trawlers. struggle. Not long ago some Orkney a basket made in Shetland from the never left us until we reached land For two years, I was a victim of Territorials volunteered for service at roots of the heather, and in size and again. When we made some inquiry Acute Indigestion and Gas In The the front. They were sent home again shape much resembles the familiar about all these craft the boatman said with thanks, and told they were "at bushel basket of our fathers. The ma they were "the Dutchmen," and his Heart, and I had pains all over the the front" already in one of the most terial of which it is constructed tell's contemptuous look and tone said so important spots of the Empire. Per- a tale. In the south, baskets are plainly as words that we were ignorhaps the islands may never again wear made of willow; in Orkney, lacking amuses from nowhere that we shrivquite their old aspect of peace and re- osiers, they do very fine work with elled up morally and deferred further acting on the advice of a friend, I moteness from the world, and the straw. But poor Shetland has not decided to try 'Fruit-a-tives'. I bought | writer looks back with peculiar fond- even straw. The women must work found out more about these Dutch ness to a visit paid to Lerwick some their hands raw with the harsh heathwell, after using only three boxes. years ago as to a pleasure that may er, the only vegetable growth which ing feature of Lerwick. Ships from I recommend 'Fruit-a-tives' to anyone never again be within the range of is plentiful. Then, with the kysshies Holland, we discovered, have been

Simple Indigestion often leads to when we went on deck that morning path until the peat-stack rises higher herring before the Shetlanders them-Heart Attacks, Catarrh of the Stomach of our arrival. It was July, yet there than the cottage roof. and constant distress of mind and body. was no verdure, only a savage tumble This women was young and attract- beneath their waters. To this day If you are bothered with any Stomach of black, rocky hills on the one hand ive, and cheerful enough under the they complain that the Dutch get the Trouble, and especially if Constipation and on the other, a long, gradual, heavy load which bowed her should- cream of the fishing because of their brown slope,. A month later, when ers. Her hands were incessantly busy superior equipment. Between three 50c. a box, 6 for \$2.50, trial size, 25c. every nook is purple with heather, it as she walked and a long end of knitt- and four hundred of their broad-beamearly for that, but the sky was a the famous Shetland shawls are made. brilliant blue, and so was the sea, and If we could have peeped into her cotthe browns and yellows, with the gray tage we would have seen, as we saw haired, colorless, phlegmatic men in

> ed us ashore and led us up the long, from which the smoke drifted upwards them every year and have the use of glimpses into curious stone wynds ious place to produce shawls that are like those that open from High Street a marvel of delicate cobwebbiness! in Edinburgh. These northern ones, We reached the top of our hill sud- stentorian voices raised in the psalm. however have not yet fallen into the denly, and with clouds of gulls wheeldrank tea with an elderly gentlewom- dropped from us sheer down to the boats. Some of them were setting an who lived down one of them, and waves. On this crystal day we could out as we went up the street and we found it a sufficiently comfortable see far away to the Fair Isle, that inabode, though none of the lightest. significant dot of land half way be-

Our lodgings were on the "street" in tween the Orkneys and the Shetlands, a house to dream of, decidedly not a which has more wrecks to its credit house to keep house in (were they than anyone would enjoy counting. wrecked in the explosion, I wonder?) There is a tragic tale still whispered Passages flagged with uneven stones, around winter firesides of a great stone stairs, stone window frames Spanish ship cast away there in that mouldered out of shape, fires which terrible running fight when the Armawill not burn unless one window at da fled from the Lizard to the Pent- in the extreme to meet a clergyman least is open, a queer stone anteroom land Firth and beyond it. The unwhich separates the front steps from lucky survivors of the wreck spent the entrance hall and serves no appar- the long, dark winter among the Isent purpose except to strike the visitor landers. They are up all the sheep, with gloom-these are not the features they tell you, and when they began on one longs for in a home. But then we the ponies the prudent natives, seeing came here in search of something dif- a famine imminent, refused to give It isn't the man who goes up with ferent. And at night when the peat them any further provisions. Some fire burned hotly and the mist floated sort of a warfare seems not unnatursoftly in through the open window, ally to have followed on this, and at and fancied we could discern a time

done much before night came.

of rigging and hoarse halloes in voices starving foreigners they could lay

hands on and hurled them into the sea.

where the deed was done.

First, we made off to the bay again. Nor is there any reason to doubt Ah, he is the hero life greets with We were going to visit that island the truth of this story. The remarkwhich had been on our right hand able thing is that the Spaniards were as we steamed up the Sound. We were allowed to land in the first place, going to climb that long, brown slope since the Islefolks used to have a The struggler there in the angry deep and see what was on the other side of strong superstition against rescuing That against him is rolling its flood; it. An anchronism in the shape of a shipwrecked sailors. Pit to this day Watch how he fights in the current's small gasoline launch ferried us ac- there is powerful proof of Spanish inross and we turned our backs on fluence in the complicated and brill-

so richly black and brown? For your Tradition says that the castaways credible. At any rate the old, gray germs. own sakes, I hope you will; and I hope taught them both the patterns and the the ponies will be there still and the secret of preparing the dyes in the The many ride on the friendly wave ditches full of black water with the early months before hostilities had peat lying beside them to dry, and the broken out. But the souls that are bright with the sheep-oh, very especially the sheep! But we reflected that if we were to They are like no other sheep in Anglo- pause to recall all the dark tales of Are the men that are tossed in the Saxon countries-small in stature, the north we should do no more exwith abnormally long, trailing fleece, ploring, and we turned our thoughts called "mooret" (so pronounced how- seafowl there. It is preserved for ever spelled), which is much prized. them, and is consequently a great The people quite understand the beau- breeding place. So he turned off into ty of their coloring and the wool is a hollow, encountering a field of ponseldom dyed. The shawls for which ies by the way. They were shaggy they are famous are knit in some little creatures with coats almost as

combination of the natural colors, and long as a sheep's fleece. The ordinary We saw a flock of the sheep feeding is sleek and glossy in comparison with a "gospeller" was preaching peace and supply must be made ample and peron seaweed at low tide. The practice these native specimens. They oblig- goodwill. The crowd surged equally manent by the installation of regular both colling glass to admit the there is nothing much else for them patetic man to measure them, when ous of either, wandered up the shore, proper amount of light required for to eat. They are never shorn. The the largest just reached the second until the mist swallowed them. wool is plucked from them and they button of his coat. After this he tell you that this accounts for its per reached the point directly opposite The sunset flush was still rosy in the lighter, see that it is equipped with Five thousand German prisoners of culiar softness and lightness. They Noss and whistled for the solitary sky. war on an island near Auckland, Aus-also tell you that the plucking process shepherd of the place to bring a boat is not painful because the fleece be- for him. But of his further adven- grate, with the west window duly the waters thereabouts are alive with comes so loose that they will tear off tures and of his homeric encounters open. if the sheep squeeze past a sharp rock. with some great Artic skecas who re-

cretion the better part of valor and ent voice beneath us called:

recently news has leaked out of a ter- lihood there, while the women tend | ten, and at twelve we wrote letters out

sailors, who are not the least interestbound on their shoulders, they go up fishing here for the last hundred years. It was a wild country that we saw and down, up and down the long hill- They used to take enormous catches of selves realized the gold mine that lay ed craft lay in the Sound while we the streets were alive with flaxenof Lerwick town, were fair enough. in others, two small rooms, with a flapping blue pantaloons and wooden shoes. They bring a chaplain with packed together with not a woman am-

ong them and to hear their hoarse

stopped to watch. But the good-natured-looking vikings no sooner caught planation in the clerical garments of the peripatetic man. We were told that the fishermen consider it unlucky on their way to the fishing. One to bless the fleet before it sails. Is it that the Shetlanders have had a less fortunate experience with clergymen? A custom of this sort opens a wide door of inquiry into the past. We looked back the long lane of ancient history

of the old sea god? street again. The wierd affect of the must come. antly colored patterns which the wo-

The men that must battle from hour and of at least half a dozen different elsewhere. The peripatetic man be- the Dutchmen. An enormous female en daylight again, the sudden change colors. You find them white, black, a came fired with an ambition to cross population in the islands? Not alto- strains and paralizes the optic nerves, Against the tides that are strong; soft, pale gray, a dark purplish gray, over to Noss, a small islet lying off gether. These girls come up from all thus seriously affecting the eyesight. And not the fellows with plenty of a rusty brown and a soft fawn shade this side of Bressay, and view the parts of Scotland for the herring fish- A limited amount of light admitted in ing. They clean the fish ready for front of the cows in their stalls will excellent food and their skins are salting (and are familiarly known as rectify this great mistake. The open- yearly becoming more valuable. herring-gutters), working at various ing of the manure holes-if you are Dr. Grenfell will be glad when the General Freight and Passenger Agent

down on him with beak and wings, east corner as I spoke.

asked the peripatetic man. I shivered. The days in winter are

slight sounds from hundreds of ves- completed twenty years of noble

"Boat-ahov!" steps and reached the Sound again it ross the water. I turned firmly to the wonderful life for the past two de-

Sound this year. The herring-gutters The Sound had filled up while we are working in factories in the south, women coming down the hill path were away. Our small launch shot turning out shells to kill their fellow- campaign conducted by Moody A strange fate it is that has made with her "kysshie" of peat for the across the bows of innumerable blunt- creatures. And the fishermen—some and Sankey, in England and that these quaint and primitive corners of weary task of providing the winter nosed vessels amid an all-enveloping of them will meet the fate of other a few years afterward, young Gren-

Poor Shetland! Poor Europe!

Branch of the Federal Department of Agriculture, in co-operation with certain record associations representing cord the performance of pure bred belief that real Christianity consists Midland Division milking cows. Each record associa- of doing deeds of love, not talking tion agreed upon a standard of yield for cows of its respective breed to quality for registration, while the When Dr. Grenfell first talked Truro at 7.05 a.m. 5.10 p.m., and 7.50 Live Stock Commissioner formulated of going to Labrador, he was told been issued, containing a list of the This did not deter him in the least. animals that qualified for registration His first cruise in Labrador waters ing Bluenose trains between Halifax during the year, their breed, age, own- was made in the mission hospital and Yarmouth ership, milking period, production of milk and fat and such other information as might reasonably be looked burden and, said Dr. Grenfell, 'as for in an official report. Each year stout a craft and as comfortable in the work has increased until the a breeze as any I have ever been no less than 152 pages of information. Dr. Grenfell's first professional mouth" leaves St. John 7.00 a. m., narrow cobbled streets to our lodgings through strings of drying fish until a the parish church at certain hours of During the year 413 cows qualified call in Labrador was made a few leaves Digby 1.50 p. m., arrives at St. There was not a tree to be seen; of small fraction of it escaped through a Sunday, and it is an impressive for registration, including 196. Hol-minutes after he landed. The sick John about 5.00, connecting at St. John with Canadian Pacific trains steins, 123 Ayrshires, 33 Jerseys, 9 man was in a hut made of earth, for Montreal and the West. Guernseys, 14 French Canadians and sod and straw. It was dark and 36 Shorthorns. The highest records damp and air-tight, except for the were:—Shorthorn, 15,535 lbs. milk, door which was always kept shut. The Shetlanders themselves special- 540 lbs. fat; French Canadian, 10,767 There was no flooring exept sea however have not yet fallen into the denly, and with clouds of guils wheel hands of a class who hang dirty washing and screaming above us, found the hands of a class who hang dirty washing and screaming above us, found the hands of a class who hang dirty washing and screaming above us, found the hands of a class who hang dirty washing and screaming above us, found the hands of a class who hang dirty washing and screaming above us, found the hands of a class who hang dirty washing and screaming above us, found the hands of a class who hang dirty washing and screaming above us, found the hands of a class who hang dirty washing and screaming above us, found the hands of a class who hang dirty washing and screaming above us, found the hands of a class who hang dirty washing and screaming above us, found the hands of a class who hang dirty washing and screaming above us, found the hands of a class who hang dirty washing and screaming above us, found the hands of a class who hang dirty washing and screaming above us, found the hands of a class who hang dirty washing a class who hand dirty washing a class who hang dirty washing a class who hand dirty washing a class who had a milk, 520 lbs. fat; Holstein, 23,717 lbs. milk, 834 lbs. fat; Jersey, 15,211 lbs. the sick man and his wife who at-

tains an appendix containing the rec- ing with pneumonia. And this ords of cows which produced suffi- was only a sample of the wretched cient milk and fat to qualify for regis- conditions found on all the islands tration but failed to calve within in this land of ice, dogs, frogs and fifteen months after the commence- cod. ment of the test, as required by the Dr. Grenfell's records show some registrations. This report is of special nine hundred and fifty sick folk interest to dairy farmers who are anx- treated during that first cruise. of their herds. Copies will be sent was made memorable by the opto those who apply for them to the portunity to attend an unfortunate Publications Branch of the Depart- man, who, a short time before, hadment of Agriculture at Ottawa.

While there are but few dairy barns when the Norsemen, nominally Chris- that are really sufficiently lighted at tian, had still a very lively fear of the any time the number of dark barns ancient gods. Did he dread the con- during the winter months are much The man who still battles against the But this is anticipating. We had They still show you the voe, or fiord sequences of showing respect to the greater than during the summer since priest of the white Christ when he was most dairymen in their efforts to make the huge summer floating populasoon to put himself within the power the quarters snug and warm for the tion and of the winter residents. animals through severe winter wea- The original sailing ketch was sold We went back to our lodgings for a ther, bar much of the light by closing and replaced by an efficient little meal and then sallied forth into the up all the openings through which it hospital steamer named, after the

evening daylight was indescribable; it The dark dairy barn is more apt to is fitted with an X-ray apparatus turned all one's mental habits topsy- be damp since dampness is sure to a searchlight, and wireless teleturvy. Lerwick was thronged at this form where the sunlight never is al- graphy. It patrols the coast durhour, yet there was not the garishness lowed to penetrate, and this with the ing the season of open water and that belongs to other towns by night. liquids passed by the cows, forms an has been the means of saving many That walk was perfect. If you who men of the Fair Isle knit. They are The sober daylight seemed to make ideal seedbed for establishing rheu-lives. As the waters keep dashing him read should ever travel the same path entirely different from any other nor- down:

The crowd decent. I would say that matism among the herd, while the ab- like the water were Dutch and are identical with all the men on the street were Dutch and are identical with all the men on the street were Dutch and are identical with all the men on the street were Dutch and are identical with all the men on the street were Dutch and are identical with all the men on the street were Dutch and are identical with all the men on the street were Dutch and are identical with a like the men on the street were Dutch and are identical with a like the men on the street were Dutch and are identical with a like the men on the street were Dutch and a like the men on the street were Dutch and a like the men on the street were Dutch and a like the men on the street were Dutch and a like the men on the street were Dutch and a like the men on the street were Dutch and a like the men on the street were Dutch and a like the men on the street were Dutch and a like the men on the street were Dutch and a like the men on the street were Dutch and a like the men on the street were Dutch and a like the men on the street were Dutch and a like the men on the street were Dutch and a like the men on the street were Dutch and a like the men on the street were Dutch and a like the men on the street were Dutch and a like the men on the street were Dutch and the men on the street will you find sky and sea as blue as thern work and are identical with all the men on the street were Dutch, sence of light further encourages the tive Store" which has encouraged But it's better than drifting with song we did, turf as golden, upturned peat those still found among the Moors. if the statement were not openly in- accumulation of all sorts of disease thrift among its customers and

houses rang to the click of wooden Another most undesirable feature of greatly lowered, one of the greatest shoes on cobblestones. We could have the dark dairy barn is its detrimental things which Dr. Grenfell has done fancied ourselves in Rotterdam, save effect on the eyesight of the herd. for these people has been the infor the women. There was no mistak- The animals are confined in their dark troduction of reindeer into Labrading them. The inevitable knitted shawl quarters for several hours, perhaps over the head stamped each as a Shet- several days at times, which some- that can find sustenance from the lander or a Scotswoman at the least. what accustoms them to the gloomy immense tracts of moss in the in-In point of numbers they equalled atmosphere. Being turned into the opterior. The reindeer not only afstations on shore, to which the catch not equipped with a modern litter car- reindeer supplants the dog in afrier—may be resorted to when the fording transport, for he can recall At one end of the thoroughfare a so- weather will permit, but as there are many cases of people badly injured cialist orator was exhorting to red times when this practice would expose or killed by the wolfish "huskies," Shetland pony of fortunate childhood war against capital. At the other end the herd to severe weather, the light since he went to Labrador. the general welfare of the herd.

Slowly the town clock struck eleven. And while you are making the barn Steamships Prince George and modern stalls, stanchions, litter car-The peat was blazing cheerily in our riers, etc.—Farm Life.

A cotton planter in South Carolina at 2 p. m. "For sheer joy I never had a day has raised brown, yellow and green How true this is I leave experts to desented his intrusion and swooped like it." I was finding a chair in the cotton, and hopes to produce black, red and gray cotton.

Twenty Years of Heroic Service

By Jean Ford Roe.

DR. WILFRED T. GRENFELL ded of voices, moving water and the the famous medical missionary, has service in Labrador, that almost unknown country that borders the An answering hail came faintly ac- Arctic wastes. The story of this cades—a life dedicated to the ser-"Shove up that other window. The vices of the slowly fisherman of the icy Northland—is a story of peril hardship and suffering.

It is said that Dr. Grenfell was converted during an evangelistic fell met Mr. Moody and told him about it. Mr. Moody, it is related, looked at the young Englishman a Flying Bluenose for Halifax 12.39 p.m. moment and then said, "And what Express for Halifax......1.58 p. m. are you doing?"

Nine years ago the Live Stock Whether this story is true matt-Dr. Grenfell and his devoted band breeds of dairy cattle, began to re- of helpers have lived up to Moody's

tests that it was "the land of Cain" and "the rubbish-heap of the Creation." ketch Albert of ninety-nine tons

tended nim, were five half-naked This report for the second time con- children. The fisherman was dy-

ious to build up the milking qualities His first visit at an Eskimo village blown off both hands while reloading a cannon to salute the incoming supply vessel on its annual trip.

With the aid of friends and the Government of Newfoundland, Dr. Grenfell has built and equipped five hospitals on the islands off the From Liverpool coast of Labrador to afford proper care and protection of the lives of chief donor, Strathcona. This boat

caused prices of necessities to be ford excellent transport, but their milk is rich, sweet and easily made into cheese their flesh furnishes

Steamship Co., Ltd

Prince Arthur Leave Yarmouth daily, except Sundays at 6 p. m. Return, leave Central Wharf, Boston, daily, except Saturdays,

Tickets and Staterooms at Wharf Office A. E. WILLIAMS, Agent Yarmouth, N. S.

THEY'RE FINE FO KIDDIES -You should always keep a bottle of Chamberlain's Stomach and Liver Tablets on the shelf. The little folk so often need a mild and safe cathartic and they do appreciate Chamberlain's instead of nauseous oils and mixtures. For stom ach troubles and constination, give roundes and constitution, give one just beforeign to bed. All druggists, 25c, or send to CHAMBERLAIN MEDICINE CO., TORONTO TABLETS

On and afte rJuly 19th, 1915, train

service on the railway is as follows: Service Daily Except Sunday.

Express for Halifax (Monday only) Express for Yarmouth.....12.08 p. m. Flying Bluenose for Yarmouth 2.18 p.m.

Accom. for Annapolis......6.35 p. m.

Trains on the MidlandDivision leave Windsor daily (except Sunday) for m. and from Truro for Windsor at 6.45 a.m., 2.30 pm. and 12.50 p.m connecting at Truro with trains of the Intercolonial Railway and at Windsor with express trains to and from Hali-

Buffet Parlor Car Service on Fly-

St. John - Digby

(Sunday excepted.)

Canadian Pacific Steamship "Yar-

Boston Service

on which the hut was built. Besides Flying Bluenose train from Halifax

P. GIFKINS, General Manager

FURNESS SAILINGS

From London

ABOUT

From Halifax ABOUT Appenine Aug. 27

Sept. 7 Caterino Shenandoah Sept. 21 Aug. 31 (via St. John's, Nfld.) Messina

From Halifax ABOUT Toba co Sept. 11

Durango Sept. 25 Above sailings are not guaranteed and are subject to change without notice.

Furness Withy & Co., Limited Halifax, N. S.

	Time Table in effect January 4, 1915	Accom. Mon. & R
Read down. 11.10 11.38	Stations Lv. Middleton Ar. * Clarence	Read up.
11.55 12.23	Bridgetown Granville Centre	15.17 15.01 14.86
12.39 12.55 13.15	* Kapsdale AR. Port Wade Lv.	14.21 14.05 18.45

WITH ALL POINTS ON H. & S. W. RAILWAY AND D. A. RAILWAY.

is not too bad for a lad who a year ago did know Debit from Credit. He is an undergraduate and since his appointment in June has received two promotions. Despite these facts some persons say it does not pay to be Maritime-trained.

Students admitted any day at the

Maritime Business College HALIFAX, N. S. E. KAULBACH, C.A.