

SHARP ATTACK REPULSED

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



MR. F. J. CAVEEN
632 Gerard St. East, Toronto.

For two years, I was a victim of *Acute Indigestion and Gas in The Stomach*. It afterwards attacked my heart, and I had pains all over the body, so I could hardly move around. I tried all kinds of medicines but none of them did me any good. At last, acting on the advice of a friend, I decided to try "Fruit-a-tives". I bought the first box last June, and now I am well, after using only three boxes. I recommend "Fruit-a-tives" to anyone suffering from indigestion, no matter how acute! F. J. CAVEEN.

Simple Indigestion often leads to *Heart Attacks, Catarrh of the Stomach and constant distress of mind and body*. If you are bothered with any Stomach Trouble, and especially if Constipation troubles you, take "Fruit-a-tives".

Box, a box, 6 for \$2.50, trial size, 25c. At all dealers or sent postpaid 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, or organize.

OFFICERS OF WOLFVILLE UNION.

President—Mrs. L. W. Sloop.
1st Vice President—Mrs. J. Cutten.
2nd Vice President—Mrs. R. Reid.
Recording Secy.—Mrs. W. O. Taylor.
Cor. Secretary—Mrs. L. E. Dunsan.

Treasurer—Mrs. H. Pines.

SUPERINTENDENTS.

Laborator Work—Mrs. Fielding.
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Willard House—Mrs. M. Freeman.
Temperance in Sabbath-schools—Mrs. (Dr.) Brown.
Evangelistic—Mrs. Purves Smith.

Heart of Gold.

There's a boy we love in khaki, he has answered to the call, from the farm, from street and store, from office chair;

For the blood that bought our freedom flows in every British vein; 'Hearts of Oak' are beating true to do or dare;

Britain's blood-stained sword is flashing and the flag shall never fall, while the Sons of Empire rally o'er the brier.

But a heart I know is aching, and her eyes are wet to-night, I am thinking of the girl he left behind.

The stars were shining brightly the one night he held her close, and when perched in her ear the fatal day, when he must say a last good bye, her loving heart was wrung, but she never said a word to bid him stay; She only clung the closer, as the moon went sailing past, and he told her, "I am called to face the foe!"

My King and country need me, and I may come back to you, Good-night, dearie, kiss me sweet, heart, I must go!"

She is living on the prairie, she is dwelling in the town, she is working in the office and the store, She has gathered up the broken threads the boys have left behind, and the busy hands must do a little more;

But her heart is in the trenches, and it's beating all for him, like a hero she has answered to the roll, May God's angel's guide and guard, these as life's shadows come and go, Little girl with loving eyes and heart of gold.

—E. M. LADUKI, North Battleford, Sask.

A Newspaper Opinion.

A few weeks ago the 'Times' wrote upon the drink question as follows:—

'The whole question really turns upon the consciousness that alcoholic drinks satisfy some kind of temporary want, or produce some temporary comfort or exhilaration, coupled with a belief, which modern physiology is doing her best to dissipate, that they are at least essentially harmless when consumed in moderation. It may be stated as an opinion upon which most, if not all, physiologists are agreed, that alcohol contributes nothing to the permanent powers of the healthy organism, whether physical or intellectual. No man, it is said, is the stronger for taking it, and

WEAK, SORE LUNGS

Restored to Health by Vinol
Camden, N. J.—"I had a deep seated cough, was run-down, and my lungs were weak and sore. I had tried everything suggested without help. One evening I read about Vinol and decided to try it. Soon I noticed an improvement. I kept on taking it and today I am a well man. The weakness is all gone from my lungs, I do not have any cough and have gained fifteen pounds."

—FRANK HILLMAN.

We guarantee Vinol for chronic coughs, colds and bronchitis and for all weak, run-down conditions.

A. Y. Rand, Druggist, Wolfville, N. S.

no man in the world. The experience, now very extensive, of insurance offices, seems to place it beyond doubt that even the moderate regular use of alcohol in any form is, on the whole, contributory to the shortening of life. When these views come to be fairly balanced against temporary gratification of the palate, or temporary stimulation of the brain, they will be likely to lead, not a single "weaver" of sobriety, but to a gradual change in the habits of the more intelligent portion of mankind.

Children Cry FOR FLETCHER'S CASTORIA

Helpful Ideas.

Spend an hour or two each week in preparing the menus for the week. You will be pleased with the freedom from the constant strain of wondering, planning and guessing what you are going to get for dinner. It is a most fascinating game and one much more gratifying than that of "solitaire" or puzzle picture, for you are doing something really worth while, besides entertaining yourself. If for no other reason than economy a woman should follow this system, for you will be surprised with the saving in buying, as you can plan for left-overs and combinations that will give variety without extra cost.

For example if you are serving green peas as a vegetable on day one take out two or three tablespoons to be used as a garnish for a salad on next dish. By placing these left-overs in a cool place and placing for them the meals are made much more attractive.

A cupful of tomato saved in one can can go over some sliced roast beef sliced potatoes, a little gravy and a sprinkling of onion, garish with the peas and bake. This is a dish called Spanish, but will be tried pre-American in any family that tries it once.

Whooping Cough.

Mrs. Charles Loebl, Agassiz, B. C., writes: "Seven of our nine children had whooping cough the same winter and we attribute their cure to Dr. Chase's Syrup of Licorice and Turpentine. We always have it in the house, and recommend it as the king of all medicines. I was formerly completely cured of prostrating piles by using Dr. Chase's Ointment."

The Dependability of God in Time of Need.

Continued from page one.

pinch "Our own arm is sufficient," we have said "We shall win by might and by power, and not by His Spirit," we still are boasting. "Commit thy way unto Jehovah and He shall bring it to pass."

The same truth obtains for our church life. It may seem unnecessary to remind the church that her way to victory is through commitment of her life unto God. Yet she needs it hurried into her soul today. We boast of numbers, money, organization. But does our hope lie in these? Not unless they are cleansed through the word which Christ has spoken.

If this Church is to see things brought to pass it will be because she has committed her way unto the Lord. If there is any officer of this church who holds his or her office in any spirit save as a humble trust from God, there are just two ways open for him if he be wise—to get right with God and commit himself and his office to the Master, or to hand in his resignation. The Lord of the Church is calling today as He has always called, but to louder accent, "Commit thy way unto God and He will bring it to pass."

And what is the message of our text for the individual? "Commit thy way." See Abraham. He committed his way. He trusted; and under the oak in the promised land he worshipped his God in gladness. Have you perplexities and fears? Do you fear tomorrow and the long tomorrows which stretch before you? "Commit thy way." Has sorrow clouded the sky and you look for the path? Do you pray for an inner conquest? "Commit thy way up, to the Lord."

Some of you men are starting business tomorrow morning and you scarcely know how you are going to get through the week and meet your obligations. Give God a chance in your life.

Some one is burdened. You feel you cannot carry the load another day. The suspense is awful. Commit thy way?

Have your plans been thwarted? Has the sea wrecked your ship, and you seem as one drifting on a beleaguered island not knowing on what shore you may be driven, or hoping for a friendly vessel to appear? Commit thy way unto the Lord, trust also in Him, and He shall bring it to pass, and out of your ruined hopes a stately mansion shall be built.

"Careless heeds the great avenger; history's pages but record One death-grapple in the darkness (twist old systems and the word; Truth forever on the scaffold, Wrong forever on the throne; Yet that scaffold sways the future, and behind the dim unknown, Star-dust God within the shadow, keeping watch above his own."

Unless the Lord had been my help, my soul had soon dwelt in silence. When I said, My foot slippeth; thy loving kindness O Lord, held me up. —Psa. 124: 18.

GIRL COULD NOT WORK

How She Was Relieved from Pain by Lydia E. Pinkham's Vegetable Compound.

Taunton, Mass.—"I had pains in both sides and when my periods came I had to stay at home from work and suffer for a long time. One day a woman came to our house and asked my mother why I was suffering. Mother told her that I suffered every month and she said, 'Why don't you buy a bottle of Lydia E. Pinkham's Vegetable Compound?' My mother bought it and the next month I was so well that I worked all the month without stopping at home a day. I am in good health now and have told lots of girls about it."—Miss CLARICE MORIN, 22 Russell Street, Taunton, Mass.

Thousands of girls suffer in silence every month rather than consult a physician. If girls who are troubled with painful or irregular periods, headache, dragging-down sensations, fainting spells or indigestion would take Lydia E. Pinkham's Vegetable Compound, a safe and pure remedy made from roots and herbs, much suffering might be avoided.

Write to Lydia E. Pinkham Medicine Co., Lynn, Mass. (confidential) for free advice which will prove helpful.

Minard's Lotion Cures Gynecic Cures.

A Reporter's Adventure.

Once upon a time, reporting for a daily paper used to be regarded almost as a profession. Nowadays the rapid pace of newspaper work in some Canadian cities is developing a being that is a cross between reporter and messenger boy. In other words one of the modern touches of the business is that the newspaper man has to scurry around over a city on the hunt for photographs which in the eyes of some editors are worth more than items of news.

Recently when the list of nurses who are to go overseas with the Ontario Hospital as announced, the Toronto dailies sent their men out to gather up the nurses' pictures. One man went to a large assembly for the purpose from which our news is going. He spoke to the pleasant little girl in the office, and told her his errand. "I'll send for the head nurse," said she. He waited patiently a half hour, or ten minutes. Then a nurse entered the office followed by another stately lady, who carried herself with certain dignity. The nurse expecting the photographer's camera and a flash for the pictures.

The Burden of Age.

The kidneys seem to be about the first organs to wear out, and will not properly perform their work. The result is weak, lame, aching back, rheumatic pains and falling eyelids. Many persons of advanced years have recovered health and comfort by using Dr. Chase's Kidney-Liver Pills. They ensure the healthful action of liver, kidneys and bowels.

Constance's sister took him and expected her hand. Yet, of course he could have all the pictures in the place. The girl heard a giggle behind him and turned to see the flash and hiding her face behind her hand and slapping her eyes with her hand. He turned to the girl and said with a smile, "I'll admit it—it's a one on me."

Still shaking with a shiver, the girl replied as she held the portrait. "You may consider yourself honored—She thinks she's the sister of King George."

Fragrance of a Gentle Life.

Once in crossing a meadow, I came to a spot that was filled with fragrance. Yet I could see no flowers and I wondered whence the fragrance came. At last I found, hidden by the tall grass, innumerable little flowers. It was from these that the fragrance came.

I enter some house. There is a rich perfume of love that pervades all the place. It may be a home of wealth and luxury, or it may be plain and bare. No matter, it is not the house nor the adornment that makes this air of sweetness. I look closely. It is a gentle woman, mother, or daughter, quiet, hiding self away, from whose life the fragrance flows. There is a wondrous charm in a gentle spirit. The gentle girl in a home may not be educated, may not be musical or an artist or a "clever" in any way, but wherever she moves she leaves a here of sweetness.

Her sweet perfume is never disturbed by the sharp words that fall about her. The children love her, because she never tires of them. She helps them with their lessons, listens to their frets and worries, mends their broken toys, moks dolls' dresses, straightens out the tangles and settles their little quarrels, and finds time to play with them. When there is sickness in the home, she is the angel of comfort. Her face is always bright with the outshining of love. Her voice has music in it as it falls in cheerful tenderness on the sufferer's ear. Her hands are wondrous gentle as their soothing touch rests on the aching head or as they minister in countless ways about the bed of pain.

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Write to Lydia E. Pinkham Medicine Co., Lynn, Mass. (confidential) for free advice which will prove helpful.

Minard's Lotion Cures Gynecic Cures.

Here is the guaranteed paint, the supreme paint achievement of Canada.

Every ounce of every pound, of all the white base in every can of B-H "ENGLISH" PAINT contains:

70% of Brandram's B. B. Genuine White Lead, and 30% Pure Oxide of Zinc

This proportion is absolutely uniform always.

Don't buy until you have found out all about this paint. "Made to Endure" is the title of our B-H "ENGLISH" Paint Booklet; get away for the asking. We have a copy for you, also complete B-H color folders.

We have a lot more to say about B-H "English" Paint. Read our later announcements.

Buy B-H "ENGLISH" PAINT from us. We carry a good assortment. Don't waste time and money on unguaranteed brands. The makers and agents stand behind every can of B-H "English" Paint.

L. W. SLEEP, WOLFVILLE, N. S.

Note the Color of your flour— And the Bread it makes for you. Delicately creamy is FIVE ROSES flour. Because it is not bleached, don't you see, Clear—Immaculate—Desirable, A pure Manitoba wheat flour—FIVE ROSES.

And the healthy sun-ripened spring wheat berries are naturally of a golden glow. And the meaty heart of the polished kernels is creamy.

Milled from this cream, FIVE ROSES is delicately "creamy".

The only natural flour from Manitoba's prime wheat. Which gets whiter and whiter as you knead it. And your bread is most appetizing, unusually attractive in appearance. Looks good. And is good. Bake this purest unbleached flour.

The Five Roses Flour

Not Bleached Not Blended

FOR SALE BY T. L. HARVEY.

McKenna Block WOLFVILLE

Is the place to get your SHAMPOOING MANICURING CHIROPODY MASSAGE

Scalp and Face Treatment a specialty. All promptly attended to.

MRS. B. MELANSON

TO RENT

Barncliffe Residence—lower flat. Ready for occupancy after Nov. 5. Rent reduced monthly. Inquire of E. S. CRAWLEY, Esq.

Public Notice

Having closed my business in Wolfville all persons indebted to me are required to make immediate settlement

E. S. PETERS
Wolfville, March 7, 1916.

FOR SALE—Property on corner of Gaspereau avenue and Prospect street. Also, Horses, Wagons, Sleighs, Harness, &c. E. S. P.

PUBLIC NOTICE.

The public are hereby forbidden the use of my property as a thoroughfare for teams between Main and Front Streets. Persons persisting in thus trespassing will be prosecuted without further notice.

EVANGELINE D. ROWLES
Wolfville, sept. 10th, 1915.

R. J. Whitten & Co. HALIFAX

Receivers and Sellers of all kinds of Farm Produce.

Consignments Solicited.

Prompt Returns.

FOR SALE

Those interested in building lots at the west end, would do well to confer with E. C. Johnson, as he is now offering for sale the only available lots at this center.

HUTCHINSON'S Livery and Automobile Service WOLFVILLE, N. S.

Teams or Autos always ready for a drive through the Evangeline Land. Teams at all times and hours. Weddings carefully attended to by Auto or team. Give us a call. Telephone 88.

T. E. HUTCHINSON, Proprietor.

Building Repairs.

We manufacture and keep in stock building finish necessary for repair work or new buildings. Ask for our prices on soft and hardwood flooring, sashes, doors, verandah stock, sheathing, gutters, mouldings, frame stock, shingles and laths. Ask for our Furniture Catalogue.

J. H. HICKS & SONS
Furniture and Builders' Materials
Factory and Warerooms, BRIDGETOWN, N. S.

Wolfville Time Table

DOMINION ATLANTIC RY STEAMSHIP LINES
BY YARMOUTH EXPRESS
DOMINION ATLANTIC RY
YARMOUTH (Home Branch of the YARMOUTH EXPRESS CO.)
— YARMOUTH LINE —
LAND OF EVANGELINE ROUTE

Corrected to Sept. 20th, 1915.
Service daily, except Sunday.
LEAVING.

Express for Halifax and Truro 6.15 a.m.
Express for St. John and Yarmouth 9.54 a.m.
Express for Halifax and Truro 4.15 p.m.
Express for Kentville 6.54 p.m.
Acrom for Halifax 12.5 p.m.
Acrom for Antapola 1.30 p.m.

Express trains leaving at 9.54 a.m. daily, except Sunday, and 3.54 p.m. on Saturday only connect at Kentville with C. V. Branch train for Kingsport.

ARRIVING

Express from Kentville 6.15 a.m.
Express from Halifax & Truro 9.54 a.m.
Express from Yarmouth 4.15 p.m.
Express from Halifax 6.54 p.m.
Acrom from Antapola 12.5 p.m.
Acrom from Halifax 1.30 p.m.

ST. JOHN AND DIGBY

Daily Service (Sunday Excepted)

Canadian Pacific Railway R. S. Yarmouth leaves St. John 7.00 a.m., arriving in Digby about 1.15 a.m. Leaves Digby 1.50 p.m., arriving St. John 5.00 p.m., making connection at St. John with train of Canadian Pacific Ry. for Montreal and the West.

Boston Service

Express train leaving at 9.54 a.m. for Yarmouth connects with steamers of the Boston & Yarmouth S. S. Co., Ltd., sailing Wednesday and Saturday for Boston.

Buffet prior cars run each way, daily, except Sunday, on Mail Express trains between Halifax and Yarmouth.

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

NOTICE!

All persons having legal demands against the estate of Donald A. Munroe of Wolfville in the County of Kings, carpenter and builder, deceased, are requested to render the same, duly attested, within twelve months from the date hereof; and all persons indebted to said estate are requested to make immediate payment to

D. R. MUNRO | Executors.
G. W. MUNRO |
Wolfville, Feb. 23, 1916

COALI COALI COALI

Carefully Screened and Promptly Delivered.

Springhill, Albion Nut and Old Stryal.

GIVE US A TRIAL.

Burgess & Co.

Yarmouth Line

Steamship Prince George.

Leaves Yarmouth Wednesday and Saturday at 5 P. M. Returns, leaves Central Wharf, Boston Tuesday and Friday, at 12 General Office, Yarmouth, N. S.

Tickets and Staterooms at Wharf Office.

A. J. Williams, Agent
Yarmouth, N. S.

BOSTON & YARMOUTH STEAMSHIP CO., LTD.

Professional Cards.

DENTISTRY.

Dr. A. J. McKenna
Graduate of Philadelphia Dental College
Office in McKenna Block, Wolfville.
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BARRISTERS, SOLICITORS, NOTARIES, ETC.
KENTVILLE - N. S.

Expert Piano Tuning Guaranteed.

Voicing, Regulating, Repairing Organs Tuned and Repaired.

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P.O. Box 321, Wolfville, N. S.

G. PURVES SMITH
M.B.—C.M., Edinburgh
OCULIST.

Consultation Hours: 10 a.m.—12 noon
3 p.m.—4 p.m.
Monday Excepted. Telephone 145.
Westward avenue, Wolfville, N. S.

C. E. Avery deWitt
M. A. (Harvard)

One year post graduate study in Europe.

Office hours: 8-1 a.m. 1-3, 7-9 p.m. Throat work a specialty.
Tel. 81 University Ave.

M. R. ELLIOTT
A.B.M.D. (Harvard)

Office at residence of late Dr. Bowles, Telephone 83.
Office Hours—8-1 a.m., 1-3, 7-9 p.m.

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