

ACUTE NERVOUS EXHAUSTION

All Treatments Proved Useless Until He Tried "FRUIT-A-TIVES"



MR. J. S. DELGATY.
R.R. No. 4, Gilbert Plains, Man.
"In the year 1916, I had *Acute Nervous Exhaustion* in its worst form. I was reduced in weight from 170 pounds to 115 pounds.
The doctors had no hope of my recovery, and every medicine I tried proved useless until a friend induced me to take "Fruit-a-tives."
I began to feel better almost at once; and after using this Fruit-a-tives for 3 or 4 months, I was back to my normal state of health.
I never had such good health for twenty years. We are never without a box of "Fruit-a-tives" in the house."
J. S. DELGATY.
At all dealers or sent postpaid on receipt of price by Fruit-a-tives Limited, Ottawa.

White Ribbon News.

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Motto—For God and Home and Native Land.
Badge—A knot of White Ribbon.
Watchword—Agiatate, educate, organize.
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Mothers and the War.

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The ideal mother of the world reached her glorified motherhood only after she realized the fulfilment of a sword shall pierce through thy own soul also, that the thought of many hearts may be revealed.
By the slow sure revelations of a sacrificial experience, mothers are learning that the compelling discipline of our lives, against which we often fret and rebel as an arbitrary interference with our reasonable pursuit of happiness, is often the one way by which we may obtain abiding happiness. For happiness can come to an honest mind, only through the sense of having met frankly, patiently and squarely the issues of life.
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When a man's face is broken it doesn't break into smiles.
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"Purify to thirty drops of Extra S. Roots, commonly called Sarsaparilla, in water with meals and at bedtime, for the cure of indigestion, constipation and bad blood. Purify also in this treatment will effect a cure in nearly every case." Get the genuine at drug stores.

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The Bravest of All.

The bravest battle that ever was fought
Shall I tell you where and when?
On the maps of the world you will find it not;
'Twas fought by the mothers of men.
Nay, not with the cannon or battle-ship,
With a sword or noble spear;
Nay, not with eloquent words of thought
From mouths of wonderful men.
But deep in a walled-up woman's heart—
Of a woman who would not yield,
But bravely, silently bore her part—
So, here in that battle-field?
No marching troops, no bivouac ring,
No banner to gleam and wave;
But, oh, these battles they last to long—
From babyhood to the grave!
Yet faithful still, as a bride of stars,
She fights in her walled-up town,
Fights on and on in the endless wars,
Then, silent, unseen, goes down.

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Sphagnum Moss as a Dressing



Ladies of McGill University Women's Union making surgical dressings of Sphagnum Moss. (Reading from Left to Right)—Mrs. W. Grant Stewart, Miss V. Hamel, Mrs. E. Maxwell, Mrs. R. W. Lee, Mrs. A. E. Garrow, Mrs. A. D. Blackader, Mrs. C. W. Colby, Mrs. F. D. Adams, Miss Mitchell.

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Small pond. Before any attempt is made to collect moss in quantities all the moss in the district should be examined with a view to locating the largest supplies of good material, and this preliminary examination should be made by persons who have had previous experience in collecting Sphagnum.

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A. E. Regan, Wolfville

COAL!

Roasia Lump, Albion, Nut, Springhill, Inverness. Carefully Screened and Promptly Delivered. Springhill, Albion, Nut and Old Sydn Yt. GIVE US A TRIAL. Burgess & Co. NOW IS THE TIME! To Get Your Furniture Upholstered.

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For Ton Trucking Purposes

For Ton Trucking Purposes. The truck differs from Ford passenger cars in that it is specially designed throughout in proper pattern and strength for heavy-duty service. It has a final drive of the worn gear type, so that all gears are enclosed. Rear wheels are equipped with solid tires. Front tires are pneumatic. Standard Ford motor, transmission and ignition.



PRICE \$750 F.O.B. FORD, ONT. Supplied as chassis only. Herebefore, the Ford you wanted to carry loads up to a ton found it necessary to get one of several special attachments or extensions which were on the market. Now the standard Ford truck is available—a car that can withstand the drudgeries of commercial use, and yet lacks superfluous weight, and is easily handled.

BUSINESS men everywhere who have hauling or delivering problems to consider—whether operating a wholesale business or a small store—will find it pays to come the arrival of the Ford One-Ton Truck.

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Licensed Auctioneer for towns of Kentville and Wolfville, N. S. Are now offering the property of the Wolfville Fruit Land Improvement Co. Many acres of orchards fully improved, in whole or part. Price exceptionally low. C. A. Porter, Local Agent. OFFICES: WOLFVILLE AND KENTVILLE.

Save Food

In a time needing food economy many people are not getting all the nourishment they might from their food. It is not how much you eat, but how much you assimilate, that does you good. The addition of a small teaspoonful of Bovril to the diet as a peptogenic before meals leads to more thorough digestion and assimilation and thus saves food, for you need less.

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.

Charles Hogan, C. E. Provincial Land Surveyor. Surveys, Plans, Levelling & Estimates. Church Street, Greenwich, Kings Co., N. S. Long distance telephone, Wolfville exchange.

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