

THE CHIEF CHARM OF LOVELY WOMAN

Soft, Clear, Smooth Skin Comes With The Use Of "FRUIT-A-LIVES".



NORA WATSON
86 Drayton Ave., Toronto,
Nov. 10th, 1915.

A beautiful complexion is a handsome woman's chief glory and the envy of her less fortunate rivals. Yet a soft, clear skin—glowing with health—is only the natural result of pure blood.

"I was troubled for a considerable time with a very unpleasant, disfiguring rash, which covered my face and for which I used applications and remedies without relief. After using 'Fruit-a-lives' for one week, the rash is completely gone. I am deeply thankful for the relief and in the future, I will not be without 'Fruit-a-lives'."

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50c. a box, 6 for \$2.50, trial size, 25c.
At dealers or sent postpaid on receipt of price by Fruit-a-lives 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.
BAND.—A knot of White Ribbon.
WATCHWORD.—Agiolate, educate, organize.

OFFICERS OF WOLFVILLE UNION.

President—Mrs. L. W. S. Sapp.
1st Vice President—Mrs. J. C. Cullen.
2nd Vice President—Mrs. R. Reid.
3rd Vice President—Mrs. G. Fitch.
Recording Secy.—Mrs. W. O. Taylor.
Cor. Secretary—Mrs. L. E. Duncan.

Treasurer—Mrs. H. Pines.

SUBSTITUTES DEUTY.

Laborer Work—Mrs. Fielding.
Lambornee—Mrs. J. Kempton.
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Temperance in Sabbath-schools—Mrs. (Dr.) Brown.
Evangelistic—Mrs. Purves Smith.
Peace and Arbitration—Mrs. J. Reid.
Post-Master—Mrs. Margaret Barnes.
White Ribbon Bulletin—Mrs. Walter Mitchell.
Loyal Temperance Legion—Miss Eason.

Do Your Best.

Franca Willard often used to say, "Understand this first, last and all ways, the world wants the best thing it can get. Not your 'good enough' or even 'better than the average' but your 'best'." Even in the smallest details of life our best should be given. For what is worth doing at all is worth doing the best. Everything we do in a 'good enough' way weakens, and to set our standard no higher than 'the average' is to court feebleness. Then—

In life's small things be resolute and great.
To keep thy muscles trained: for knowest thou
When Fate thy measure takes, or when she'll say
'I find thee worthy, do this thing for me.'

Are we as W. C. T. U. members living up to this standard set us by our noble leader? If not, why not? If to our Union is not doing the best work in our community then we are not doing our best and the standard is being lowered.

Let us examine ourselves and see where the fault lies, then set resolutely to work to mend matters. Let each member ask herself the following questions:

Have I done my best to be present at each meeting?

Have I done my best to make the meetings interesting?

Have I done my best to help in the different parts of the program?

Have I done my best to interest those who are not already interested in W. C. T. U. work?

Have I done my best in visiting the sick and the shut-ins?

Have I done my best in getting to the different calls for the extension of the W. C. T. U. work?

Have I remembered to pray earnestly for the work?

Have I made any sacrifice for the work's sake?

Happy is that member who can say, 'Yes' to all these, and happy also will that member be who, when she finds her failings sets to work to do her best.

EFFIE J. BAUCH

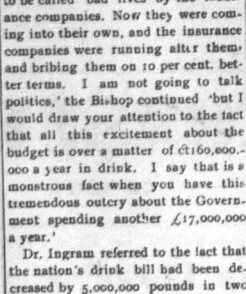
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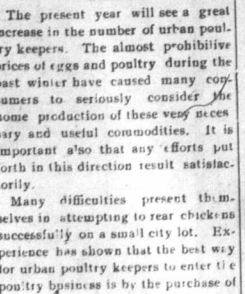
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Indigestion and Biliousness

Indigestion, biliousness, headache, flatulence, pain after eating, constipation, are all common symptoms of stomach and liver troubles. And the more you neglect them the more you suffer. Take Mother Seigel's Syrup if your stomach, liver or bowels are slightly deranged or

MOTHER SEIGEL'S SYRUP

have lost tone. Mother Seigel's Syrup is made from the curative extracts of certain roots, barks, and leaves, which have a remarkable tonic and strengthening effect on all the organs of digestion. The distressing symptoms of indigestion or liver troubles soon disappear under its beneficial action. Buy a bottle to-day, but be sure you get the genuine Mother Seigel's Syrup. There are many imitations, but not one that gives the same health benefits.

Best Remedy

is the
FULL SIZE, 100 CENTS, 100 CENTS, 100 CENTS

An Interesting Relic.

A missal, or altar book, printed in 1725 and in use in Annapolis at the time of and for many years before the expulsion of the Acadians (the book from which Mass was said for the Acadians) is now to be seen on one of the tables in St. Thomas' library. It is still in a very good state of preservation and its print is as clear as the day it came from the press. The book was lost for a time after the expulsion but was recovered by the first Archbishop of Halifax, who wrote his name in it, and it has now found its way back to the community in which it was originally owned and used to be a relic of the past—Annapolis Royal Spectator.

Tired and Discouraged.

Mrs. Warren Handley, Rostyway, Kings County, N. B., writes: "I have three small children and had to stay in the house all winter. So when spring came I was looking after the children. I felt all tired out and looked on the gloomy side all the time. I decided to try Dr. Chase's Nerve Food and the results were most satisfactory. I feel now and am recommending the Nerve Food to others."

First to Adopt Conscription

Switzerland was the first European country to adopt universal military service. The original founder of the Swiss Confederation enacted that whoever shirked military training was declared 'devoid of honour and perjured,' and his house vowed to destruction.

Should a man summoned to take part in a military expedition prove unable to respond, owing to illness or some other valid reason, he had to furnish a capable substitute at his own expense.

From the earliest days of the Confederation, too, the military authorities made special provisions for tending the wounded. In this respect they seem to have been in advance of their times.

To whom it may concern: This is to certify that I have used MINARD'S LINIMENT myself as well as prescribed it in my practice, where a liniment was required and have never failed to get the desired effect.

C. A. KING, M. D.

How Mrs. Bean Met The Crisis

Carried Safely Through Change of Life by Lydia E. Pinkham's Vegetable Compound.

Nashville, Tenn.—"When I was going through the change of life I had a terrible time. I was as large as a child's head. The doctor said it was three years coming and gave me medicine for it until I was called away from the city for some time. Of course I could not go to him then, so my sister-in-law told me that she thought I should try Lydia E. Pinkham's Vegetable Compound. I took it and in a few days the tumor was gone, the doctor said, and I have not felt it since. I tell every one how I was cured. If this letter will help others you are welcome to use it."

—Mrs. E. H. BEAN, 555 Jackson Avenue, Nashville, Tenn.

Lydia E. Pinkham's Vegetable Compound, a pure remedy, containing no extractive properties of good old-fashioned roots and herbs, meets the needs of women's system at this critical period of her life. Try it.

If there is any symptom in your case which puzzles you, write to the Lydia E. Pinkham Medicine Co., Lynn, Mass.

Minard's Liniment Cures Dandruff

Children Cry FOR FLETCHER'S CASTORIA

Even If War Is On You Must Have Clothes

And we are well prepared to serve you in this line.

Our work in

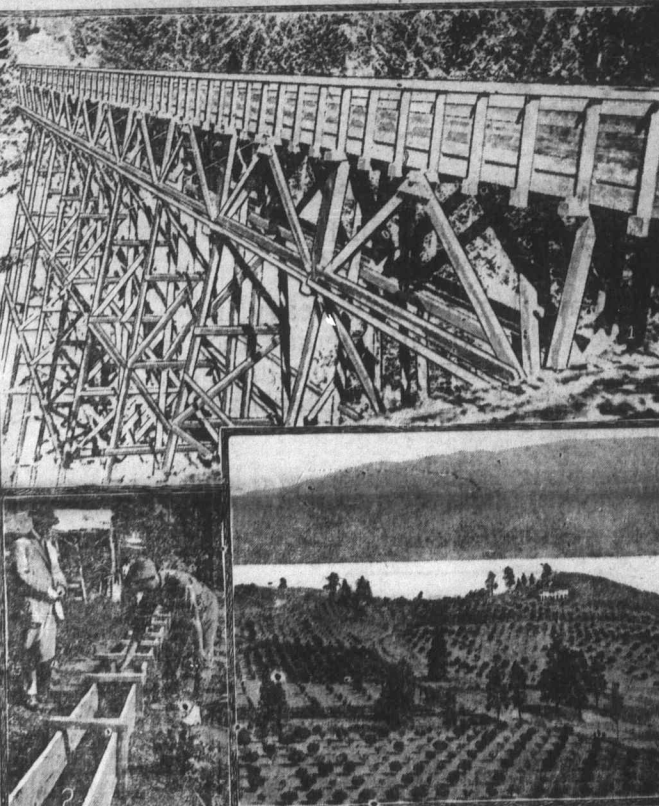
MEN'S CLOTHING OF ALL KINDS

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

Small Irrigation Projects are Successful



(1) Irrigation flume near Kamloops, B.C.

(2) Irrigating Small Farms.

(3) Small Irrigated Farm.

Speaking before the annual convention of the Western Canada Irrigation Association at Kamloops, B.C., A. B. Dawson, chief engineer of the Department of Natural Resources of the Canadian Pacific Railway, expressed the faith that in time the irrigation projects for which Western Canada is becoming famous. Although Mr. Dawson has been connected mainly with the irrigation enterprise of the C. P. R. lines in Southern Alberta, he does not overlook the advantages of small projects operated by a community of farmers, or even by an individual.

"I have had fifteen years' experience on what are the largest irrigation projects in Canada," said Mr. Dawson, "but I am willing to admit that the small projects such as you have in the immediate vicinity of Kamloops are quite often more interesting and worthy of fuller consideration than the larger projects. These schemes, though small, should be considered as one of your greatest assets."

"The benefits of irrigation show their results in better farms; improved living conditions; improved social conditions and better citizenship. If conducted along proper lines it improves agriculture, saves the soil, facilitates industry, produces wealth and prosperity, and should provide for posterity."

Mr. Dawson's reference to the small irrigation schemes is of particular interest to the farmers of Western Canada, where there are hundreds of literally thousands of acres and small projects such as you have in the immediate vicinity of Kamloops are quite often more interesting and worthy of fuller consideration than the larger projects. These schemes, though small, should be considered as one of your greatest assets.

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