

# THE WONDERFUL FRUIT MEDICINE

Thousands Owe Health And Strength To "Fruit-a-lives"

"FRUIT-A-LIVES", the marvelous medicine made from fruit juices—has relieved more cases of Stomach, Liver, Blood, Kidney and Skin Troubles than any other medicine. In severe cases of Rheumatism, Sciatica, Lumbago, Pain in the Back, Impure Blood, Neuralgia, Chronic Headaches, Chronic Constipation and Indigestion, "Fruit-a-lives" has given unusually effective results. By its cleansing, healing powers on the eliminating organs, "Fruit-a-lives" tones up and invigorates the whole system.

10c. a box, 5 for \$2.50, trial size, 25c. At all dealers or sent postpaid by Fruit-a-lives Limited, Ottawa.

## White Ribbon News.

Woman's Christian Temperance Union first organized in 1874.

**Wife.**—The production 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.**—Agiate, educate, organize.

**OFFICERS OF WOLFVILLE UNION.**

President—Mrs. L. W. Hesp.

1st Vice President—Mrs. J. Cullen.

2nd Vice President—Mrs. R. H. Hesp.

Recording Secy.—Mrs. W. O. Taylor.

Cor. Secretary—Mrs. L. E. Duncan.

**Treasurer.**—Mrs. H. Pines.

**SUPERINTENDENTS.**

Laborer Work—Mrs. Fielding.

Lombard—Mrs. J. Kempton.

Willard Home—Mrs. M. Freeman.

Temperance in Sabbath-schools—Mrs. (Dr.) Brown.

Evangelistic—Mrs. Purves Smith.

Peace and Arbitration—Mrs. J. Reid.

Press—Miss Margaret Hesp.

White Ribbon Bulletin—Mrs. Walter Mitchell.

Loyal Temperance Legion—Mrs. L. Hesp.

## An Admiral's Advice to the Boys.

Writing, in 1906, to General Baron, Lord Charles Beresford said:

"I do not believe that alcohol in any form ever has or ever will do any one any good. I am now sixty years old, and since I have entirely given up wine, spirits and beer, I find I can do as much work or more, physically and mentally, than I could when I was thirty. I am always well, always cheerful, laugh at the 'downs' of life equally with the 'ups', and always feel fit and in condition."

"It only some of the young men would try going without liquor for about three months, I do not believe they would think liquor at all necessary again. Get some of your splendid young men to try it and report proceedings after the three months."

## A Tribute to Women.

The light cruiser Frauenlob (Princess of Wales), some of whose crew have been rescued by a British tugboat, was one of the most oddly named warships afloat. An early Master-singer, Henry of Meissen, sang the charms of womanhood so assiduously that he came to be known as Frauenlob, and on his death in 1318 his body was carried in state by women to his grave in Mayence Cathedral. When first it was decided to build a German fleet the women of Germany raised a large contribution towards its cost by special collections among themselves.

To commemorate their efforts a cruiser launched in 1853 was called Frauenlob, and the name has since been borne by five other warships.

## The Scrap Bag.

To Lengthen the Life of a Broom.—A broom will last much longer if dipped for a minute or two in a pot of boiling water, once a week.

To Clean Nickel.—To clean nickel stove trimmings rub with kerosene and whiteness, and polish with a dry cloth.

To Keep Salt Dry.—Put a little cornstarch in salt shakers. This will prevent the salt from becoming too moist to shake out.

Baking Cup-Castards.—Set them into a pan of hot water and put in the oven. When you remove them from the oven set them at once in a pan of cold water to prevent longer cooking, which will harden the custard.

To Iron Embroidery.—Place the embroidery right side down on a pad of soft flannel or Turkish towel and iron.

A Drawer that sticks.—Should a dresser drawer not slip in and out easily rub the unvarnished edges with paraffin wax, or soap. The same treatment may be given to the run-in of extension table.

Value of Gelatine.—It was thought for a while that gelatine was of no importance as a food. Recent investigation has discovered that it is of great value, especially when used in conjunction with albuminous food.

## NOT ENOUGH CHILDREN

ever receive the proper balance of food to sufficiently nourish both body and brain during the growing period when nature's demands are greater than in mature life. This is shown in so many pale faces, lean bodies, frequent colds, and lack of ambition.

For all such children we say with unhesitating earnestness: "They need Scott's Emulsion, and need it now. It possesses in concentrated form the very food elements to enrich their blood, it changes weakness to strength, it makes them sturdy and strong and active."

Scott & Bown, Toronto, Ont.

## Skirts.

Modest people, who have been holding their breath may now let it out again. They have received the maximum shock. The momentous question whether skirt borders were to follow demurely after shoe tops receding ankleward, or were to still higher, on the rebound as it were, has been answered. Skirts are to be longer. Paris has said it and the New York Sun declares that when Paris says so the thing is as good as done. But even Paris does not promise that the lengthening will be sufficient to restore to present application Sir John Suckling's lines:—

"Her feet beneath her petticoat  
Like little mice stole in and out,  
As if they feared the light."

There will be no low visibility about feet. They will be perfectly frank and apparent; also ankles, for skirt hems will be from five to six inches from the ground, according to this fall's models. It is explained that while the new skirts are not really narrower, they are straighter, and therefore must be longer in order to give good lines. The panier effect's fulness about the hips is to be shifted to the shoulders, although we are assured that we are safe from anything approaching the old leg of mutton sleeves.

Just why skirts should be longer for winter's slush and mud than for summer drought is 'one of the things no fellow can find out,' but then it's none of his business anyway.

Luther Burbank, who has not only made two plants grow where one grew before, but has created new plants and flowers, has been given a large grant by the United States Government to continue his experiments in California. Mr. Burbank is known as the Plant Wizard as the result of the many new plants and flowers he has produced. In his hot houses in California he has raised thousands of experiments under way while over half a million different plants are raised each year. He has already produced an edible cactus pitta, pines and new varieties of apples, berries, grains, grasses and vegetables. Mr. Burbank was born in Massachusetts in 1847 and spent his boyhood on a farm, where he became interested in vegetable life. He is probably the greatest living authority on the biology of plants.

## Children Cry FOR FLETCHER'S CASTORIA

The doctor looked at him, as the Boston Transcript relates it. You are a dyspeptic, he said. Then he put his ear to the patient's heart and gravely added: "A high liver!"

"Heaven, one of the staid old pat-out, it isn't as up there, is it?"

"In taking revenge a man is but even with his enemy, but in passing it over he is superior, for it is a prince's part to pardon."

Things you try to keep dark will come to light sooner or later.

## PILES

Do not suffer another day with Piles, Hemorrhoids, or Protruding Anus. Use Chamberlain's Piles Remedy. It is a sure cure for all cases of Piles, Hemorrhoids, or Protruding Anus. It is a sure cure for all cases of Piles, Hemorrhoids, or Protruding Anus. It is a sure cure for all cases of Piles, Hemorrhoids, or Protruding Anus.

## WILSON'S FLY PADS

Every 10c Packet of WILSON'S FLY PADS WILL KILL MORE FLIES THAN \$2.00 WORTH OF ANY STICKY FLY CATCHER.

Clean to handle. Sold by all Druggists, Grocers and General Stores.

## CASTORIA

For Infants and Children. The Kind You Have Always Bought. Bears the Signature of J. C. Ayer & Co., Lowell, Mass.

A regiment was drawn up for church parade in the barracks square, but the church was being repaired, and it was found that it could only hold half of them.

"Sergeant-Major," ordered the colonel, "tell all the men who don't want to go to church to fall out!" A large number quickly availed themselves of the privilege. "Now, sergeant-major," said the colonel, "dismiss all the men who did not fall out, and march the rest to church—they need it most!"

## Children Cry FOR FLETCHER'S CASTORIA

At a certain mill there is a notice on the elevator which reads as follows:—

"No one allowed to use this elevator except the man in charge. Any one doing so will be discharged."

One morning Billy—a rather witty fellow, was waiting to go up from the second room, when who should step off the elevator alone but the manager.

Billy was stepping on to go up when the manager turned round and said:

"Yes, can't you read?"

"Well, what does this notice say?" asked the manager.

Billy turned round and read the notice, and exclaimed:

"By gum, we'll both be sacked if we're caught!"

## How to Test Paper.

You cannot test paper, as you would string by stretching it. It has been stretched so much in the process of making that it won't stand much more. The way to test it is to submit it in the hands. After such treatment paper is full of holes and cracks. Good paper simply takes the appearance of leather. I much white dress is produced we know it is of a quality of paper. If it cracks it has been stretched too much.—London Globe.

Tommy J. has presented a very favorable appearance at the school, as the book was of a very high standard, and with his name.

Months of the strength of Tommy from his young mother and the kind old grand mother, who was very strict upon was really Tommy. It was upon Tommy's mother's name.

"What's the matter, my mother?" asked Tommy.

"You were a good boy," said Tommy.

"How did I happen to be a good boy?"

Tommy J. was the only one in his class who had a high mark.

"We were having a ravel little by the expansion of the leg over there," Tommy said.

"Why did you have a ravel over there?"

"I was a good boy," said Tommy.

"What do you mean by that?"

"I was a good boy," said Tommy.

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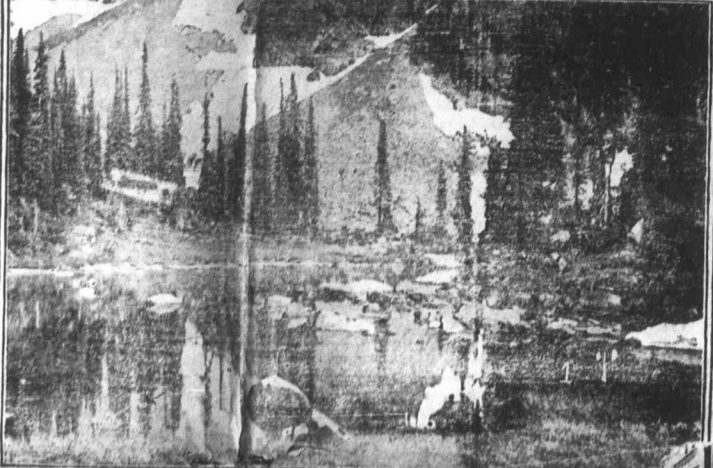
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# REVELSTOKE and its BEAUTIES



REVELSTOKE is situated on the Canadian Pacific Railway about half way between Banff and Glacier. It is a town of about 4,500 people having a beautiful view of the town and the mountains. The town is situated in the Valley of the Columbia River and is surrounded by mountains. Mount Begbie is always an interesting sight, and the Glacier on Mount Begbie can be seen from Revelstoke. The view from the hotel on a summer evening is magnificent. There are two trips from this place which are absolutely unique in the whole Canadian Pacific Railway. One trip is nine miles north of Revelstoke, along the Columbia River to Silver Tip Falls, through the famous Columbia Canyon, which for scenic beauty and thrill is unsurpassed on the American Continent, and the other is up Mount Revelstoke. The Dominion Government is now building an automobile road from Revelstoke to the top of the mountain, and has recently expended \$200,000.00 on this road, which is now ten miles up the mountain. The road zig-zags up the mountain, having an excellent grade, a high-powered automobile being able to go up this road on high gear. Tourists who have made this trip as far as the road is completed, claim that there is no trip on the American continent that can compare with it. Should tourists be desirous of arrangements to be made to have saddle horses awaiting them at the end of the automobile road, so that they can continue to the top of Mount Revelstoke where a most beautiful natural park is situated.

**Vessels Large May Venture More, but Little Ships Must Stay Near Shore.**

The large display ads are good for the large business and the Classified Want Ads are proper for the small business. In fact many large firms became such by the use of the Classified Columns. There are 250,000 copies of this paper printed every day.

**After the Honeymoon**

is the time when domestic help becomes pressing. A Want Ad. in our paper will solve the problem.

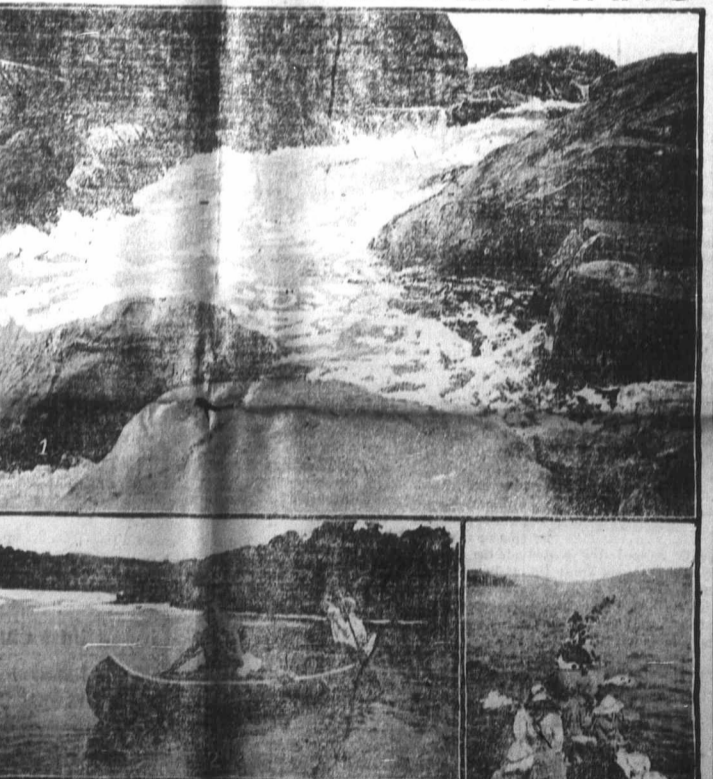
Desirable people who want employment appreciate its value and consult the "Help Wanted" ads.

**The Landlord's Laugh**

He has no more use for his "To Let" sign.

He used our Classified Want Ads. and found a good tenant.

# INVIGORATING LAURENTIANS



Barrett, and Mount Laurier, are all on the line that crosses this enchanting district for a distance of 156 miles. The atmosphere amidst these resorts is breezing and healthy, and to look on the wonderful profusion of lake, river, woodland, and mountain scenery is in itself a "high restorer." In any of the holiday places you can enjoy a comfortable rest, or you may ramble out amongst the romantic valleys and mountain slopes, feeling so happy that you forget what time it is, and perhaps return late for lunch or dinner. The waters of the rivers and lakes are clear and refreshing, and as they have washed bottoms they are suited to the temperaments of the most critical of swimmers and bathers. Fishing, canoeing, motor boating, tennis, golf, mountain climbing are amongst the chief sports. But if you do not wish to indulge in any of these you may sit on the shaded veranda of your hotel and enjoy yourself chatting with good steady minded Canadian folks, many of whom will be of your own race of ming.

# A Woman's Problem

How to Feel Well During Middle Life Told by Three Women Who Learned from Experience.

The Change of Life is a most critical period of a woman's existence, and neglect of health at this time invites disease and pain. Women everywhere should remember that there is no other remedy known to medicine that will so successfully carry women through this trying period as Lydia E. Pinkham's Vegetable Compound, made from native roots and herbs. Read these letters:—

Philadelphia, Pa.—"I started the Change of Life five years ago. I always had a headache and back-ache with bearing down pains and I would have heat flashes very bad at times with dizzy spells and nervous feelings. After taking Lydia E. Pinkham's Vegetable Compound I feel like a new person and am in better health and no more troubled with the aches and pains I had before I took your wonderful remedy. I recommend it to my friends for I cannot praise it enough."—Mrs. MARGARET GRASSMAN, 709 N. Ringgold St., Philadelphia, Pa.

Beverly, Mass.—"I took Lydia E. Pinkham's Vegetable Compound, for nervousness and dyspepsia, when I was going through the Change of Life. I found it very helpful and I have always spoken of it to other women who suffer as I did and now if I do not feel good I take the Compound and it restores me in a short time. I will praise your remedies to every woman for it may help them as it has me."—Mrs. E. KISSILOFF, 931 East 24th St., Erie, Pa.

No other medicine has been so successful in relieving woman's suffering as has Lydia E. Pinkham's Vegetable Compound. Women may receive free and helpful advice by writing the Lydia E. Pinkham Medicine Co., Lynn, Mass. Such letters are received and answered by women only and held in strict confidence.

## PUBLIC NOTICE. Professional Cards.

**DENTISTRY.**

**Dr. A. J. McKenna**

Graduate of Philadelphia Dental College  
Office in McKenna's Block, Wolfville.  
Telephone No. 43.  
E.P. Gas Administration.

**C. E. Avery deWitt**

M. D., D. M. (McGILL)

One year post graduate study in Europe.  
Office hours: 8-1 a.m.; 1-3, 7-9 p.m.  
Tel. 81 University Ave.

**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.

**Roscoe, Roscoe & Isley**

BARRISTERS, SOLICITORS  
NOTARIES, ETC.  
KENTVILLE, N. S.

**Expert Piano Tuning Guaranteed.**

Voicing, Regulating, Repairing  
Organs Tuned and Repaired.

M. C. Collins.  
P.O. Box 321, Wolfville, N. S.

**G. PURVES SMITH**

M.B.—C.M., Edinburgh  
OCULIST.

Consultation Hours: 10 a.m.—12 noon  
2 p.m.—4 p.m.  
Monday Excepted. Telephone 163.  
Westward Avenue, Wolfville, N. S.

**Wolville Time Table**

**DOMINION ATLANTIC RY**

ST. JOHN AND DIGBY

DOMINION ATLANTIC RY  
YARWOLFE (Intermediate Station)  
BOSTON-YARWOLFE STEAMSHIP ROUTE  
—YARWOLFE LINE—  
LAND OF EXCELLENCE ROUTE  
Effective July 1st, 1916  
Service daily, except Sunday.

**Public Notice**

All persons having legal demand against the estate of C. W. Strong of Kings, merchant, deceased, are requested to render the same, duly attested, within one year from the date hereof, and persons indebted to the said estate are hereby requested to make immediate payment to:

AUGUSTA STRONG, Executrix  
JOHN T. ROACH, Executor.  
Wolfville, N. S., May 25th, 1916.

**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

**R. J. Whitten & Co.**

HALIFAX

Receivers and Sellers of all kinds of Farm Produce.

Consignments Solicited.

Prompt Returns.

**ST. JOHN AND DIGBY**

Daily Service (Sunday Excepted)

Canadian Pacific Railway, N. S. Express leaves St. John 7:00 a.m. arriving in Digby at 10:00 a.m. Leaves Digby 2:15 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 9:30 a.m. and Flying Bluenose at 11:15 a.m. for Yarmouth connects with steamer of the Boston & Yarmouth S. S. Co., Ltd., sailing daily, except on Sunday, for Boston.

Butter parlor cars run each way daily, except Sunday, on Flying Bluenose trains between Halifax and Yarmouth.

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