

MIRACULOUS CURE OF ASTHMA

Suffered Terribly for 15 Years Until He Tried "Fruit-a-Live"



D. A. WHITE, Esq.

21 WALLACE AVE., TORONTO, Ont. 2nd. 1915.

"Having been a great sufferer from Asthma for a period of fifteen years (sometimes having to sit up at night for weeks at a time) I began the use of 'Fruit-a-Live'. These wonderful tablets relieved me of indigestion, and through the continued use of same, I am no longer distressed with that terrible disease, Asthma, thanks to 'Fruit-a-Live' which are worth their weight in gold to anyone suffering as I did. I would heartily recommend them to all sufferers from Asthma, which I believe is caused or aggravated by indigestion." D. A. WHITE

For Asthma, Hay Fever, for any trouble caused by excessive nervousness due to Impure Blood, Indigestion or Constipation, take "Fruit-a-Live" one box, 4 for \$5, trial size 25c. At all Dealers or from Fruit-a-Live Limited, Toronto.

White Ribbon News.

Women's Christian Temperance Union, re-organized in 1915.

Aim: The protection of the home, the abolition of the liquor traffic and the triumph of Christ's Golden Rule in society and in law.

Motto: For God and Home and Native Land.

Home: A knot of White Ribbon.

Work: Womanly, Agitate, educate, or give.

Officers of Wolfville Centre:

President: Mrs. E. W. Hoop.

1st Vice President: Mrs. G. Bryant.

2nd Vice President: Mrs. J. D. Chan.

3rd Vice President: Mrs. Geo. Pitch.

Recording Secy: Mrs. W. Mitchell.

Cor. Secretary: Mrs. Geo. DeWalt.

Treasurer: Mrs. H. Power.

Members:

Frances and Arletta—Mrs. E. Hoop.

Evangelist—Mrs. Geo. Hoop.

Temperance in school—Mrs. Mrs. D. Brown.

School Temperance in Schools—Mrs. D. G. Giffin.

Lambert—Mrs. J. Knapp.

Willard Home—Mrs. E. Freeman.

C. B. Holton—Mrs. Langille.

Prison Work—Miss Margaret Barn.

Parlor Meetings—Mrs. J. Kaye.

L. T. L.—Mrs. Howe.

Be Square.

Boy, my boy, though there are drawbacks

That may hamper you in life,

Though the skies above are darkened,

And the future seems a strife,

Just resolve to face it bravely.

Have the grit to up and dare,

And you'll win, despite the drawbacks

If, in all things, you'll "Be square."

There's a something in the sparkle

Of an honest youngster's eye

That demands the admiration

Which the world does "dear" deny

Meet him where you will, you'll no

tice

By his frank and fearless air,

He convinces those about him

That in all things he'll "Be square."

Plan great deeds, then up and at them

With a manly, glowing face;

Just forget about the drawbacks,

Be a leader in the race.

Have a noble, steadfast purpose,

And you'll conquer all you dare;

For you've learned true victory's secret,

In those simple words, "Be square."

WOMEN FROM 45 to 55 TESTIFY

To the Merit of Lydia E. Pinkham's Vegetable Compound during Change of Life.

Westbrook, Me.—"I was passing through the Change of Life and had pains in my back and side and was so weak I could hardly do my housework. I have taken Lydia E. Pinkham's Vegetable Compound and it has done me a lot of good. I will recommend your medicine to my friends and give you permission to publish my testimonial."—Mrs. LAWRENCE MARTIN, 18 King St., Westbrook, Maine.

Moston, Wis.—"At the Change of Life I suffered with pain in my back and legs and in one year I was a different woman. I know I have to thank you for my continued good health ever since."—Mrs. M. J. Snowman, Moston, Wis.

The success of Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, is unparalleled in such cases.

If you need special advice write to Lydia E. Pinkham Medicine Co. (Incorporated) Lynn, Mass. Your letter will be answered, read and answered by a woman, and held in strict confidence.

Men's Liment for sale every where.

Alcohol Loses Caste as a Medicine.

What thirty or forty years ago were considered the most reliable medicines—rum, whiskey, gin and brandy—are not only condemned as useless by the medical world today, but in most cases pronounced extremely dangerous, declared Dr. Fred J. Tees, who lectured before the P. T. U. at the St. Giles Presbyterian church, Montreal, last week.

Dr. Tees contrasted the conditions of 1885 and 1915 showing how the usage of alcohol as a medicine could now be compared to the usage of opium and strychnine. Alcohol is used very sparingly by doctors and in the hospital, and the contention of the former generations that alcohol is indispensable as a stimulant and valuable in warding off infectious now pronounced false.

Dr. Tees stated that a single glass of beer lowers a man's efficiency 7 per cent. Whereas insurance companies now offer more advantageous terms to total abstainers, it is on record that a Quaker sixty years ago, was refused insurance on the ground that he did not drink.

Dr. Tees, formerly on the emergency staff of the General Hospital, told of his experiences when the "clerk" during law for a number of years was first refused. The emergency cases the first evening of all. This was supplemented with the staff had previously been ordered to stay up all night.

How much was required a study shown by the lecturer, with the following figures:

Treated Milk used Alcohol	1872	1,472	1,484	1,484
1882	1,472	1,472	1,472	1,472
1892	1,472	1,472	1,472	1,472
1902	1,472	1,472	1,472	1,472
1912	1,472	1,472	1,472	1,472

No diseases

Do not suffer from indigestion, flatulence, bloating, etc.

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HAVE YOU BEEN SICK?

Then you realize the utter weakness that robs ambition, destroys appetite, and makes work a burden. To restore strength and stamina that is so essential, nothing has ever equalled or compared with Scott's Emulsion, because its strength-maintaining nourishment invigorates the blood, and stimulates energy throughout the body while its tonic value sharpens the appetite and restores health in a natural, permanent way. If you are run down, tired, nervous, overworked or lack strength, get Scott's Emulsion today. At any drug store.

Rules for Dealing with the Fly Nuisance.

Do not allow a breeding place for the fly to exist in your house.

A fly is a most common pest, and its annoyance is often called the "fly nuisance." It is a pest because it is so common, and its annoyance is so great. It is a nuisance because it is so common, and its annoyance is so great.

It is now so well known that flies are largely responsible for the dissemination of such diseases as typhoid fever and infantile diarrhoea, that indifference to their presence in the home and neighborhood would seem to merit the verdict of criminal negligence. While the trapping and swarming of flies is a useful and some preventive, it must not be forgotten that the most rational way of attaining freedom from them is to prevent them from breeding. This is to be accomplished by the destruction of all breeding places, and by the use of proper sanitary measures.

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