

HER CASE SEEMED HOPELESS

But "Fruit-a-lives" Brought Health and Strength

29 St. Rose St., Montreal.
"I am writing you to tell you that *Fruit-a-lives* has done for me what I thought was impossible. I had given up hope of ever being well."

I was a terrible sufferer from *Dyspepsia*—had suffered for years; and nothing I took did me any good. I read about "Fruit-a-lives" and tried them. After taking a few boxes, of this wonderful medicine made from fruit juices, I am now entirely well.
Madame ROSINA FOISIZ.
Box, 6 for \$2.50, trial size 25c. At all dealers or send postpaid for Fruit-a-lives Limited, Ottawa.

W. C. T. U. Notes.

Woman's Christian Temperance Union first organized in 1874.

Aim—The protection of the home, the abolition of the liquor traffic, the support of Christ's Golden Rule in action and in law.

Motto—For God and home and Native Land.
Badge—A knot of White Ribbon.
Watchword—Agiolate, educate, organize.

OFFICERS OF WOLFVILLE UNION.
President—Mrs. B. O. Davidson.
1st Vice President—Mrs. G. W. Miller
2nd Vice President—Mrs. J. G. Elderkin
Recording Sec'y—Mrs. Ernest Redden
Cor. Secretary—Mrs. W. O. Taylor
Treasurer—Mrs. H. Penco.

SUPERVISORS.
Evangelistic—Mrs. George Bishop
Parlor Meetings—Mrs. Young
Labiador Work—Mrs. Fielding
Red Cross and Lumbermen—Mrs. J. Vaughn
Press and Willard Hall—Mrs. M. P. Freeman.
White Ribbon Bulletin—Mrs. Hutchinson.
Temperance in Sabbath-schools—Mrs. C. A. Patrinquin.

Let us not therefore judge one another any more, but judge this rather, that no man put a stumbling block or an occasion to fall in his brother's way. Rm. 14-8.

Business meeting of the W. C. T. U. the last Friday of every month.

A Thrilling Incident.

At a temperance meeting some years ago a learned clergyman spoke in favor of wine as a drink, proving it quite to his own satisfaction to be scriptural, gentlemanly and healthful. When the clergyman sat down, a plain elderly man rose and asked the liberty of saying a few words. "A young friend of mine," said he, "who had long been intemperate, was at last prevailed upon, to the great joy of his friends, to take the pledge of entire abstinence from all that could intoxicate. He kept the pledge faithfully for some time, though the struggle with his habit was fearful, till one evening at a social gathering glasses of wine were handed round. They came to the clergyman present, who took a glass, saying a few words in vindication of his practice. 'Well,' thought the young man, 'if a clergyman can take wine and justify himself so well, why not I?' So he also took a glass. It instantly rekindled his fiery and slumbering appetite; and after a downward course, he died of delirium tremens—a raving madman."

The old man paused for utterance, and was just able to add: "That young man was my ONLY SON, and the clergyman was the reverend doctor who has just addressed the Assembly."—Banner of Temperance.

The latest electrical production is a wireless 'phone for the home. You screw it into an electric light socket, connect it with an aerial just outside the window, push a button and talk with whomsoever you please. And the operators at the switch-board may have all their time to themselves.

HOW TO AVOID BACKACHE AND NERVOUSNESS

Told by Mrs. Lynch From Own Experience.

Providence, R. I.—"I was all run down in health, with headaches, my back ached all the time, and I had no ambition for anything. I had taken a number of medicines which did me no good. One day I read about Lydia E. Pinkham's Vegetable Compound and what it had done for women, so I tried it. My nervousness and backache and headaches disappeared. I gained in weight and feel fine, so I can honestly recommend Lydia E. Pinkham's Vegetable Compound to any woman who is suffering as I was."—Mrs. ANNE D. LYNN, 100 Plain St., Providence, R. I.

Headaches and nervousness are symptoms of nature's warnings, which indicate a functional disturbance or an unhealthy condition which often develops into a more serious ailment.

Women in this condition should not continue to drag along without help, but profit by Mrs. Lynch's experience, and try this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, for special advice write to Lydia E. Pinkham Med. Co., Lowell, Mass.

Minard's Liniment Cures Burns, Etc.

Notes and Comments

The registration at Dalhousie University is nearly 600 students. The world's series baseball championship for 1919 has been won by Cincinnati.

Thomas Kelly, contractor, has been ordered to pay back to the Manitoba government the sum of \$1,207,351.75, overcharged on the parliament buildings.

Strikes in United States since January 1st have cost workers twenty-five million in wages and employers a hundred million in production losses.

The Governor of Panama has issued a proclamation positively forbidding wholesalers to make more than seven and a half per cent profit or retailers more than 15.

November 5th and 6th, the first Wednesday and Thursday of next month are the dates set for the great Provincial conference which the Halifax Board of Trade is calling for the full consideration of the Old Home Summer and World's Fair project.

Marshall Saunders, Lover of Animals.

Miss Saunders' early home was Halifax, Nova Scotia. While she was assisting her father, the late Rev. Dr. Saunders, with some correspondence with Dr. Rand, then a professor in the University of Toronto, the suggestion came from Dr. Rand, "Why does not Marshall write stories?" The suggestion was repeated and the result was a burglar story which brought a cheque for forty dollars from a New York magazine. The young writer's air castles were soon shattered by the steady return of subsequent manuscripts, but in 1892 she found her true field in writing. Her "Beautiful Joe," the result of six months' careful work, won the \$200 prize offered by the American Humane Society for the best story about animals. This book is still very popular.

Miss Saunders lived for a number of years in the United States and has travelled widely in Europe and elsewhere. Her home is now Toronto. She has written a large number of articles, stories, books about animal pets, as well as several novels.

In her new book "Golden Dicky" she tells the story of a valiant little canary and the other pets belonging to a delightful family of animal lovers. Throughout the story Miss Saunders shows with her rare understanding of animal personality, how the happiness of human beings is interestingly and beautifully connected with the love and mutual service between themselves and their faithful animal friends.

Dicky and his lively companions, Billie Sundae, the dog, and Chummy, the sparrow, Black Thomas, the cat, and Nella, the monkey, rescued by the kindly Martin household after varied experiences in their early days, do their part in grateful animal service. Each tells his own story, full of narrative interest and sympathetic understanding of both animals and people. It is a book that will be a rare treat to all animal lovers.

"Beautiful Joe," her famous prize story, is the autobiography of a dog which has been ill-treated by his master but was taken into another home where with a number of other animals he had an adventurous but happy life.

The latest electrical production is a wireless 'phone for the home. You screw it into an electric light socket, connect it with an aerial just outside the window, push a button and talk with whomsoever you please. And the operators at the switch-board may have all their time to themselves.

Children Cry FOR FLETCHER'S CASTORIA

Clothing Prices Are Too High.

Toronto, Oct. 8.—Immediate and effective action to regulate clothing prices was forecast by Commissioner Murdoch, of the Board of Commerce, at the conclusion of the Board's investigation into clothing prices here this afternoon. Colonel W. H. Price, Government counsel, had addressed the Commissioner calling attention to evidence which he said warranted action on the part of the Board, and Commissioner Murdoch replied:

"I am firmly convinced that something should be done to reduce the price of clothing, and so far as I am concerned as one member I will hope to see something done promptly and effectively, although at the moment I am entirely at a loss, nor would it be proper for me to say, just in what way, or under what conditions, or on what order of the Board that might be done."

Commissioner Murdoch said he concurred in Colonel Price's declaration that there had been too much profit made by some of the clothing houses whose affairs had been investigated.

Good Advice.

Although physicians and health officers do not expect a recurrence of the influenza epidemic on the American continent this winter, they are warning the public that they should take every precaution against the possible outbreak of the disease. Prevention in this, as in all other human maladies, is the best cure, and to that end they are making suggestions which the people would do well to heed, such as the following:

Avoid others who have colds. Avoid common drinking cups and common towels. Avoid spitting on the sidewalks and in public places. Avoid spreading disease by coughing or sneezing. Use your handkerchief. Avoid the dangers which lurk in a closed and stuffy bedroom. Sleep with the windows open. Avoid fatigue. Adopt regular habits, choose your food, and get into the habit of daily exercise. Avoid exposure to cold and wet. Don't fall to wear clothing according to the temperature of the day. Avoid visiting patients suffering from respiratory diseases. The

Winter Storage of Squash.

(Experimental Farms Note.)
Squash to be carried successfully in storage must be well matured and free from bruises, broken stems, cuts or frost injury. If one disposes of the well colored, best matured squash and tries to keep those not well ripened, failure is likely to result under the most favorable storage conditions. A squash may be sufficiently matured for immediate use, but not be suitable for storage. In selecting for storage, therefore, pick out those which have had the longest period of growth, and just here it might be said that to get a large proportion of the crop for storage, due attention must be given to having the plants started early. It will also to turn the squash occasionally when growing in order to develop a hard shell on all sides. They should be handled carefully and placed immediately in a well ventilated, dry, warm room with a temperature around 80 degrees until the shells are hard and dry, and then removed to a cool but dry, light and well ventilated room. Under such conditions we have been able to keep squash until spring in perfect condition.

W. S. BLAIR,
Supt. Experimental Station,
Kentville, N. S.

The cover painting on the October issue of *ROD AND GUN IN CANADA* is bound to evoke the admiration of lovers of the great outdoors who have seen a part of its native haunts. To accompany this wonderful painting, F. V. Williams, the artist, has written a graphic story entitled, "When Nature Turn Brown." A beautiful nature story, "Under Canvas with Moses" by J. Livingston, tells of Moses' Misshib, an Objitway guide in the Timagami Reserve and his cheerful Indian philosophy. "Coyotes and Coy" is the title of H. Mortimer Bates' latest tale of the prairie foothills. Other interesting stories and articles in this issue are "The Kejmikijuk Monster" by Phil. H. Moore; "The Sea Serpent" written by A. E. Jay; "Dredging Within the One Hundred Fathom Line" by Bonnycastle Dale; and "Wild Life Sanctuaries" by J. B. Harkin, Commissioner of Dominion Parks.

ROD AND GUN IN CANADA is published by W. J. Taylor, Limited, Woodstock, Ont.

Children Cry FOR FLETCHER'S CASTORIA

In early playing cards swindlers took the place of "spades," and representations of coins were the equivalent of "diamonds."

A Labor Saving Combination

"It is the last straw that breaks the camel's back." So runs the old proverb. And it is the little extra efforts which tire you out on wash-day.

Eddy's
Indurated Fibreware
Washtubs and Washboards

form a combination which save you much extra labor. Indurated Fibreware tubs are much easier to lift and to move about. They keep the water hot for a much longer space of time because they do not conduct heat as metal does. They are easier to keep clean, because they are made in one piece without joint or seam, and the hard, glazed surface is impervious to liquids or odors. And they cost no more. Last longer, too. Eddy's Twin Beaver Washboard has a double rubbing surface of Indurated Fibreware which loosens the dirt quickly and saves many tiresome motions.

The E. B. EDDY CO. Limited
HULL, Canada
Also makers of the Famous Eddy Matches



Defies the Breeze and Bluster

Whether in cutter or auto, drivers and carters wear undaunted through winter's roughest weather in Atlantic Underwear.

Postmen, policemen, truck drivers, farmers—all men who work in the great outdoors, find Atlantic underwear the best for winter wear.

A heavy, comfortable stout wearing garment that the cold cannot penetrate, Atlantic underwear means health and comfort to thousands of red-blooded, out-door workers.

Sold in five different weights and qualities. Our insurprised lines are not equal to the more expensiver ones, but each is guaranteed to be the best value of its class. Compare them with others of like price and see for yourself.

THIS TRADEMARK GUARANTEES LONG WEAR

ATLANTIC UNDERWEAR
UNSHRINKABLE ATLANTIC UNDERWEAR LIMITED
MONCTON, N.S.

Reliable Furs!

Our stock of carefully selected FURS for this season is now complete. It will be to your advantage to see our display before purchasing. Consult us about your "Fur purchase." Estimates furnished on all kinds of "Fur Work."

Highest prices paid for Raw Furs.

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(C. S. BARSS, Pres.)
113 Granville St. - Halifax
"Hatters and Furriers" since 1840.

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TWO TRIP SERVICE - STEAMSHIP "NORTH LAND"
From Yarmouth—Leaves Wednesdays and Saturdays at 6.30 p.m.
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For timetables and additional information apply to:
J. E. KINNEY, Yarmouth, N. S.

Greatest Rule of Health

And How It May be Carried Out With Dr. Chase's Kidney-Liver Pills.

You sometimes hear it said that the most important Rules of Health is "Constipation begins with the bowels but it does not end there. You must also consider the way it affects the liver, the kidneys, the digestive system, and in fact the whole human body."

Headaches, backaches, aching limbs, indigestion, biliousness, kidney derangements, appendicitis, and the most serious diseases imaginable have their beginnings with constipation of the bowels.

There is one treatment which has a direct and a beneficial action on the bowels, the liver and the kidneys and gets these organs into good working order in remarkably quick time, and that is Dr. Chase's Kidney-Liver Pills.

They afford relief quickly, but they do more than that. They positively cure constipation, and insure lasting regularity of the bowels by setting the liver right.

Mr. M. L. Hume, Home street, Brockville, Ont., writes: "For many years I have been troubled with constipation and have tried a number of remedies, but without obtaining much benefit. About a year ago I started using Dr. Chase's Kidney-Liver Pills, and have found them to be the best medicine for constipation that I have ever used. I would strongly advise anyone troubled with this complaint to try the same remedy."

Mrs. E. Childs, Harrison, Ont., writes: "I suffered from constipation and kidney trouble for some time. One day I bought some of Dr. Chase's Kidney-Liver Pills to see if they would help me, and to my delight, I received great benefit from them in a short time. They are a splendid medicine, and I always keep them on hand as a household remedy."

Dr. Chase's Kidney-Liver Pills are so universally used as a treatment for constipation and liver and kidney troubles that you can obtain them at any store where medicines are on sale. One pill a dose; 25 cents a box. *Williams, Bates & Co., Ltd., Toronto.*

Two Good Samples.
The Kansas legislature passed a law providing: "When two trains approach a crossing, both shall stop and neither shall go ahead until the other has passed over."

This is like the Irishman who attended a public meeting called to discuss the building of a new jail. After listening to arguments for and against the jail, he broke out: "Mr. President, I'm in a notion to make a motion. I would suggest we do build a jail. I would further suggest that we take the bricks out of the old jail, put them in a new jail and let the old jail stand until the new jail is completed."

Minard's Liniment Cures Dandruff

Werner Horn admitted before U. S. Commissioner Carpenter at Jersey City that he blew up the C. P. R. bridge over the St. Croix River at MacAdam, N. B., Feb. 2, 1915, but insisted that it was a military act, committed in a hostile country during war time.

QUEEN'S UNIVERSITY, KINGSTON



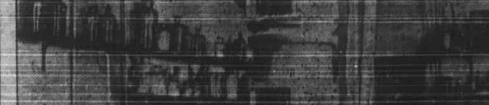
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Ontario Hall Containing the Physical Laboratories



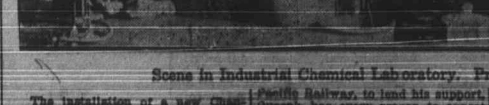
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Old Sol's Family is Going Some.

TRAVELLING AT THE RATE OF 12 MILES A SECOND IN GREAT MIGRATION.

Spectroscopic studies and sky observation alike tell us that our sun and his family are all headed in a great migration across the sky toward a point between the constellations of Hercules and Lyra. Lyra is the constellation now at the zenith, identified by the bright, bluish star Vega. Hercules in an irregular group to the west of Lyra, about one-quarter of the way to the horizon.

The speed with which we are travelling in that direction is twelve miles in a second. The velocity of an artillery shell is around 3,000 feet a second; that of the sun 65,000 feet. An artillery shell with the velocity of the solar system through space would, according to Kippax, penetrate a sheet of steel four city blocks thick.

Think how far we travel every year and how complex our journey! In the first place, those of us who live near the equator cover upward of 9,000,000 miles in our flight around the earth's axis. In the second place, in our journey around the sun we travel nearly 600,000,000 miles. While we are doing all this we are also being carried off into new and untried regions of space at the rate of 400,000,000 miles a year.

Is our great family journey through space along a straight road, or is it revolving around some greater body, even as the earth revolves around the sun and the moon around the earth? The astronomer tells us frankly that if the sun has an orbit its curve as yet defies detection.—William Joseph Shewalter, in the National Geographic Magazine.

Professional Cards.

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Graduate of Philadelphia Dental College. Office in McKenna Bldg., Wolfville.
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Phone 37. BROKER.
Agent Halifax Fire Insurance Co.

Better than Pills For Liver Ills.
NR Tought—
Tomorrow, Alright

Sold by A. V. Rand.

An eagle visited Broadway, New York, the other afternoon, and perched upon the topmost peak of a sign over-looking Times Square. After viewing New York's busiest corner for half an hour, the big bird dived from the sign to within fifty feet of the crowd watching the baseball returns before it began to climb. Then it circled about, rising steadily, until it disappeared into the sky.

CASTORIA
For Infants and Children
Is Use For Over 30 Years
Always has
the Signature of
W. J. Bowser

Hon. W. J. Bowser, former Premier of British Columbia, has been chosen leader of the Conservative party in that Province.

Children Cry FOR FLETCHER'S CASTORIA