DANGER LURKS IN EVERY ONE OF US

We Are As Full of Deadly Poisons As A Germ Laboratory.

AUTO-INTOXICATION OR SELF-POISONING

"FRUIT-A-TIVES" Absolutely Prevents This Dangerous Condition.

The chief cause of poor health is our neglect of the bowels. Waste matter, instead of passing from the lower intestine regularly every day, is allowed to remain there, generating poisons which are absorbed by the blood.

In other words, a person who is habitually constipated, is poisoning himself. We know now that *Auto-intoxication*, due to non-action of the bowels, is *directly responsible* for serious Kidney and Bladder Troubles; that it upsets the Stomach, causes Indigestion, Loss of Appetite and Sleeplessness; that chronic Rheumatism, Gout, Pain In The Back, are relieved as soon as the bowels become regular; and that Pimples, Rashes, Eczema and other Skin Affections disappear when "Fruit-a-tives" are taken to correct Constipation.

"Fruit-a-tives" will protect you against Auto-intoxication because this wonderful fruit medicine acts directly on all the eliminating organs.

50c. a box, 6 for $2.50, trial size 25c. At all dealers or sent on receipt of price by Fruit-a-tives 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.

BADGE—A knot of White Ribbon.

WATCHWORD—Agitate, educate, organize.

OFFICERS OF WOLFVILLE UNION.

1st Vice President—Mrs. Irene Fitch.
2nd Vice President—Mrs G. Miller.
3rd Vice President—Mrs. Armitage.
Recording Secy—Mrs. W. O. Taylor
Cor. Secretary—Mrs. Ernest Redden.
Treasurer—Mrs. H. Pineo.

SUPERINTENDENTS.

Labrador Work—Mrs. Fielding.
Lumbermen—Mrs. J. Kempton.
Temperance in Sabbath-schools—Mr. Edson Graham.
Evangelistic—Mrs. Purves Smith.
Press—Mrs. M. P. Freeman.
White Ribbon Bulletin—Mrs. Dr. McKenna.
Loyal Temperance Legion—Miss Esam.
Red Cross Work—Mrs. J. Vaughn.

Message to the Mothers of America.

Daniel A. Poling.

My message to the mothers of America is one of reassurance and cheer. Their teaching, their example and their Christian influence are bearing a rich fruit in the lives of their sons in France. A composite of the American soldier reveals a man morally sound and physically competent. I have seen him under all conditions from rest camp to landing port; from Paris to the front: I have seen him under shell fire and in a barrage; I have messed with him and I have slept with him. He is living today on a higher moral plane then the moral plane of American sivilian life.

There are men and groups of men who have shamed their uniform, but their number is amazingly small in proportion to the total number of men with the colors, so small as to be a source of gratification and pride to every citizen who believes in the moral soundness of American society.

The program of our leaders in France is the most comprehensive and aggressive ever promoted by a nation at war to keep its soldiers competent to fight and fit to carry on. The details of this program I am in possession of and its actual operation I have fully witnessed.

I congratulate the Woman's Christian Temperance Union. The women of the white ribbon have ministered not in vain! I send you greetings from your sisters overseas. They too battle on. Your educational program and that of our United Committee for the Army and Navy continues to be of vast significance and immediate importance.—Somewhere in France, March 15, 1918.

Reform in France.

There is a great and ever-increasing demand for temperance reform in France. One need only read the account of the Anti-Alcoholic Congress held in Lyons recently. It was composed of men representing every fad of political and religious creeds. Jewish Rabbis, dignitaries of the Roman Catholic Church, representatives of labour unions, employers' syndicates, schoolmasters, every class of French citizen was represented, seven departments sending delegates. The Snators of the Rhone and the Perfect of the Loire and the Procureur of the Republic were also present. There was nothing vague about the demands, once more the privileges of the private manufacturer were condemned, and their suppression demanded as well as the reduction of the number of publichouses. The Congress further registered its conviction that alcohol during the war should be devoted to national defence uses, and that temporarily the consumption of alcoholic drinks should be entirely forbidden.—The White Ribboner.

A Quick Relief for Headache

A headache is frequently caused by badly digested food; the gases and acids resulting therefrom are absorbed by the blood which in turn irritates the nerves and causes painful symptoms called headache, neuralgia, rheumatism, etc. 15 to 20 drops of Mother Seigel's Syrup will correct faulty digestion and afford relief.

I cured a horse of the mange with MINARD'S LINIMENT.
CHRISTOPHER SAUNDERS.
Dalhousie.

I cured a hores, badly torn by a pitch fork, with MINARD'S LINIMENT.
St. Peters's, C. B. EDW. LINLIEF.

I cured a horse of a bad swelling by MINARD'S LINIMENT.
Bathurst, N B. THOS. W. PAYNE

Entire Dinner In One Dish

With the aid of vegetables it is quite possible to have an entire dinner in one dish—a dinner that is wholesome, nutritions and very palatable. How many people are familiar with fish chowder? Here is the recipe; it is enough for a family of five:

1 1-2 lbs. fish; use moderate price varieties such as cod, haddock; 9 potatoes, peeled and cut in small pieces; 1 onion sliced, 2 cups carrots cut in pieces; 5 cups milk; pepper; 1 tablespoon of fat; 11-2 tablespoons of cornstarch.

Cook vegetables until tender, add fat, mix cornstarch with one-half cup of the cold milk and stir in the liquid in the pot to thicken. Add the rest of the milk and the fish which has been removed from the bone and cut in small pieces. Cook until the fish is tender, about 10 minutes. Serve hot

Build Up the Blood.

YOU CANNOT HAVE HEALTH IF THE BLOOD IS WEAK AND WATERY

It is a hopeless task to try to restore your health while your blood is deficient in quantity or quality. The blood circulates through every portion of the body. It takes nourishment from the food and distributes it to the various organs and muscles; it takes also any medication that is administered through the mouth. The blood is the only means by which medicine can reach the nerves. Hence if the blood is poor the body becomes weak and the nerves shaky, and the victim may be subject to headaches and dizziness, poor appetite, indigestion a constantly tired feeling or perhaps to rheumatism, sciatica or neuralgia Poor blood is the forerunner of nearly every ailment to which mankind is subject, and you can only enjoy robust health by keeping the blood rich, red and pure. To keep the blood in this condition no medicine yet discovered can equal Dr. Williams' Pink Pills. Every dose helps to make new, rich blood which carries new health and new strength to every part of the body. When one becomes weak and pale Dr. Williams' Pink Pills restore the blood, bring the glow of health to the cheek, and make weak, ailing people energetic and strong. Mrs. Stephen H. Williams, Kitchener, Ont., says:—'Some years ago my health started to fail. The doctor said my blood was thin and watery, but the medicine I took did not do me any good. My joints and limbs would ache and swell, until it was almost impossible for me to get up and down, and no one knows how much I suffered or how discouraged I was. Reading of Dr. Williams' Pink Pills one day I decided to try them. I got a couple of boxes, and by the time I had taken them felt an improvement. I then got six boxes more and before I had taken them all felt like a new woman in every way. I could do my housework without feeling tired, and in fact I was enjoying better health than I had done for years. You may be sure I will always strongly recommend Dr. Williams' Pink Pills to all other sufferers.'

You can get these pills through any dealer in medicine or by mail at 50 cents a box or six boxes for $2 50 from The Dr. Williams' Medicine Co., Baockville, Ont.

Floating debts may sink a corporation.

Speaking of real estate in cities, a front foot is often worth more than a back yard.

The easiest money to spend and hardest money to save is that which you haven't earned.

Be Ready for Emergencies.

The best way is to always keep a bottle of Dr. Chase's Syrup of Linseed and Turpentine in the house ready for emergencies. Then when croup, or colds come suddenly they can be promptly cured before they have time to reach an acute and dangerous stage. To meet this requirement we have put the syrup up in family size bottles which contain nearly three times as much as the 25 cent bottle and sell at 60 cents.

When a man follows the races he finds himself in the rear sooner or later—usually sooner.

The author of a recent novel likened the hair of his heroine to spun yarn. It is evidently a chestnut.

CASTORIA
For Infants and Children.
The Kind You Have Always Bought
Bears the Signature of Chas. H. Fletcher

Any woman who can make a good pudding in silence has a point of superiority over the one who makes a tart reply.

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.

5-18A

Port Williams Fruit Co., LIMITED

FLOUR!
on hand.
Bran and Middlings
due to arrive.
SLAG!
Buy now before the advance. A car is expected shortly.
FERTILIZER!
We have a limited supply suitable for renewing strawberry plantations or fall use in the orchard, for sale at reasonable prices.
Arsenate of Lime
For use on Potatoes.
Open Wednesday mornings or by appointment.
Port Williams, N. S.

Headlights on Eastern Rails

JACK HARTNEY.

TOM TURNER.

Showing how the name of noteworthy engineers is being painted on the insignia of C. P. R. locomotives.

ART CHARLEBOIS.

No new policy undertaken of recent years by the C. P. R. has received such widespread expression of approval as that of naming passenger locomotives after the engineers, who by reason of their fine service or deeds of exceptional heroism have earned special distinction at the hands of their Company. If the engineers themselves are pleased, still more so is the general public, which realizes that an admirable system has been discovered for paying due tribute to a splendid race of men who have hitherto hid their lights under a bushel. The C. P. R. is displaying these names in no nigardly fashion. They are incorporated on the newly adopted insignia of the railway—a circular band enclosing a beaver mounted shield on which is painted a Maple Leaf. The name of the engineer is shown in letters of gold upon a blue ground, while the green leaf, the white shield and the brown beaver afford a color combination exceedingly striking and effective. This insignia is painted under the windows of the engineer's cab, the most conspicuous, and at the same time most appropriate position that could have been selected.

Jack Hartney, who runs the President's engine when the head of the great system leaves Montreal for the West, has such skill in starting a train that the passengers would not know it is in motion unless they looked out of the window.

Arthur Charlebois has been forty-two years in railway service, and comes of a family of engineers—his father, Pierre Charlebois, having been the eldest conductor in Canada when he died. The tradition is being kept up for he has a son a fireman on the C. P. R. to-day. Arthur Charlebois was one of the founders of the Brotherhood of Locomotive Engineers in Montreal. Tom Turner is well known and exceedingly popular at North Bay. He has been in railway life since 1882, when he worked with an extra gang on the Brockville, Ottawa and Canada Central Railways. In 1887 he was promoted to locomotive engineer, and in 1888 to run out of North Bay, where he is still running.

The following is the first list of engineers on Eastern Lines who have been selected for the honor of having their names painted on a locomotive:

President's engine 2038, Jack Hartney.
St. Stephen-Edmundston, Jim Foster.
Mattawamkeag-Moosehead Sub., Ed. Cooney.
Newport Sub., Geo. Magowon.
Sherbrooke Sub., Bill Stapleton.
Three Rivers Sub., Harry Leclerc.
Ste. Agathe Sub., Bill Singleton.
Montreal,
Point Fortune, Art. Charlebois.
St. John Sub., Cahrlie Lamoureux.
Chain River Sub., Mike Charrier.
Winchester Sub., Mike Carmody.
Belleville Sub., Steve O'Hara.
Oshawa Sub., Billy Burnett.
Peterboro Sub., Ed. Williams.
Port McNicholl Sub., Shiner Rose.
Webbwood-Thessalon Sub., Jack Beattie.
Harry Saunders, Alec. McQuarrie.
MacTier Sub., Jack Douglas.
Brooks Sub., Hero Wilson.
Galt Sub., Jack Malins.
Windsor Sub., Geo. Pierce.
North Bay Sub., Geo. Leach.
Parry Sound Sub., Frank Reynolds.
Cartier Sub., Tom Turner.
Nemegos Sub., Bill McAdam.
Huron Bay Sub., Harry West.
White River Sub., Jim Rose.
Nipigon Sub., Alf. Bible.
Havelock Sub., Joe Derricott.
M. & O. Sub., Jack Smith.

"A Lap Ahead"

Dunlop Tires—"Traction," "Special"—represent doing best what other tires may have been trying to do well.

"Masters of the Road"

A.95

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WALL PAPERS!

Our Spring Stock of Wall Papers is Now Complete!

We also have the sample books of all the big manufacturers. Call and we will be glad to have you see what we have to offer.

Woodman's Furniture Store,
WOLFVILLE

Something New Something Helpful The BH Color Scheme Adviser

WOULD you like to *"see"* your house in its new coat of paint, *before* you paint it? You can. The Brandram-Henderson "Color Scheme Adviser" enables you to try out different color combinations before deciding on the color scheme most pleasing to your eye.

This unique device consists of a transparent outline of a house, behind which you place color cards of every known shade—one color for the walls and another color for the roof. With the transparent sheet, there comes a set of 40 cards each of a different color. First you try a white card on the walls, in combination with a green card for the roof. Then you try a brown card behind the wall section of the transparency, along with a red card for the roof. And so on, until you have exhausted the possibilities of every known color combination.

We have one of these "Color Scheme Advisers" and will be pleased to let you experiment with it before you select your

B-H "ENGLISH" PAINT 70% Pure White Lead (Brandram's Genuine B.B.) 30% Pure White Zinc 100% Pure Paint

for the Spring painting of your house or any other building. Of course you are going to paint this Spring—and equally, of course, you are going to use B-H "English" Paint—the paint with the guarantee behind it.

Our store is the B-H Store—which means that this is paint headquarters. The outstanding reputation of this brand is based on its superior covering-capacity and exceptional durability—both of which features we know to be due to the combination of Brandram's Genuine B.B. white lead and pure white zinc, which the makers of B-H "English" Paints maintain in spite of the repeated advances in the cost of these ingredients.

Color Cards from our local agents.

L. W. SLEEP, WOLFVILLE.

BRANDRAM-HENDERSON
MONTREAL HALIFAX ST JOHN TORONTO WINNIPEG CALGARY EDMONTON VANCOUVER

"Taken Captive by Bull Moose."

COMING down the Canadian Pacific and Algoma Central last winter on a return trip from Winnipeg to Sault Ste. Marie, big Jack Breckenridge—the husky timber ranger for the paper company, pointed out to me an island in the centre of Mongoose Lake that staged the final setting to a most thrilling encounter a "tenderfoot" had with a bull moose. Here it is as told to me by a man with bull moose lungs—you can separate the gold from the dross at your leisure:—

"See that hunting lodge on the shore there? Well, a bunch of swells from Chicago hung out there last fall for quite a spell—came up to shoot partridge and calculated to stick around until the moose season came on—well, by gosh, the moose season opened ahead of time with one gent and he told me afterward that he was "fed up" on moose for the rest of his natural life. Seems he was out for partridge and had sat down to feed his face and take a draw at his dope stick when he got the surprise of his life for a big bull moose came crashing through the underbrush and landed 30 feet away pawing up the dirt as soon as he spied the gent—the fellow told me he had nothing but a shot gun but determined to make it interesting for Mr. Moose, so he hauled off and let blaze with both barrels—this was simply an introduction to what happened for Mr. Moose came on full steam ahead and the gent took to a tree nearby—he had just made the first limb when Mr Moose started to rake it fore and aft with his 42 inch spread—result was down came the limb and his nibs and as he felt the seat of his pants got caught on a prong of that moose's spread—Mr. Moose with a mighty snort made off with him to the lake and proceeded to transport his over to that island I showed you. The gent told me he thought he could see his checkered career coming to a tragic end, for he had a hunch Mr. Moose was going to make a "horrible example" of him before the females in his harem on Black Fly Island—he said he could almost feel that brute stamping the life out of him, yet was afraid to free himself for a downward dip of that prong would deposit him in the icy waters of Mongoose Lake—just then the moose's feet struck terra firma only to find himself confronted with a rival bull moose who had evidently been "playing in his garden" during the absence of the boss of the harem—the two started to paw up the earth and with a wild roar and bent head charged each other with galvanic force—the concussion threw Mr. Man fifty feet into the hazel bushes and from there he watched the fight of the furies. He said "take it from me that fellow who gave me the ride was some scrapper and seemed bent on demonstrating to the "females in waiting" that there was only one fly in the honey around that island. He finally downed the gay "Lothario" and after stamping the life out of him fell down exhausted before his fallen foe—that was my chance—said he—so I crept up behind him with my unsheathed hunting knife and cut his throat.

Say, that gent holds the record in this neck of the woods for free transportation, said Jack, as he cut off a fresh chew.

A. B. C.

A Somewhat Forgotten Asset

IN these hard times, it is necessary to gather together and examine all our assets, and although the Dominion is the lucky possessor of so many natural ones, there are still many which people have not yet realized that they have, and amongst these is the asset of sport and game.

It is quite possible for the unimaginative person to say that sport cannot possibly be an asset.

There is hardly any portion of the country that does not satisfy the most enthusiastic fisherman, and further it contains several districts, especially in British Columbia, which have become noted all over the world. A glance at the register of the small lodge at Fish Lake, near Kamloops, will show that people have come from all over the world, and on taking the average it will be found that more people from outside the Province of British Columbia camp there than those who live in it. This lake, it might be mentioned, contains genuine rainbow trout, which are taken practically only on a fly and their gameness is a thing to wonder at. It is not at all uncommon to see a fish jump eight or nine times after it has been hooked. Then there is the Thompson River, which contains, or has the reputation of containing, the largest trout in British Columbia. In this district duck, geese, and snipe abound in season, and in close season, grouse can be killed in quantities that should satisfy the most ardent sportsman. To the south in the hills there are deer and bear, to say nothing of lynx, coyottes, and other such animals.

Then there is the Nelson District, which is the centre of the Kootenay country, and from which place one can reach the celebrated Bonnington Pool and Bonnington Falls. The fishing here is very good indeed, and the best way to describe its popularity amongst the people of that district is to merely state that the C. P. R. run a special train there on Sundays.

A day's fishing at Campbell River, Vancouver Island, B.C.

The newly completed Kettle Valley Railway has opened an entirely new district for the loved of out of door sports, and one has only to glance at the map and they will see that there are numerous lakes, small rivers and streams, some of which have never been fished. What more could an angler wish for? Game is plentiful here also, more especially round what is known as the Coquhalla Pass and into what is termed The Skagett, and the country surrounding Skagett Lake. This is quite easy of access for the people who live in Vancouver, day mornings and evenings. There game here, too, deer are easily obtainable in the surrounding district.

Sicamous, too, is another large field for the sportsman. This little settlement, which is the junction for the Okanagan, is situated on the shores of Shuswap Lake, the waters of which contain many kinds and species of fish, and the shores of which are the mecca of many bear hunters, to say nothing of the wild fowl.

The British Columbia coast is noted for its fishing and hunting grounds, and space does not allow of a detailed description, but within a few hours of Vancouver itself there is a field for the mountaineer which is unrivalled, even in the Rocky Mountains. True, the Coast Mountains might not be so high, but for variety and flora they are hard to beat.

On Vancouver Island there is Campbell River, which, apart from its fame as the great fishing ground for the salmon, is well known for the mixed hunting, and it is possible to get fur, feather and fin within a few hours, if not minutes from the small town itself. It was at this place, when fishing in the mouth of the river, that Sir Richard Musgrave took the largest salmon that has ever been taken on the Pacific Coast, and which weighed 72 pounds, and what is more, it was taken on a rod and line. A good specimen of what is possible is shown in the photo which accompanies this short article.

—SPENT SPINNER.

Wear Not Black.

Oh, wear not black when a soldie dies,
For black's in the flag the German flies;
But rather, of us, let it be said,
"Americans honor their soldier dead
By adding a star, of golden hue,
To their loved colors, red, white and blue.'
We'll think of them as, 'carrying on"
With all the brave heroes who have gone,
Still keep for us our freedom bright,
Ne'er to be o'erthrown by German might,
Their memory will ever abide
'Twas for the World's Liberty, they died.

—E MERLE BIXBY

Protecting Your Children

The long, hard school term drains the vitality of growing children and you wonder why they are listless, puny and pale.

Every school child will show marked improvement in health and growth if given

SCOTT'S EMULSION

Its rich, uniform cod liver oil gets into their blood and gives them vim, snap and zest. It creates strength to resist school sicknesses, overcome pinched faces, sallow complexions and dull eyes.

High authorities have established again and again that cod liver oil promotes growth and energizes the body and brain.

Scott & Bowne, Toronto, Ont. 17-16

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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.
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Carefully Screened and Promptly Delivered.
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GIVE US A TRIAL.
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"Earnscliffe Gardens"
WOLFVILLE.
We are importing for our plantings and for others
8000 PLUMB TREES
in following varieties: Shipper's Pride, Monarch, Grand Duke, Reine Claude, Egg, Bradshaw, Fellemburg, Field, Moore's Arctic, and Lombard. Orders Received

NOW IS THE TIME!
To Get Your Furniture Upholstered.
Carpenter work is slack at present, and I am prepared to do Upholstery of all kinds of Furniture also Carriage and Sleigh Seats, will also repair Furniture of all kinds.
I have had a large experience in this work and can guarantee satisfacion.
J. C. Bishop, - Wolfville.

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.

"Stop and Rest" Inn.
AN EXCLUSIVE RESORT for Motorists, House and Week-End Parties. . .
Evening Functions and After-Theatre Suppers arranged. Afternoon Teas.
W. G. STACKHOUSE,
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The largest dealers in Improved Farm Properties in Canada.
Halifax, N. S., Canada.

Are now offering the property of the Wolfville Fruit Land Improvement Co. Ninety acres of Orchards fully improved, in whole or part. Price exceptionally low. 25
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