

ALLISON COLLEGE
 51. SESSION 1918-19.
SEPTEMBER 7
 Residential Ladies' Col-
 -High Ideals, Soul Cal-
 -Equipment.
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 Academy Affiliated with
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SUFFERED TERRIBLE AGONY

"Fruit-a-tives" Alone Gave Him Quick Relief
 Buckingham, Que., May 3rd, 1915.
 For seven years, I suffered terribly from severe headaches and indigestion. I had belching gas from the stomach, and I had chronic constipation. I tried many remedies but nothing did me good. Finally, a friend advised "Fruit-a-tives". I took this grand fruit medicine and it made me well. To everyone who has miserable health with Constipation and Indigestion and Bad Stomach, I say take "Fruit-a-tives", and you will get well.
ALBERT VARNER,
 See a box, 6 for \$2.50, trial size 25c. Attache letters sent postpaid by Fruit-a-tives Limited, Ottawa, Ont.

TRAVELLERS' GUIDE
DOMINION ATLANTIC RAILWAY

TIME TABLE REVISED TO MONDAY, JULY 1st, 1918.

GOING WEST			
Station	Express Daily	Mixed Daily	Express Daily only
	a.m.	a.m.	p.m.
Middleton	11:37	6:00	8:40
Lawrencetown	11:51	6:25	8:56
Paradise	12:05	6:40	9:02
Bridgetown	12:19	7:00	9:14
Upperville	12:29	7:35	9:26
Roundhill	12:39	7:45	9:38
Stamphill Royal	12:42	8:30	9:55
Upper Clements	12:53	8:45	
Clementsport	12:59	8:55	
Deep Brook	1:05	9:10	
Sawley			
Bar River	1:15	9:25	
Huberville	1:18		
Smith's Cove	1:22	9:35	
Digby	1:37	9:55	

GOING EAST			
Station	Express Daily	Mixed Daily	Express Daily only
	a.m.	p.m.	a.m.
Digby	3:30	4:20	
Smith's Cove	3:45	4:40	
Huberville	3:49		
Bar River	3:53	4:55	
Sawley			
Deep Brook	1:05	5:10	
Clementsport	1:14	5:25	
Upper Clements	1:21	5:25	
Stamphill Royal	1:33	5:50	5:25
Roundhill	1:47	6:29	5:37
Upperville	1:57	6:44	5:46
Bridgetown	2:08	7:05	5:56
Paradise	2:19	7:40	6:06
Lawrencetown	2:26	8:00	6:13
Middleton	2:42	8:30	6:30

A. V. PARKER,
 General Passenger Agent.
GEO. E. GRAHAM,
 General Manager.

H. & S. W. RAILWAY

Accom.	TIME TABLE	Accom.
Wednes-	IN EFFECT	Wednes-
days only	March 10, 1918	days only
Read down	STATIONS	Read up
11:10 a.m. Lv. Middleton Ar.		5:00 p.m.
11:41 a.m. " " " "	Clarence	4:28 p.m.
12:00 p.m. " " " "	Bridgetown	4:10 p.m.
12:22 p.m. " " " "	Granville Centre	3:43 p.m.
12:45 p.m. " " " "	Granville Ferry	3:25 p.m.
12:12 p.m. " " " "	Karsdale	3:05 p.m.
12:26 p.m. Ar. Port Wade Lv.		2:45 p.m.

Connection at Middleton with all
 points on H. & S. W. Railway and
 Dominion Atlantic Railway.
W. A. CUNNINGHAM,
 Div. F. & P. Agent.

WAR-TIME SUMMER SCHOOL

At the urgent request of business
 men and others who cannot secure
 sufficient number of Maritime-trained
 assistants, our classes will be continued
 during July and August under the di-
 rection of our senior teachers.

Enrol any day at the
MARITIME BUSINESS COLLEGE
 HALIFAX, N. S.
 E. KAULBACH, C. A.

Eat less Bread

"I'M HAVING A WONDERFUL TIME."

Wounded Canadian in No Hurry to Leave Hospital

"For goodness sake keep the Y. M. C. A. going," and, "I believe the Peace Bell will be ringing before this year is out," are the messages sent to his home, Valleyfield, Que., in a letter by Lance Corp. Thos. Moire, of the 24th Victorian Rifles. The letter is written from the First General Hospital, S.ourbridge, near Birmingham and the writer gives the highest possible praise to the hospital staff.

"Fancy a bunch of nice nurses and sisters to wait on you, lying in bed and having your meals brought to you! Why, it's worth while getting wounded, for this is the best part of the war hospital!"

"For goodness sake keep the Y. M. C. A. going," implores Lance Corp. Moir, who in his comfortable hospital quarters does not forget the discomforts of the boys still in the trenches.

"Just think of coming out of the front line after a hard trip, wet, tired and hungry; never having a hot drink for days, to say nothing of a hot meal, and right to the line you find the 'Y' with steaming hot tea and a smoke waiting. I don't know what we would do without them. I think if people really knew what the Y's are doing they would give more."

The writer concludes with the prophecy that the war will end this year. Austria's back is broken, he declares, and Germany cannot spare troops from the Western front to help her ally.

"Dinner time" is the excuse for an abrupt ending to an interesting letter, and the last sentence is the cheerful prediction that "the Peace Bell will be ringing before the year is out."

What Has Been Done
 (New York Sun)

With the situation imposed on the Crown Prince's army by the genius of General Foch through the might of allied arms changing hourly, it would manifestly be foolhardy to attempt to predict what the ultimate outcome of the present struggle in the region north of the Soissons-Rheims line will be, but it would be no less foolish to ignore what has been accomplished in the fighting that has already been done, and what, in general, its effect must be.

One thing is plain, and subtlety of the German Staff cannot conceal it; the Crown Prince's army has been licked in every conceivable form of warfare by the French, by the British, by Italians and by Americans. The forces under the heir to the throne have been driven from trenches, driven from their strongholds, driven from natural positions easily adaptable for defence. They have been driven across open country in retreat, and their counter-attacks, skilfully organized and remorselessly pushed, have been broken up, and smashed. They have been outfought and outtricked; their retirement has been altered to a precipitate retreat, and in some hearts the hope begins to unfold that before the end is reached the word rout may properly be on the lips of the Allies.

To avert this rout re-inforcements have been sent to the Crown Prince from the Italians front and from Flanders. This fact discloses the far reaching consequences to the triumph General Foch has on. It will not do to say that the German plans on other parts of the line will be affected by the Crown Prince's defeat;

they have already been seriously dislocated, if not rendered utterly impracticable. All the labor that went into their preparation has been for nothing.

The Term "Tonnage."

To many persons who are not experienced shipbuilders the various uses of the term "tonnage" in relation to the size of a ship maybe confusing. The following article from the "Pausey and Jones Shipbuilder" explains the terms well and makes a clean distinction between the various ways in which they are used:

There are four kinds of tonnage in use in shipping circles. They are gross tonnage, net registered tonnage, deadweight carrying capacity and displacement.

Deadweight tonnage is what the vessel actually can carry in tons of heavy cargo, plus stores and bunker coal.

Gross tonnage is based on the cubic contents of the hull, with certain arbitrary spaces deducted, and has little bearing on the cargo carrying capacity of the vessel.

Net registered tonnage is gross tonnage, with certain allowances for crew space and machinery space deducted, and has little bearing on the deadweight carrying capacity of the vessel.

Displacement is the total weight of the vessel when full of cargo—that is, the weight of her hull plus her deadweight tonnage.

In round numbers a ship of 9,000 tons deadweight would stand about as follows: Deadweight carrying capacity, 9,000; gross tonnage, 5,000; net registered, 3,000; displacement, 12,000.

Playing Safe

(From the Argonaut)

In the spelling list for a class in a certain Indianapolis school were the words singing and singeing. The class was asked to write sentences using these words to show that they knew the correct meaning of each. One little fellow wrote: "The Italians are a singing nation. The Allies will soon be singeing the beard of the Kaiser." With side glances he watched the teacher mark his paper, and timidly asked: "Is it all right?" "Yes," she said, "but the Kaiser has no beard; he has a moustache." "I know, I know, but I wanted 100 on my paper, and I couldn't spell moustache."

Brazil and the War

It is probably not generally known that Brazil is taking more than a nominal part in the war. Her Navy is patrolling the seas and co-operating with our own war vessels and those of Great Britain in conveying transports, while the 53 German ships that she seized in her harbors are now working against Germany. She is exporting great quantities of food to the Allies, and while as yet she has sent no troops to Europe she is enlarging her army, and it is expected that she will yet despatch some of her soldiers to the front.

German Paper Hits it Right

LONDON, August 12—Germany's unrestricted submarine warfare could neither keep the army of the United States from taking part in the battles on the fields of France, nor break the will of the Allies to continue the war, is the admission made by the Munich Post, a copy of which has been received here. The Post takes exception to the word "unfavorable" in describing the food situation in Germany, and says "chronic famine" would be nearer the truth.

Poultry Diseases Responsible for Big National Loss

At least fifty percent of the chickens, young ducks and turkeys, die each year from diseases, many of which are preventable. This is an annual national loss of probably millions of dollars that should be avoided to a large extent.

War conditions make it imperative that farmers and poultrymen as far as possible should stop this enormous leak. To do this every breeder should pay strict attention to the general conditions of his flock.

When anything unusual is noted in a fowl, it is advisable to place the affected individual in separate quarters. If within a short time recovery does not take place, it is unwise to destroy the fowl without first ascertaining the cause of the disorder. The prevalence of disease is more often the cause of failure than the lack of practical knowledge and the extreme importance of keeping the quarters clean; isolation of all ailing fowls and immediate action in regard to finding out the cause cannot be too strongly impressed upon the poultryman.

When trouble occurs, forward to the Biological Laboratory, Central Experimental Farm, Ottawa, Ont., a live but sick fowl, or, in the absence of such, a dead bird. In the interval disinfect the quarters, runs, drinking fountains and feed dishes to check the spread of any infectious disease.

Disinfect the poultry houses by spraying the interior with a lime-wash solution (50 lbs. stone lime slaked in a barrel of water plus one gallon of a good commercial disinfectant). Fill cracks and crevices to destroy mites, lice, etc. If a smaller amount is required it may be prepared by adding two and half pounds of lime to a pail of water plus half a teacupful of disinfectant.

Keep a crop growing in some part of the yards and alternate poultry and crops. If the runs are small cover with a coating of air-slaked lime and dig up. If the runs are too large to dig up, plough and cultivate before sowing. Rape is a good crop for this purpose. Rear all chicks on fresh soil.

Although these precautions may appear unnecessary it is the only way of combatting many disease conditions affecting poultry, which if left to themselves will undoubtedly prove decidedly costly in the long run.

To Recruit Men for Siberia

A Canadian Expeditionary Force Contingent well mobilize at an early date for service in Siberia. It will include, with other units, an infantry battalion, to which Military District No. 6, will contribute one company. It is the intention to raise the men required by voluntary enlistment. Returned soldiers, physically fit and others not at present liable under the Military Service Act, are to be given the first opportunity to enroll; later the opportunity may be extended to draftees. The officers for this unit will be chosen from those who have been active service at the front.



Children Cry for Fletcher's CASTORIA

The Kind You Have Always Bought, and which has been in use for over thirty years, has borne the signature of and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

What is CASTORIA
 Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other narcotic substance. Its age is its guarantee. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic and Diarrhoea; allaying Feverishness arising therefrom, and by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

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Your Clothing and Haberdashery for Spring and Summer

We have just received a shipment of the following in the latest styles and patterns:

- Men's and Boys' Suits, Spring Overcoats,
- Raincoats, Sport Shirts,
- Silk and Lisle Half Hose, Felt Hats,
- Men's and Boys' Underwear in light Wool and Merino,
- Trunks, Club Bags and Suit Cases,
- Suede and Cape Gloves, Belts,
- Overalls and Khaki Pants.

J. HARRY HICKS
 Phone 48-2 Corner Queen and Granville Streets

High Cost of Dying

(From the Philadelphia Press)

Frederickton Gleaner: The high cost of dying is going up as the high cost of living, according to the statement of an undertaker. Coffins, horse hire, flowers and other things that enter into funerals have been steadily advancing for some time, and now the rate for opening a grave at one cemetery has jumped from \$3 to \$5. One Sheffield man, who had considerable forethought, not long ago had his own coffin made, and it now rests in the attic of his house covered with newspapers and canvas.

Keep Fit

(From the Springfield Republican)

Keeping one's self fit to help win the war is a part of personal duty that wise people will not overlook. Going stale on the job does not make for the best result. To give up all thought of vacation may be very unwise. Exhausted bodies, brains and nerves need refreshment in order that proper work may be done. The Government looks out that its fighting men are kept in proper physical condition. Volunteer war workers must be no less watchful of themselves.

Plenty of War Ahead

(From the Philadelphia Press)

The uncompromising aspect which the war has assumed is perhaps its grimest feature. With its back to the wall, with its strength unbroken, fighting indeed for its very existence, militarism will not be easy to defeat. Long, bloody, costly, soul-shaking sacrifices are before us. If Foch's brilliantly successful offensive truly marks the turning of the tide, marks the passing of the initiative from the enemy to us, it is yet a mere beginning of the end. Germany in defense is not likely to prove a less formidable antagonist than Germany in attack. Not to fall into the error of overconfidence, not to abate our preparations, not to falter in our determination and not to deviate from the straight, sharp line of our war aims is the moral which the fourth anniversary of the war makes plain to us.

Situation in Russia Critical

(From the Philadelphia Press)

LONDON, August 12—The German newspapers today admit that the situation in Russia is so critical that a change of government may come any day, according to a Copenhagen dispatch to the Exchange Telegraph Company. A beautiful girl is one who is pretty and doesn't know it.