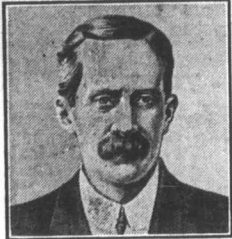


## WHOLE FAMILY USES THEM

"Fruit-a-Lives" Keeps Young and Old in Splendid Health



J. W. HAMMOND Esq.  
SCOTLAND, ONT., Aug. 25th, 1913  
"Fruit-a-Lives" are the only pills manufactured, to my way of thinking. They work completely, no gripping whatever, and one is plenty for any ordinary person at a dose. My wife was martyred to Constipation. We tried everything on the calendar without satisfaction, and spent large sums of money until we happened on "Fruit-a-Lives". I cannot say too much in their favor.

We have used them in the family for about two years and we would not use anything else as long as we can get "Fruit-a-Lives".  
Their action is mild, and no distress at all. I have recommended them to many other people, and our whole family uses them."  
Those who have been cured by "Fruit-a-Lives" are proud and happy to tell a sick or ailing friend about these wonderful tablets made from fruit juices. A box, 6 for \$2.50, trial size 25c. At all dealers or sent on receipt of price by Fruit-a-Lives 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, or organize.

### OFFICERS OF WOLFVILLE UNION.

President—Mrs. L. W. Sleep.  
1st Vice President—Mrs. G. Bryant.  
2nd Vice President—Mrs. J. D. Chambers.  
3rd Vice President—Mrs. Geo. Fitch.  
Recording Secy.—Mrs. M. Mitchell.  
Cor. Secretary—Mrs. Geo. DeWitt.  
Treasurer—Mrs. H. Pido.  
SUPERINTENDENTS.  
Peace and Arbitration—Mrs. L. Reid.  
Evangelistic—Mrs. Geo. Bishop.  
Temperance in Sabbath-schools—Mrs. (Dr.) Brown.  
Scientific Temperance in Schools—Mrs. G. Cutten.  
Lumbermen—Mrs. J. Kempton.  
Widow Home—Mrs. M. Prossman.  
U. B. Bulletin—Mrs. Langille.  
Press Work—Miss Margaret Barrs.  
Parlor Meetings—Mrs. J. Kaye.  
L. T. L.—Mrs. Howe.

### The Day's Work.

It isn't what you mean to do a week ahead; It isn't what you know you'll gain when all annoyances have fled; It isn't what you dreamed and planned; Such hopes are but a phantom band— The day's work counts.

The day's work counts— The foot you've gained Since yonder sun dispelled the dark. Next week, next month, next year, are vain— Unto the present summons hark; How have you fared ahead since morn In garnering in life's oil and corn? The day's work counts.

The day's work counts— It isn't much. The gain of those few painful hours. But be content, if there is shown Some product of those few painful hours. But be content, if there is shown Some product of those few painful hours. Strive with the best at your command The day's work counts.

## TWO NERVOUS WOMEN

Made Well By Lydia E. Pinkham's Vegetable Compound.

Philadelphia, Pa.—"I had a severe case of nervous prostration, with palpitation of the heart, constipation, headaches, dizziness, and in my arms, limbs, nervous, restless feelings and sleeplessness."

"I read in the paper where a young woman had been cured of the same troubles by taking Lydia E. Pinkham's Vegetable Compound so I threw away the medicine the doctor left me and began taking the Compound. Before I had taken half a bottle I was able to sit up and in a short time I was able to do all my work. Your medicine has proved itself able to do all you say it will and I have recommended it in every household I have visited."—Mrs. Mary Jones, 210 S. 10th St., Philadelphia, Pa.

Another Real Case.  
Ephrata, Pa.—"About a year ago I was down with nervous prostration. I was pale and weak and would have hysterical spells, sick headaches and a bed pain under my shoulder-blade. I was under the care of different doctors but they did not improve. I was so weak I could hardly stand long enough to do my shopping."

"Lydia E. Pinkham's Vegetable Compound had made me well and happy and I have begun to gain in weight and my face looks healthy now."—Mrs. J. W. Thompson, 11 So. 5th St., Ephrata, Pa.

If you want special advice write to Lydia E. Pinkham's Vegetable Compound, 250 Central Ave., Lowell, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

Send for our free booklet for sale every-

### What Am I?

I am the foundation of all business. I am the fount of all prosperity. I am the parent, most times, of genius. I am the salt that gives life its savor. I am the sole support of the poor. The rich who try to do without me deteriorate, languish and usually fill premature graves. I am the primeval cause, yet a being that no healthy man or woman can be happy without. Nations that woo me ardently rise; nations that neglect me die. I am the friend and guide of every worthy youth. If he sticks close to me, no prize or place is beyond his reach. If he slight me, he can have no enviable end. I am the sole ladder that leads to the Land of Success. Sometimes men curse me, seeing in me an arch enemy, but when they try to do without me life turns bitter and meaningless and goalless. I must be loved before I can bestow my greatest blessings and achieve my greatest ends. Loved, I make life sweet and purposeful and fruitful. Fools hate me; wise men love me. Savages, so rich men and many rich women shun me—their undoing. I can do more to advance a youth than his own parents, be they ever so rich. I am the support of millions, indirectly, the support of all. I am the creator of all capital. Wealth is me stored up. My followers among the masses are becoming more and more powerful every year. They are beginning to dominate governments, to overthrow monarchic dynasties. I am the mother of democracy. All progress springs from me. The man who is bad friends with me can never get very far—and stay there. The man who is good friends with me, who is not afraid of me, can go—who can tell how far? Who am I? What am I? I am work.

**Signs of Kidney Trouble.**  
In the early stages kidney troubles are known by backache and urinary disorders. Later come drowsy, stone, rheumatic pains, and perhaps diabetes. But don't wait for these. Dr. Cass's Kidney-Liver Pills will help you in a few hours. Their thorough action on the liver, kidneys and bowels will clear away the pains and aches and make you well again.

A travelling sales agent visiting a large factory made a bet with the manager that he would pick out all the married men among the employes. Accordingly he stationed himself at the door as they came back from dinner and mentioned with those whom he believed to be married, and in almost every case he was right. How do you do it? said the manager in amazement. O, it's quite simple, said the traveler, quite simple. The married men all wipe their feet on the mat. The single men don't.

Dorothy was visiting her grandparents in the country for the first time. Seeing a quantity of feathers scattered about the henyard, she shook her head in disapproval. "Grandpa," she told him gravely, "you really ought to do something to keep your chickens from wearing out so."

**WHAT CATARRH IS**  
It has been said that every third person has catarrh in some form. Science has shown that nasal catarrh often indicates a general weakness of the body; and local treatments in the form of snuffs and vapors do little, if any good. To correct catarrh you should treat its cause by enriching your blood with the oil-food in Scott's Emulsion which is a medicinal food and a building-tonic, free from any harmful drugs. Try it. Scott & Bowne, Toronto, Ont.

"Made in Germany" is a familiar saying that has had its day. Made in Canada is the popular phrase now. One way in which we can help the prosperity of our Dominion is to patronize home industries. If we ask for home goods, factories will be opened or built. By demanding articles "Made in Canada" we can divert one hundred million dollars to Canadian manufacturers and help provide work for the unemployed.

In London, England, there was a little while ago, a heated discussion as to the influence of parental alcoholism upon the offspring. The Times, in comment upon the subject, makes the following curious remark: "One of the recognized effects of total abstinence, it is said, appears to be the tendency to the use of unrefined and unsuitable language. It is probable that this circumstance alone has on more than one occasion been actually injurious in the cause of temperance." We wonder if the printer blundered! On this side of the Atlantic the men and women who appear before the courts because of their "unrefined and unsuitable" language are usually those who do not know that water is good to drink. For every case of "unrefined and unsuitable" language produced by total abstinence we can produce probably a thousand which are the product of John Barleycorn.

For years afterwards boy babies out-numbered girls by nearly three to one! Within less than thirty years the sexes were again equal in numbers. We may be sure that the next census will bring to light some startling figures as regards the birth-rate in this country, and however many of our brave fellows fall before we settle with Germany, the loss will eventually be made good.

**CASTORIA**  
For Infants and Children.  
The Kind You Have Always Bought

### Nature's Medicines.

Apples, for gouty persons and sufferers from constipation. Bananas, for sufferers from chest complaints. Carrots, food for gout and indigestion. Celery, an excellent nerve tonic and contains sulphur in a form that helps to ward off rheumatism. Cranberries, credited with being helpful in case of cystitis and malaria. Dates, good for persons suffering from deficient nourishment or constipation. Gapes, soothing to consumptive. They are a laxative. Lettuce has a soothing effect on the nerves. Parsley, preventive of dyspepsia. Pineapples, better than parsley as a preventive of all forms of indigestion. The heartiest meal may be eaten with impunity when pineapples are consumed. Potatoes, very fattening. Spinach, excellent for kidney troubles. It also has great aperient qualities and is better than most medicines for sufferers from constipation. Strawberries, helpful in restoring complexion that have been ruined by cosmetics. Tomatoes, excellent for torpid livers but should be avoided by gouty persons. Turnips supply a healthful food for sufferers from skin diseases. Watercress is one of the best known blood purifiers.

**Children Cry FOR FLETCHER'S CASTORIA**  
For some time Pat had been out of work, and he couldn't get a job anywhere. Lately Pat gladly accepted a situation as a railway porter, but he was in a bit of a fix as to how he could remember the destination of the train that came into the station. The station master had given Pat a whole list of names, most of which he forgot. When the first train came in Pat lost his head completely, and called out the following:— "Here ye are for where 'ye're goin'; and you in there for here, come out!"

Johnny—Say, paw, I can't get these arithmetic 'zomplex Teacher said somethin' 'bout we'd have to find the greatest common divisor. Pa—(In disgust)—Great Scott! Haven't they found that thing yet? Why they were hunting for it when I was a boy.

Last week the Allica drove the Germans out of a cemetery. This won't do. They should be driven them in.

MIRARD'S LINIMENT CO. LIMITED.  
Allica Yarmouth Y. M. C. A. Boys' Camp, held at Tuxford Falls in August, I found MIRARD'S LINIMENT most beneficial for sun burn, an immediate relief for colic and toothache. ALFRED STOKES, General Secy.

**More Boys After Battles.**  
In England there are, according to the last census, 1,068 females to every 1,000 males. In other words, women in the British Islands outnumbered men by nearly 1,000,000. A similar. Women are in a considerable majority. Among the few exceptions are the Albanians and Montenegro. Both these are warlike races, which, even in times of peace, constantly carry arms. In both cases men are slightly more numerous than women.

Among the Afghans and the hill tribes of Northern India, where tribal vendettas are always raging, the case is the same. There, where men are constantly meeting with violent ends, it might well be supposed that women would be in considerable majority. This is not the fact, for mother Nature balances matters, and the proportion of boy babies exceeds girl babies born by nearly five to four.

After the Franco German war of 1870, it was noticed that in both countries for some years afterwards, more boys were born than girls. It was as if Nature had set herself deliberately to repair the upset in her usual arrangements which had been caused by the death of so many men. By far the most startling instance of this sort of thing is afforded by the South American Republic of Paraguay. From 1864 to 1870 Uruguay joined with Brazil and Argentina in trying to destroy Paraguay. Never in modern history was any country so terribly used before that war. Paraguay's population was 1,317,430. After it she could number but 221,079. Of these only 28,746 were males of over fifteen years of age, while there were 106,254 women of over fifteen.

For years afterwards boy babies out-numbered girls by nearly three to one! Within less than thirty years the sexes were again equal in numbers. We may be sure that the next census will bring to light some startling figures as regards the birth-rate in this country, and however many of our brave fellows fall before we settle with Germany, the loss will eventually be made good.

**BEAUTIFUL AND USEFUL WEDDING PRESENTS**  
Gifts that combine exquisite beauty, durable usefulness, and reasonable cost are shown in delightful variety in our display of genuine DEPOS-ART Silver Deposit WARE.  
China, glass and earthenware, of the best quality and most artistic shapes, with ornamental designs overlaid upon its surface in the purest silver (over 999 fine) permitting an almost infinite variety of pleasing effects—yet the range of designs and prices is wide enough to suit every preference. Illustrations and descriptions cannot do justice to this ware. You must see it to appreciate its beauty and serviceability.

TEA-SETS COFFEE-SETS FRUIT DISHES  
VASES TUMBLERS SALAD DISHES  
"MADE IN CANADA"  
**J. F. HERBIN**  
JEWELER  
WOLFVILLE, - N. S.

The peevish one at the table summoned his waiter and to him addressed this novel inquiry: "Walter, have you ever been to the Zoo?" "Why sir, do you ask?" returned the astonished servant. "I repeat," demanded the peevish one. "Have you ever visited the Zoo?" "Well, sir," "You ought to go," growled the peevish one. "You'd enjoy seeing the tortoise who's past."

"Keep a good fruit" is Kitchener's motto at home and abroad.

**REWARD.**  
Town of Wolfville.  
A reward of \$10.00 is offered by the Town of Wolfville for information that will lead to the conviction of any person or persons committing any of the following offences:  
That, breaking into houses or buildings, trespassing, destroying public or private property, the use of profane or abusive language on the street or in public buildings, the illegal selling of intoxicants, incendiarism or any criminal offences.  
W. M. BLACK, Town Clerk.  
I saw you kiss sister, last night. Did you, Bobbie! Here's a quarter for you.  
Thanks. And I saw you kiss the maid when she let you in.  
Hey! What! Here's a \$5 bill!



## Buy in Original Packages

2 lb. and 5 lb. Sealed Cartons. Also 10 lb., 20 lb. and 100 lb. Bags.

# Lantic Sugar

Atlantic Sugar Refineries Limited MONTREAL, QUE. ST. JOHN, N. B.

**Dainty, Disappearing Doughnuts.**  
Devoured near as fast as you make 'em.  
Golden — tooth-teasing — able-bodied nuts of dough.  
Made from dough that *Tastes Like Nuts*, you know.  
Use **FIVE ROSES** flour. Get that individual toothsome of Manitoba wheat kernels.  
Doughnuts with a *Palate-Pleasing Personality*. See 'em bob up in the rich deep fat—swelling, soft-textured.  
A hole entirely circled with *Light Digestible Food*. Fat without being fat—for **FIVE ROSES** is the sturdy *glutinous flour* that *resists fat absorption*. Just enough to *brown* deliciously, to *crisp* quickly. No *greasiness*, heaviness, softness.  
Filling a vacant place so pleasantly with never an *outraged stomach*. Like these make **YOURS**. Use **FIVE ROSES**.

## Five Roses Flour

Not Bleached Not Blended

FOR SALE BY WM. C. BLEAKNEY

**Beautiful and useful Wedding Presents**  
Gifts that combine exquisite beauty, durable usefulness, and reasonable cost are shown in delightful variety in our display of genuine DEPOS-ART Silver Deposit WARE.  
China, glass and earthenware, of the best quality and most artistic shapes, with ornamental designs overlaid upon its surface in the purest silver (over 999 fine) permitting an almost infinite variety of pleasing effects—yet the range of designs and prices is wide enough to suit every preference. Illustrations and descriptions cannot do justice to this ware. You must see it to appreciate its beauty and serviceability.

TEA-SETS COFFEE-SETS FRUIT DISHES  
VASES TUMBLERS SALAD DISHES  
"MADE IN CANADA"  
**J. F. HERBIN**  
JEWELER  
WOLFVILLE, - N. S.

## DOMINION ATLANTIC RY

Express for Truro and Halifax 6.15 a.m.  
Accom. for Halifax 12.30 p.m.  
Express for Truro and Halifax 4.15 p.m.  
Express for St. John and Yarmouth 9.51 a.m.  
Accom. for Annapolis 1.30 p.m.  
Express leaving at 9.51 a.m. connects at Kentville with C. V. Branch train for Kingsport.

**Cash Store.**  
Purity Flour, Regal Flour, Banner Flour, Grass Seeds, Peas, Beans and Corn Seed. Small Seeds in pkgs. and bulk. Oranges, 25, 30, 35, 40 and 50c. Moir's XXX Chocolates, 35c. lb.

**C. W. STRONG**  
Wolfville.

## WANTED

Turnips, Beets, Carrots Cabbages.

We are open to purchase a quantity of vegetables of all kinds, particularly turnips. Send us your quotations for cash at once.

### WENTZELL'S LIMITED

The 'Big Store', Halifax, N. S.

## Building Repairs.

We manufacture and keep in stock building finish necessary for repair work or new buildings. Ask for our prices on soft and hardwood flooring, sashes, doors, verandahs, gutters, mouldings, frame stock, shingles and laths. Ask for our Furniture Catalogue.

### J. H. HICKS & SONS

Furniture and Builders' Materials  
Factory and Warerooms, BRIDGETOWN, N. S.

## Professional Cards.

### DENTISTRY.

**Dr. A. J. McKenna**  
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