

HOW TO GET RID OF RHEUMATISM

"Fruit-a-lives" Point the Way to Quick Relief

"I suffered for a number of years with Rheumatism and severe Pains in my Side and Back, caused by strains and heavy lifting. When I had given up hope of ever being well again, a friend recommended 'Fruit-a-lives' to me and after using the first box I felt so much better that I continued to take them; and now I am enjoying the best of health, thanks to your wonderful fruit medicine."

W. M. LAMPSON.
"Fruit-a-lives" are sold by all dealers at 50c. a box, 6 for \$2.50, trial size 25c.—or sent postpaid by Fruit-a-lives Limited, Ottawa.

W. C. T. U. Notes.

"Now I Lay Me Down To Sleep."

The mightiest power a human word,
The gentlest music ever heard,
Are found beside the trundle-bed,
Where little children's prayers
Are said.

Where little eyes at mother peep
With 'Now I lay me down to sleep.'
This golden prayer of childhood's years
Bids mother put away her fears
And look with trust to that stern
And back for strength his soul
shall leap.

When baby comes to manhood's
power,
She builds a tower his faith to keep
With 'Now I lay me down to sleep.'
When, after years shall dim his
eyes,
And mother dwells in God's great
skies,
When life with joy and pain is
fraught
He hears the words that mother
taught,
And back for strength his soul
shall leap.

To 'Now I lay me down to sleep.'
God grant, through tumult of the
years,
To save this prayer and mother's
tears;
May little children everywhere
At mother's knees learn mother's
prayer,
And every heart Thy ways shall
keep.

Through 'Now I lay me down to sleep.'

D. W. NEWSOM.

A Mother's Influence.

We read a sweet little story the other day which we pass on, commending the thought of mother's influence upon the children it conveys.

'A boat was out at sea carrying in it a father and his daughter. As they were tearing for the shore they were overtaken by a violent storm, which threatened to destroy them.

The mother noticing the coming of the storm, lighted a lamp and started to climb the worn stairway to the attic window. 'It won't do any good,' the son called to her. But the mother went up, put the light in the window, and prayed.

Out on the waters the daughter saw a glimmer of gold on the shoreline. 'We'll steer for that,' the father said. Slowly but steadily, they came towards the light, and at last were anchored in the little sheltered harbour by the cottage.

'Thank God!' cried the mother as she heard their glad voices and came down the stairway with the lamp in her hand. 'How did you get here?' 'We steered by mother's light,' answered the daughter. 'Ah,' thought the boy—a wayward lad—it is true I too, was steering by mother's light, and she kept me from being lost. I am glad I surrendered myself to God, and asked Him to guide him over life's rough sea.

The cost of living scored another advance in July, according to the current number of the Dominion Gazette. The average cost of a list of 20 staple foods in some sixty cities at the middle of the month was slightly higher, being \$13.77 as compared with \$13.72 in June, \$13.00 in July, 1913, and \$7.24 in July, 1914. There was comparatively little change in fuel or rents.

The National Industrial Conference opens in Ottawa on September 15.

HEALTHFUL ADVICE
During the aftermath of influenza or any other prostrating illness, the logical tonic is

SCOTT'S EMULSION
which enriches the blood and strengthens the whole body, via nourishment. If you would restore your strength—try Scott's. New York, Toronto, etc.

Keep The Boys at School.

There is always, at this time of the year, a number of boys in every community who feel very reluctant to go back to school, and who begin to negotiate with their parents for permission to leave school, on one pretext or another. They fancy that if they can only go to work, they will be men at once. Heaven help us all, won't they be men only too soon, without trying to forestall the years which will run by so quickly? Do not let these whims prevail. Remember, the conditions of today call more loudly than ever for education, for mental power, for the ability to distinguish the sound from the hollow, the false from the true, the worthwhile from the useless. Keep the boys at school—Antigonish Casket.

Red Hot July Days Hard on The Baby.

July—the month of oppressive heat, red hot days and sweltering nights, is extremely hard on little ones. Diarrhoea, dysentery, colic and cholera infantum carry off thousands of precious little lives every summer. The mother must be constantly on her guard to prevent these troubles, or if they come on suddenly to fight them. No other medicine is of such aid to mothers during the hot summer as is Baby's Own Tablets. They regulate the bowels and stomach, and an occasional dose given to the well child will prevent summer complaint, or if the trouble does come suddenly will banish it. The Tablets are sold by medicine dealers or by mail at 25 cts. a box from The Dr. Williams' Medicine Co., Brockville, Ont.

'Now boys,' said the schoolmaster brightly, 'I want you to write an essay of about 500 words on the topic you know a lot about. Shall we say, he thought a minute—your fathers' bicycles. Most of them have one.'

The boys licked their pencils and started. The master noticed that little Frank had finished much sooner than the rest, so he went across to see.

'My father has a bicycle,' he read. 'He took it out the other day and went for a ride. He caught his wheel in the tram line and had a spill. His bicycle was smashed. I think this is about fifty words. My father used the other 450 as he carried the bicycle home.'

DR. A. W. CHASE'S 25c CATARRH POWDER

Look here, he began angrily, how dare you tell my wife what time I came home this morning after I told you not to?

The Irish girl eyed him steadily. 'Sure an' Oi didn't!' she replied calmly. She asked me phwat toime yez came in an' Oi only told her that Oi was too busy gettin' breakfast to look at the clock.

Minard's Liniment Co., Limited.
Dear Sirs,—I had a Bleeding Tumor on my face for a long time and tried a number of remedies without any good results. I was advised to try MINARD'S LINIMENT, and after using several bottles it made a complete cure, and it healed all up and disappeared altogether.

DAVID HENDERSON,
Bellisle Station, Kings Co., N. B.
Sept. 17, 1904.

Possibly we have assimilated the belief that every able-bodied German was of his own accord a wearer of the uniform of the Fatherland. This is not the case. A recent census to ascertain and tax all those in Humland who evaded military service, has disclosed the fact that over six million Germans were able to evade their stringent military service laws.

CASTORIA

For Infants and Children

Is Used For Over 30 Years

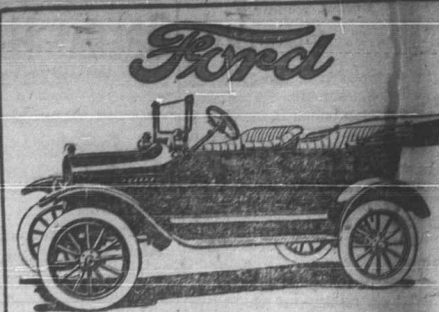
Always bears the Signature of J. C. Watson

A poor, but thrifty Scots woman had been promised a gift of a new bonnet by a wealthy summer resident.

One morning, as the woman was about to motor to the city for some shopping, she stopped at the home of the Scots woman and asked: 'Would you rather have a felt or a straw hat Mrs. MacVean?'

'Well,' said Mrs. MacVean, 'I think I'll take a straw one if you please, ma'am. It'll maybe make a good mouthful to the cow when I'm out in the field.'

Children Cry FOR FLETCHER'S CASTORIA



"A Joan of Arc Machine"

"SHE withstood everything in the field and above all was, and still is, the last and only car to survive until the cessation of hostilities."—Extract from letter received by Ford Motor Company from a British Soldier, in Africa.

Over short-tern roads, through water soaked fields, second only to the tanks in its power to climb debris and crater holes, the Ford car made a world famous record in the fighting area of the great war. In press despatches, in field reports, in letters, in rhyme and song the praises of the Ford were sounded. In France—700 cars out of 1,000 were Fords. In Italy—850 cars out of 1,000 were Fords. In Egypt—900 cars out of 1,000 were Fords. In Mesopotamia—950 cars out of 1,000 were Fords.

The Ford power plant that established this world-wide record in every theatre of the war remains the same. It will be in the Ford you buy.

F. J. PORTER, Dealer - Wolfville.



Built for Service

—to stand the wear and tear that men who work with brawn and sinew give their clothes—that's what distinguishes Atlantic Underwear.

Carefully made of stout, heavy, Maritime wool, Atlantic Underwear has a body, durability and comfort that is hard to match.

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

This Trademark label on every garment is your sure sign of safety. Look for it!

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

G. W. V. A.

All returned soldiers should read

THE VETERAN

the official organ of the

G. W. V. A.

Published monthly. Price \$2.00 a year.

H. P. DAVIDSON The Magazine Man

ACADIA COLLEGIATE & BUSINESS ACADEMY

WOLFVILLE, NOVA SCOTIA

A Residential and Day School for Boys and Young Men

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THE MANUAL TRAINING DEPARTMENT provides instruction in Wood Working, Iron Working and Mechanical Drawing.

A Strong Staff of Experienced Teachers. Annual Students' Bazaar, Motion Pictures in Equipment. Charges very moderate. For illustrated Catalogue write to

Principal W. L. Archibald, 11 Wolfville, Nova Scotia

Co-operation has been established with exactly one in every fifty of the crime sheet. The remaining nationalities are given in the order as they appear as offenders: Scots, Austrians, English, Welsh, Canadians, French, Italians, Russians, Danes, Germans and Swedes.

The Board of Commerce of Canada and the United States authorities in a continent-wide campaign against high prices. This results from the visit of Mr. W. P. O'Connor to Washington. The estimation is made that the Board will shortly commence an itinerary, one of the objects of which will be to trace those who, since the enactment of the Combines and Fair Prices Act, have been guilty of over charging, which is now a criminal offence.

Any unreasonably large quantity of goods held in cold storage will be ordered out for sale at reasonable prices, and profiteering and price-rigging generally will be given short shift.

Statistics recently taken in the United States as to the nationality of criminals show some rather astonishing facts. The most unruly nation in the Mexican with one offender in every 47.8 in the country. Next comes the Irish

MAILED TENDERS, addressed to the Postmaster General, will be received at Ottawa until noon on Friday, the 24th Sept., for the conveyance of the St. John's, Nfld., from and to times per week, between St. John's, Nfld., and St. John's, Nfld., under proposed contract for five years, to commence at the Postmaster General's pleasure.

Printed notices containing further information as to conditions of proposed Contract may be seen and blank forms of Tender may be obtained at the Post Office of the terminal office, and at the office of the Post Office Inspectors.

W. B. MacIntosh, Post Office Inspectors, Halifax, 16th August 1914.

Fastest Transcontinental Train in the World for the Business Man in a Hurry



Trans-Canada Express leaving Windsor St. Station, Montreal

Taken from Observation Car in Canadian Pacific Rockies

Now that the era of reconstruction is here, the business man, who has been taxed to the limit, bought bonds to his capacity and given until it is to be permitted to get from place to place quickly, his freight is to be handled promptly and he is to be given every assistance to revitalize the business of America. The railroads are the veins and arteries upon which a healthy business body must depend, therefore normally such of his help must come from them.

The Canadian Pacific, a privately owned enterprise, is in connection with the first of the railroads to help the business man.

On June 1st, the first transcontinental train in the world, the Trans-Canada Express, left Montreal for Vancouver.

The Trans-Canada Express is a train in the world, making the trip from Montreal to Vancouver in less than four days, to be exact, 92 hours and 20 minutes and from Vancouver to Montreal in 92 hours 15 minutes.

A whole business day is thus saved for the business man in a hurry. An interesting point in connection with this train is the fact that more than half of the passengers are actually registered from New York, Philadelphia, Boston and other American cities, a considerable number being booked for Banff, Lake Louise and the west.

One thinks of a transcontinental train as a single unit, but in reality it is made up of a number of complete units. A daily service, the Trans-Canada Express, requires four trains running each way simultaneously. The equipment of the new de luxe train has an estimated value of \$3,000,000, using for the daily run eastbound and westbound, 16 electric cars, 5 compartment cars, 15 dining and 24 locomotives.

The smooth, hard, dustless road wound about through the Syrian depths of giant ferns and mighty timbers in a distant round Spirit Lake, Vancouver Island. Far away a smoke smudge on the blue above the heaving ocean showed where a Canadian Pacific passenger liner was ploughing the heaving Pacific, bound for the Orient. On the right spirit Lake gleamed in the bright sun. There was a gentle rustling in the branches of the undergrowth and a three-monther rose alongside a great Douglas fir bole. As he cleared the ferns he paused and glanced eagerly about. He sought sight of his mother, who was so wrapped up in some luscious salmon berries that she had forgotten him. Higher and higher he climbed, widening his scope of view. Then came a terrible sound that paralyzed him where he stood, and he knew that he was in the clutches of a ravenous hawk. It was the ravenous challenge of a motor horn. Hugging the tree tightly he hoped to be overlooked.

The smooth road a few yards away there rolled into sight a terrible engine carrying laden and gentlemen. He held his breath and hoped more strongly. But sharp eyes were peering every way from under the auto, canopy and a screen of pleased excitement showed that feminine eyes had spotted him. He hunched his shoulders and bent his head on his shoulder to watch the swift creature in the big iron animal that always had a bad breath. He was crushed through the ferns and pointed a black box at him. The hawk dashed high in the branches of the lower forest.

Baby Bear Watches an Automobile and Its Occupants From His Perch on a Fir Tree.

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Every 10c Packet of
WILSON'S FLY PADS
WILL KILL MORE FLIES THAN
50¢ WORTH OF ANY
STICKY FLY CATCHER

Clean to handle. Sold by all Drug-
gists, Grocers and General Stores.

PUBLIC NOTICE

All persons having legal demands against the estate of Avar J. Woodman, late of Wolfville, merchant and undertaker, deceased, are requested to render the same duly attested within twelve months from the date hereof, and all persons indebted to said estate are requested to make immediate payment to:

SELMA WOODMAN, Administratrix.
OTTA POSHAY, Adjudicator.
Wolfville, October 5, 1914

Professional Cards.

DENTISTRY.

A. J. McKenna, D. D. S.
Graduate of Philadelphia Dental College. Office in McKenna Block, Wolfville.
Telephone No. 43.

Geo. C. Farrell, O. D.

Webster St., Kentville
Every Thursday, Friday and Saturday.
Appointments for Examination of the Eyes may be made by mail or phone.

Charles Hogan, C. E.

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Surveys, Plans, Levelling & Estimates.
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Consulting Accountant
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Wolfville and Halifax.

If You Have Funds
to invest and want advice notify
me and I will call.

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M. R. ELLIOTT

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Office at residence of late Dr. Bowles.
Telephone No. 23.
Hours—8-10 a.m., 1-4, 7-9 p.m.

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For Liver Ills.

It's the best time and strongest
organ of digestion and elimin-
ation, improve appetite, stop sick
headaches, relieve biliousness,
correct constipation. They set
promptly, pleasantly, mildly, yet
thoroughly.

NR Tonight, Tomorrow Afloat

It's the best time and strongest
organ of digestion and elimin-
ation, improve appetite, stop sick
headaches, relieve biliousness,
correct constipation. They set
promptly, pleasantly, mildly, yet
thoroughly.

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the famous Eddy
Matches are also
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look for Eddy's name. It
is your best guarantee of
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possible value for your
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business is your advantage.

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Also makers of industrial papers
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mission of Allied generals sent to
France to investigate disturbances
there in which French soldiers
were killed, has made recommendations
to the Peace Conference,
which include maintenance
of public order in France by a British
and American police force.