

STRICKEN IN THE STREET

Completely Restored To Health By "Fruit-a-lives"

822 St. Valera St., Montreal.
"In 1912, I was taken suddenly ill with Acute Stomach Trouble and dropped in the street. I was treated by several physicians for nearly two years, and my weight dropped from 225 pounds to 160 pounds. Then several of my friends advised me to try 'Fruit-a-lives', I began to improve almost with the first dose, and by using them, I recovered from the distressing Stomach Trouble—and all pain and Constipation were cured. Now I weigh 208 pounds. I cannot praise 'Fruit-a-lives' enough". H. WILHELMSEN, 656, a box, 5 for \$2.50, trial size, 25c. All doctors or sent postpaid 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.—Agnitate, educate, or organize.
OFFICERS of WOLFFVILLE UNIONS.
President—Mrs. L. W. Steep.
1st Vice President—Mrs. G. Gatten.
2nd Vice President—Mrs. R. Reid.
3rd Vice President—Mrs. Geo. Fitch.
Recording Secy.—Mrs. W. O. Taylor.
Cor. Secretary—Mrs. L. E. Duncan.
TREASURER—Mrs. H. Pido.
SUPERINTENDENTS.
Laborer Work—Mrs. Fielding.
Lumbermen—Mrs. J. Kempton.
Willard Home—Mrs. M. Freeman.
Temperance in Sabbath-schools—Mrs. (Dr.) Brown.
Evangelistic—Mrs. Purves Smith.
Peace and Arbitration—Mrs. J. Reid.
Post—Miss Margaret Barnes.
White Ribbon Bulletin—Mrs. Walter Mitchell.
Loyal Temperance Legion—Mrs. L. Hand.

To-morrow.

Edgar A. Guest.
He was going to be all that a mortal should be
To-morrow:
No one should be kinder or braver than he
To-morrow.
A friend who was troubled and weary he knew,
Who'd be glad of lift and who needed it, too,
On him he would call and see what he could do
To-morrow.
Each morning he stacked up the letters he'd write
To-morrow.
And thought of the folks he would fill with delight
To-morrow.
It was too bad, indeed, he was busy to-day
And hadn't a minute to stop on his way;
More time I will have to give others he'd say.
To-morrow.
The greatest of workers this man would have been
To-morrow.
The world would have known him, had he ever seen
To-morrow.
But the fact is he died and faded far on view,
And all that he left here when living was through
Was a mountain of things he intended to do
To-morrow.
—Detroit Free Press.

Soup Food of Economy.

Every once in a while a row of figures is poked under our noses, and some investigator announces that the average salary of men in low-paid industries is \$600 a year and even less. And yet, on this sum, they may raise a family of early healthy children. Those on another level gap and are inclined frankly to doubt the learned gentleman's figures. "Why, how can they live?—what do they have to eat? It's simply impossible to get a dinner for a little sum."

But even though our standards and theirs may differ, one of the chief factors in the low-cost meal of humble people is SOUP. To those who think of soup as a dainty, something capital to precede a 6-course dinner, soup is just an appetizer. But in the category of foods of the humble class, soup takes the first place, and it is on soup that the French family lives. Yes, soup is the world wide international dish, and it is only we that scorn it.

The modern housekeeper says that she has not the time; that it is cheaper bought by the can. All of these answers beg the question. If we truly wish to cut down living costs, to feed the family, especially children, at all price, we would do well to cultivate the vanishing art of soup making. Soup does not take as much time to prepare as a cake or a fancy dessert. The cheaper cuts of meat, if there are any, give fullest nourishment in soup. Shanks, brisket, plate, chuck, stocking piece and all yield their precious proteins and extractives when cooked or simmered slowly. Then there are all the legumes, the beans, the peas, so often thought indigestible, which, made into a soup or puree, yield nutrition without indigestible hull. Besides, there is the great class of milk soups, the cream of this or that, carrot, tomato, etc. The soup which most readily builds up the growing child is the cream soup, with its fat and protein and starch all there,

Diphtheria Is Prevalent.

(ISSUED BY THE DEPARTMENT OF PUBLIC HEALTH, NOVA SCOTIA.)

While there is no season in which we are quite free from this disease, it is usually most common during the colder months. It would appear that our experience of former years, in this respect, is to be repeated this year. Recently cases of the disease are being reported from many parts of this Province, and several communities are facing limited epidemics.

As in the case of several other infectious diseases, diphtheria frequently is so mild in type that it escapes recognition, and those who suffer from unrecognized attacks, not being restricted in their movements, may distribute infection to many of those with whom they come in contact. Laboratory tests often prove to be the only means by which a diagnosis can be made. By passing a swab of absorbent cotton over the tonsils, some of the organisms which cause diphtheria are detached, and may be identified by the use of laboratory methods. It is very important that a swab should be taken from every sore throat and sent to the laboratory for examination, as otherwise the diagnosis will surely be missed in many cases, and "missed cases" are without doubt largely responsible for the spread of diphtheria.

Persons who have had the disease sometimes carry the germs in their throats for some time after recovery, and during this time they are capable of infecting others. No one should be released from quarantine for diphtheria until laboratory tests prove that the diphtheria germs no longer exist in the throat.

Antitoxin, if administered in sufficient quantity before the body is overwhelmed by the poisons produced by the germs, is a certain cure. It should be given very early in the course of the disease, so a prompt diagnosis is of the utmost importance. Given in a small dose to those who have been exposed to infection, it confers immunity for a short period, but seldom for more than three or four weeks.

Children are especially prone to be infected by the diphtheria germs, but a considerable percentage of children are immune to the disease. Probably not more than ten per cent. of adults are susceptible. A simple test enables us to determine whether or not anyone is immune to diphtheria. Should the disease make its appearance in a school or institution, this test should be used. Those who prove to be susceptible should then be kept under especially close supervision, and should be isolated on the first appearance of symptoms suggestive of diphtheria.

No matter how mild the attack from which one may suffer one who has diphtheria may infect others. And of those so infected, some may develop the disease in its most virulent form. It is therefore the duty of everyone who has a sore throat to make sure that he is not infective before he mixes with others.

The Department of the Public Health issues a leaflet setting out the preventive measures which should be adopted by those who have to care for patients suffering with this disease. This may be obtained free of charge upon application to the Provincial Health Officer, Halifax.

DR. A. W. CHASE'S 25c. CATARRH POWDER
Is sent direct to the diseased parts by the Improved Blower. Heals the throat, clears the air passages, stops drops of mucus, restores the voice. Acts on the inflamed membrane. Free from all stimulants. All dealers in Edmondson, Bates & Co., Limited, Toronto.

Mother: Have you practiced Chopin's Ballad in A?
Gertie:—Yes, mother.
"Have you translated your page of Homer?"
"Yes, mother."
"Have you learned your five problems in Euclid?"
"Yes, mother."
"And have you worked out the binomial theorem?"
"Yes, mother."
"Then go and dust the dining-room."

Got Rid of Bronchitis.

Mrs. W. H. Walker, Calmar, Alta., writes:—I am pleased to say that Dr. Chase's Syrup of Linseed and Turpentine has done much good to myself, wife and children. My eldest girl, 7 years, had bronchitis and the doctor who attended her did not seem to do much good. We got Chase's Syrup of Linseed and Turpentine for her and she soon got well. We always keep this medicine in the house now ready for use and find that it soon cures coughs and colds."

CASTORIA
For Infants and Children.

The Kind You Have Always Bought Bears the Signature of *W. M. Woodworth*

On an occasion when a country church was being decorated with evergreens and flowers an old lady walked up the aisle to the chancel, and stood, sniffing. "Don't it smell solemn?" she said to the sexton, as she turned away with evident reluctance. "I don't know as I ever realized just what odor of sanctity meant before."

Children Cry FOR FLETCHER'S CASTORIA

Jews are to enjoy greater educational advantages in Russia. A series of high schools and technical schools exclusively for Jewish students is to be established and greater freedom will be accorded with respect to their entry into the universities.

Mineard's Liniment for sale every where.

Mineard's Liniment Cures Dandruff.

"BLUES" A DISGRACE TO HEALTHY PEOPLE

No Excuse for Being Miserable or Telling Others About It—Others Worse Off

To give way to the "blues" is worse than folly—it is the quintessence of selfishness; and instead of the sympathy meted out to a person in the doldrums, what he heartily deserves is a thorough good shaking and a real bad time. Truly trusting persons, people who've been through the mill, are the ones who grumble the least; they know when they're well off. The other, and major portion of the community, only think they're badly done by. You'll generally find a cripple or otherwise afflicted person quite cheery. Then think shame of yourself that you, a strong healthy individual, permit yourself to grizzle and growl, and be your own devil, driving yourself out of your Eden.

Liver or Selfishness
"Blues" arise either from liver or selfishness. If the former, take a dose of medicine; if the latter, take yourself seriously to task. Look within; don't try to find out why you're not happy, but why you're miserable. Is it that you expect too much from life? The happiest man is he who is content with little from the present, and expects much from the future. Go out into the world, and instead of comparing your misfortunes with other people's successes, realize your own blessings in life as contrasted with some poor thing's downright bad luck.

Don't think so much about what you haven't got, as what you do possess. This is the way not to think. "Here am I, twenty-three—forty years of age. Not many men have worked as hard as I. I flatter myself I've got my fair share of brains, and I'm only earning a few dollars a week, while that absolute young idiot, Jones, who's never done a day's work in all his life, has more money than he knows what to do with! Well, what if Jones is better off than you? There's nothing in that to make you unhappy! Instead, think how good God's been to give you your fair share of brain and your health!"

Compare and Smile
Now, this is really the best way to treat your "blues." Go for a stroll in any street in any city; go with your eyes very wide open and power of observation very alert. You will find a million things to give you a chuckle. You'll see a dozen poor unfortunate beings who are truly to be pitied—poor, deformed, poverty-stricken wretches who might say with truth they've never had a chance in life. They're "blues" they're a disgrace to any healthy man or woman; and besides, a dejected person becomes so wearisome. He may meet with a little superficial sympathy, but his acquaintances soon learn to avoid him. The "blues" you feel, the cheerier you should be.

BIRD PROTECTION
Canadian Organization Doing Good Work in the Schools

The Canadian Society for the Protection of Birds, founded in 1915, is actively engaged in the promotion of bird protection throughout Canada. While national interest is naturally concentrated on patriotic endeavors along other lines, much has been done through lectures, addresses and social meetings to enlist popular sympathy on behalf of the society's work. Thousands of copies of a very valuable report, "The Value of Birds to Man," by James Buckland, are distributed; also posters warning the public of the penalty attached to the destruction of insectivorous and other birds. A further important feature of the movement is the manufacture of nesting boxes. Through the efforts of Mr. J. A. Harvey, a well known Toronto architect, Herpelack boxes of solid timber, hollowed out, which have been made for the society at a cost of fifty-five cents per dozen. Local branches of the association will be formed in any part of the Dominion, special attention being given to arousing the interest of school children.

Assists Digestion
The need of this food is felt by many at the time of meals.

FOR RENT.
Residence on Locust avenue. New. All modern improvements. Electric lighting. Possession at once. Apply to F. W. WOODWORTH.

NOTICE
Town of Wolfville

DAIRIES AND MEAT DEALERS
All persons keeping a dairy for the purpose of selling milk to the citizens of this town will be required to register at the Town Office annually; a periodical inspection of such dairies shall be made by the Medical Officer of Health.

The vendors of meat shall also be subject to the same regulation. (sec. 69 and 70.)

Extracts from Provincial Health Act, approved and adopted by Board of Health, Town of Wolfville.

Application for license must be in the hands of the town clerk on or before Oct. 21st, 1916.

W. M. BLACK, Town Clerk.

Mineard's Liniment Cures Dandruff.

Wellington's Men.

"People often say," says Mr. John Murray, the famous publisher, a former misanthrope, that Wellington was a hard man. This was far from being the case, as is shown by an anecdote told by his aide-de-camp, Major Gordon, who brought over in recognition of the capture of Ciudad Rodrigo.

As a party of officers were dining with Wellington on one of these occasions, a party of British soldiers were stationed and a considerable number of them were with the table. When the party broke up Wellington ordered his horse and set out for the spot, accompanied by Gordon.

He arrived at the post thirty miles off at midnight, and found a great number of sick lying in the open air. Wellington knocked up the commanding officer and asked why the men were left in such a condition. The commanding officer replied that there was no accommodation for them in the place Wellington asked the officer to show him over the house, and then gave instructions that a number of the sick should be removed into it. Then he returned to the next officer in rank and asked in the same way, carrying on the process till all the sick were accounted for.

He read the officers a lecture on the propriety of their conduct, and said that if any of them consulted his superior and a simple man was dismissed (another would make an example of the offender). Wellington returned to headquarters before day.

Seeing that his orders might be infringed he rode over again the following night, and found that the sick had been removed into the open air and that the officers had again taken heed, but that the men were again in the same state. He quickly reined them in, ordered the sick to be instantly brought in, put the cupboards under arrest and searched the headquarters. They were ordered for disobedience and cashiered.

Children Cry FOR FLETCHER'S CASTORIA

Honors for five Nova Scotians have been gazetted, four receiving the Military Cross, and the fifth getting a bar of the Distinguished Conduct Medal which had previously been awarded him. The Military Cross, which ranks next to the Distinguished Service Order, has been awarded to Lieut. George B. Murray, son of Premier G. H. Murray, Lieut. Dennis Stearns, son of the late George Stearns of Halifax, Lieut. C. D. Lewis, son of the Rev. D. A. Lewis, and to Lieut. A. G. D. Young of Dartmouth. Lieut. G. B. Jones, whose deeds thrilled the whole Empire, and who not only won back his company, but also the Distinguished Conduct Medal, has been awarded a bar to be added to his medal.

Even If War Is On You Must Have Clothes
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.

A. E. Regan, 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

Yarmouth Line
Steamship Prince Arthur

Leaves Yarmouth Wednesdays and Saturdays at 5 P. M. Return, leave Central Wharf, Boston, Tuesday and Friday, at 7 P. M.
Tickets and Staterooms at Wharf Office.

NOTICE
IN THE ESTATE OF SELINA R. CLEVELAND, DECEASED.

All claims against the above Estate are requested to be rendered, duly attested, within twelve months of the date of this notice. All accounts due must be paid at once to the undersigned.

B. W. CLEVELAND,
SOLE ADMINISTRATOR.

Sept. 29th, 1916.

F. J. PORTER
Licensed Auctioneer for towns of Kentville and Wolfville, N. S.

FOR RENT.
Residence on Locust avenue. New. All modern improvements. Electric lighting. Possession at once. Apply to F. W. WOODWORTH.

NOTICE
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B. W. CLEVELAND,
SOLE ADMINISTRATOR.

Sept. 29th, 1916.

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, ashes, doors, verandah siding, sheathing, gutters, moldings, frame stock, shingles and lath.

Ask for our Furniture Catalogue.

J. H. HICKS & SONS
Furniture and Builders' Materials
Factory and Warehouses, BRIDGETOWN, N. S.

Get "King Cole"

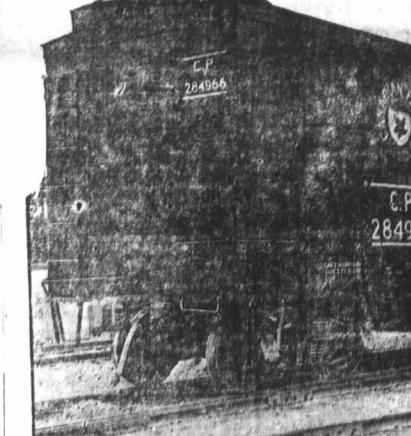
when you buy the Tea. You remember, Dad, how we liked the flavor, just as the advertisements said. Besides, KING COLE is guaranteed and I feel I can depend on its quality.



"You'll like the flavor"

THE A. B. C. OF RAILWAYS

WHAT IS A REFRIGERATOR CAR?



A REFRIGERATOR car is the diametrical opposite to a house refrigerator. The latter is expected to stay in one place—the refrigerator car is built especially for the purpose of moving quickly and often as the railway companies are permitted to move it with loads of perishable products. Thus, a freight car is sometimes diverted from the line for which its pretentious designed it, and remaining stationary filled with goods, performs the wronged purpose of a storage warehouse to the serious harm of other shippers and consignees who are clamoring for more cars to move freight and are blaming the railway companies instead of the public, but that happens almost entirely to the serious detriment of the box car. As Kipling writes, "That is another story." Its life history would differ in several essentials if the box car were always moved with the celerity with which C.P.R. refrigerators at \$24960 traveled and worked usefully for twelve days in August. The following notable performance of C.P.R. brine tank refrigerator car 28496, Toronto to St. John, N.B., loaded with fresh meat, St. John, N.B. to West Toronto, empty; is an illustration of quick handling:—
August 18—Order for car given by Quana Limited.
18—Car fully loaded, placed for loading.
19—10.00 A.M., loading commenced.
19—4.00 P.M., loading completed.
19—4.20 P.M., car left West Toronto on train No. 902.
20—In transit including usual periods occupied in being during transit.
21—1.00 A.M., arrived St. John, N.B.
22—4.25 P.M., arrived St. John, N.B.
22—Car unloaded.
23—Car, empty, left St. John.
24—Car, empty, arrived West Toronto.
24 Days' transit—821 miles loaded.
6 Days' transit—821 miles empty.

JOB PRINTING

Neatly and Promptly Executed at

THE ACADIAN

We print Wedding Invitations, Calling Cards, Letter Heads, Note Heads, Statements, Bill Heads, Envelopes, Shipping Tags, Business Cards, Receipt Forms in all the latest styles of type.

HUTCHINSON'S

Livery and Automobile Service
WOLFFVILLE, N. S.

Teams or Autos always ready for a drive through the Evangeline Land.

Teams at all trains and boats.

Weddings carefully attended to by Auto or team. Give us a call. Telephone 58.

T. E. HUTCHINSON, Proprietor.

Castor Oil and Resin

The simplest and most effective Cure for the Canker Worm Pest.

FOR SALE BY

Hilsley & Harvey Co., Ltd
Port Williams, N. S.

Wolffville Time Table

DOMINION ATLANTIC RY
STANDARD SHIP LINES
TO PORT ROYAL
DOMINION ATLANTIC RY
YARMOUTH THROUGH ROUTE
— YARMOUTH LINE —
LAND OF EVANGELINE ROUTE
Effective Nov. 1st, 1916
Service daily, except Sunday.

ARRIVING
Express from Kentville 6.15 a.m.
Express from Halifax & Truro 9.55 a.m.
Accom. from Middleton 11.55 a.m.
Accom. from Windsor 1.30 p.m.
Express from Yarmouth 4.20 p.m.
Express from Halifax 5.50 p.m.

LEAVING
Express for Kentville 6.15 a.m.
Express for St. John and Yarmouth 9.55 a.m.
Accom. for Windsor 11.55 a.m.
Accom. for Middleton 1.30 p.m.
Express for Halifax and Truro 4.20 p.m.
Express for Kentville 5.50 p.m.

ST. JOHN AND DIGBY
Daily Service (Sunday Excepted)
Canadian Pacific Railway 8. S. "Empress" leaves St. John 7.00 a.m. arriving in Digby at 10.00 a.m. Leaves Digby 2.00 p.m. arriving St. John 5.00 p.m., making connections at St. John with trains of Canadian Pacific Ry. for Montreal and the West.

Boston Service
Express train leaving at 3.05 P.M. from Yarmouth connects with steamers of the Boston & Yarmouth S. Co. Ltd., sailing on Wednesday and Saturday for Boston.
Buffet parlor cars run each way, daily, except Sunday, on express trains between Halifax and Yarmouth.

R. U. PARKER
General Passenger Agent,
George E. Graham, General Manager
Kentville, N. S.

Professional Cards

DENTISTRY.

Dr. A. J. McKenna
Graduate of Philadelphia Dental College
Office in McKenna Block, Wolfville.
Telephone No. 43.
Gas Administrated.

C. E. Avery deWitt

(One year post graduate study in Europe.)
Office hours:—8-11 a.m.; 1-3, 7-9 p.m.
Throat work a specialty.
Tel. 81 University Ave.

M. R. ELLIOTT

A. B., M.D. (Harvard)
Office at residence of late Dr. Bowles, Telephone 33.
Office Hours:—8-11 a.m., 1-3, 7-9 p.m.
W. R. BACON, R. C. D. C. L. BARRY W. BACON, I. L. B. JAMES I. HARTY, I. L. B.

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G. PURVES SMITH

M.B.—C.M., Edinburgh Oculist.
Consultation Hours: 10 a.m.—12 noon
2 p.m.—4 p.m.
Monday Excepted. Telephone 163
Westward Avenue, Wolfville, N. S.

Expert Piano Tuning

Guaranteed.
Voicing, Regulating, Repairing Organs Tuned and Repaired.
M. C. COLLINS,
P.O. Box 321, Wolfville, N. S.

PUBLIC NOTICE.

The public we hereby forbidden the use of my property as a thoroughfare for teams between Main and Front Streets. Persons persisting in thus trespassing will be prosecuted without further notice.
EVANGELINE D. BOWLERS,
Wolfville, Sept. 10th., 1915.

COALI COALI COALI

Carefully Screened and Promptly Delivered.
Springhill, Albion Nut and Old Sydney,
GIVE US A TRIAL,
Burgess & Co.

R. J. Whitten & Co.

HALIFAX
Receivers and Sellers of all kinds of Farm Produce.

Consignments Solicited.
Prompt Returns.

McKenna Block

WOLFFVILLE
Is the place to get your SHAMPOOING MANICURING CHIROPODY MASSAGE

Soap and Face Treatment a specialty All promptly attended to.

MRS. B. MELANSON

McCallums, L'td
The largest dealers in Improved Farm Properties in Canada.
Halifax, N. S., Canada.

Are now offering the property of the Wolffville Fruit Land Improvement Co. Ninety acres of Orchard fully improved. In whole or part. Price exceptionally low.

C. A. Porter, Local Agent,
Office: WOLFFVILLE 437 & 439 1916