THE BLOOD IS THE STREAM OF LIFE

Pure Blood Is Absolutely Necessary To Health

"FRUIT-A-TIVES" PURIFIES

These Wonderful Tablets, Made of Fruit Juices, Are The Best Of All Tonics To Purify And Enrich The Blood.

Pure, rich blood can flow only in a clean body. Now, a clean body is one in which the waste matter is regularly and naturally eliminated from the system. The blood cannot be pure when the skin action is weak, when the stomach does not digest the food properly, when the bowels do not move regularly, when the kidneys are strained or overworked.

Pure blood is the result of perfect health and harmony of stomach, liver, bowels, kidneys and skin.

"Fruit-a-tives", by their wonderful action on all these organs, keeps the whole system as clean as Nature intended our bodies to be clean.

"Fruit-a-tives" tones up, invigorates, strengthens, purifies, cleans and gives pure, rich, clean blood that is, in truth, the stream of life.

"Fruit-a-tives" is sold by all dealers at 50c. a box, 6 for $2.50 trial size 25c. or sent postpaid 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.

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. W. Mitchell.
Cor. Secretary—Mrs. Geo. DeWitt.
Treasurer—Mrs. H. Pineo.

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.
Willard Home—Mrs. M. Freeman.
U. B. Bulletin—Mrs. Langille.
Press Work—Miss Margaret Barss.
Parlor Meetings—Mrs. J. Kaye.
L. T. L.—Mrs. Howe.

Be Strong!

Be strong!
We are not here to play, to dream, to drift,
We have hard work to do and loads to lift;
Shun not the struggle, face it; 'tis God's gift—

Be strong!
Say not the days are evil—who's to blame?
And fold the hands and acquiesce—oh shame!
Stand up, speak out and bravely in God's name—

Be strong!
It matters not how deep entrenched the wrong,
How hard the battle goes, the day how long,
Faint not, fight on; tomorrow comes the song.

Children Cry
FOR FLETCHER'S
CASTORIA

Bursting shrapnel has a foreward spread of 200 yards and a width of 25 yards.

FEELS LIKE A NEW WOMAN

As Lydia E. Pinkham's Vegetable Compound Dispelled Backache, Headaches and Dizziness.

Piqua, Ohio.—"I would be very ungrateful if I failed to give Lydia E. Pinkham's Vegetable Compound the praise it deserves, for I have taken it at different times and it always relieved me when other medicines failed, and when I hear a woman complain I always recommend it. Last winter I was attacked with a severe case of organic weakness. I had backache, pains in my hips and over my kidneys, headache, dizziness, lassitude, had no energy, limbs ached and I was always tired. I was hardly able to do my housework. I had taken Lydia E. Pinkham's Vegetable Compound on one other occasion, and it had helped me so I took it again and it has built me up, until now I feel like a new woman. You have my hearty consent to use my name and testimonial in any way and I hope it will benefit suffering women."—MRS. ORPHA TURNER, 431 S. Wayne St., Piqua, Ohio.

Women who are suffering from those distressing ills peculiar to their sex should not doubt the ability of Lydia E. Pinkham's Vegetable Compound to restore their health.

If you want special advice write to Lydia E. Pinkham Medicine Co., (confidential) Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

Minard's Liniment for sale everywhere.

A Day at a Time.

Only a day at a time. There never may be a tomorrow.
Only a day at a time, and that we can live, we know.
The trouble we cannot bear is only the trouble we borrow,
And the trials that never come are the ones that fret us so.
Only a step at a time. It may be the angels bend o'er us,
To bear us above the stones that wound our feet by the way.
The step that is hardest of all is not the one just before us.
And the path we dread the most may be the smoothest another day.

No More Liquor.

The Russian government will never again embark in the manufacture and sale of alcoholic drinks. This statement, confirming previous reports, has been made in the name of Emperor Nicholas himself. The Russian union of abstinence which devotes itself to the combating of alcoholism, addressed to Emperor Nicholas a solicitation that he forbid forever the sale of spirituous liquors in Russia. His Majesty replied in a telegram sent in the name of Grand Duke Constantine and addressed to the president of the alliance in which he said:—

'I thank you. I long ago decided to interdict for all time in Russia the sale of alcoholic drinks by the government.'

CASTORIA

For Infants and Children.

The Kind You Have Always Bought

Bears the Signature of Chas. H. Fletcher

At an 'information test' in a certain high school a few days ago some of the answers were these:

'The bear who walks like a man is an orangoutang.'

'Busy Bertha is a prehistoric animal shown in moving pictures.'

'Tommy Atkins is a famous baseball pitcher.'

Sir Issac Newton invented moving pictures.'

'Maid of Orleans is a kind of molasses candy.'

'Lord Kitchener is some kind of an Englishman.'—Kansas City Star.

HAVE YOU WEAK LUNGS?

Do colds settle on your chest or in your bronchial tubes? Do coughs hang on, or are you subject to throat troubles?

Such troubles should have immediate treatment with the rare curative powers of Scott's Emulsion to guard against consumption which so easily follows.

Scott's Emulsion contains pure cod liver oil which peculiarly strengthens the respiratory tract and improves the quality of the blood; the glycerine in it soothes and heals the tender membranes of the throat.

Scott's is prescribed by the best specialists. You can get it at any drug store.

Scott & Bowne, Toronto, Ont.

She—Why do they paint the inside of a chicken coop?

He—To keep the hens from picking the grain out of the wood.

Had ship's anchor fall on my knee and leg, and knee swelled up and for six days I could not move it or get help. I then started to use MINARD'S LINIMENT and two bottles cured me. PROSPER FERGUSON.

Unquestioning Obedience.

Obedience is a matter of course from soldiers and children, but a question may be allowed at times unless the superior is infallible. A writer in the 'Evening Express,' of Portland tells a story that has this truth for its point.

Mrs. Flint was a very stern woman who demanded instant and unquestioning obedience from her children. One afternoon a storm came up, and she sent her son, John, to close the trap that led to the flat roof of the house.

'But mother—' said John.

'John, I told you to shut the trap.'

'Yes, but, mother—'

'John, shut that trap!

'All right, mother, if you say so, but—'

'John!'

John slowly climbed the stairs and shut the trap. The afternoon went by, and the storm howled and raged. Two hours later the family gathered for tea, and when the meal was half over Aunt Mary, who was staying with Mrs. Flint, had not appeared. Mrs. Flint started an investigation. She did not have to ask many questions. John answered the first one.

'Please, mother, she is up on the roof.'

PILES

Do not suffer another day with Itching, Bleeding, or Protruding Piles. No surgical operation required. Dr. Chase's Ointment will relieve you at once and as certainly cure you. 60c. A box, at all dealers, or Edmanson, Bates & Co., Limited, Toronto. Sample box free if you mention this paper and enclose 2c. stamp to pay postage.

Aunt Liza's former mistress was talking to her one morning when suddenly she discovered a little pickaninny standing shyly behind his mother's skirts. 'Is that your little boy, Aunt Liza?' she asked.

'Yes, miss, dat's Prescription.'

'Dear me, what a funny name, austie for a child! How in the world did you happen to call him that?'

'Ah simply call him dat becus Ah has sech hahd wuk settin' him filled.'

Minard's Liniment Cures Garget in Cows.

The Cultivation of Corn.

The Agricultural Gazette in a recent number contained much important matter relating to the cultivation of corn. 'By the aid of science,' the Gazette says, 'great progress has been made in extending and improving the corn crop in Canada.' In thirty years the yield has increased from a little over nine million bushels to nearly seventy million. In 1893 the yield of fodder corn was 1,049 524 tons. Twenty years later, or in 1913, it was 2,616,300 tons. Increase and improvement were noticeable in almost every province. Relative to the argument sometimes advanced that Canada is situated too far north for the production of corn, Dr. M. O. Malte, Dominion Agrostologist, says that while there are districts in Canada where Indian corn could not should be grown to the greatest advantage there are also thousands of square miles where profitable growing would be very difficult. After stating that the quality of the ensilage produced by a certain variety of corn would be the factor which should guide the farmer in his choice of seed, Dr. Malte says that the experience gained by the Experimental Farms demonstrates the wisdom of increasing the acreage of early varieties rather than of depending on large yielding late sorts for the desired tonnage.

The Canadian Seed Growers' Association has given special attention to the corn crop, particularly to that grown for ensilage. All experiments and research indicate that the great need of ensilage growers is a supply of seed corn of strong vitality and of a variety and strain suited to the conditions under which it is to be grown. For Ontario the following seven varieties are best adapted:

DENTS	FLINTS
Wisconsin No 7	Longfellow
Golden Glow	Compton's Early
Whitecap Dent	Salzer's North Dakota
Bailey	

As for sweet corn, Deputy [illegible]er Roadhouse states that the Golden Bantam has proved the best early variety and Stowell's Evergreen the best late variety.

Manitoba is not much given to corn growing, but the fodder favorites are the Longfellow, North Western Dent and North Dakota Flint. Of the husking varieties the choices are Native or Squaw corn, Gehu Yellow Flint, Free Press and Quebec or Canada Yellow, the last mentioned being a little later than the others. In Saskatchewan and Alberta the varieties favored are about the same as in Manitoba. In British Columbia the progress in corn growing has been marked, Minnesota No 13, North Western Dent and Quebec No 28 having so far given the best results. In New Brunswick and the Maritime Provinces generally New Brunswick Yellow, Canadian Yellow and Squaw Corn have proved the most valuable varieties.

Payment of Debts.

A man died owing small accounts at several stores. His children paid the bills. Of course they did. It was the only honorable thing to do. He owed his denominational paper a year's subscription. His children wrote to the business manager of the paper, 'You cannot collect this bill, father is dead.' What makes the difference between the account with the merchant and the account with the denominational paper? Suppose they had said to the merchant: 'You can not collect this bill, as father is dead.' A debt to a paper is as much an obligation as a debt to a merchant, and honesty demands that both be paid. This reminds us of a story which we have told before, but which is very appropriate here. An evangelist had preached a sermon upon honesty and had urged very strongly the importance of the payment of debts. At the close of the sermon he asked all those present who paid their debts to stand up. All stood but one man, a rather seedy looking individual, in the back of the house. His failure to rise made him quite conspicuous. The preacher looked at him and said, 'My friend, I notice you do not stand with the others. What is the matter with you? Do you not pay your debts?' The seedy-looking individual arose slowly and said, 'Well, parson, you see it is this way: I am the editor of our paper in this community, and all of these people owe me for their subscription to the paper, and I cannot pay my debts.'

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:

Theft, 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.

33 W. M. BLACK, Town Clerk.

The extreme horizontal range of a rifle bullet is 3700 yards. When fired perpendicularly the bullet travels in a straight line until its impetus is exhausted at about 10,000 yards.

Express beauty in your lives, and beauty flows to you and through you. To love means to be loved, and to put hate behind is the sum of all loving that is of any avail.

Mr. Lately—I see that the nights are six months long where the Eskimos live

Wife—Yes, and if you lived up there, you'd still find some excuse for not getting home till morning.

Minard's Liniment Cures Distemper

Sold Weight Guaranteed

So accurate are Lantic package weighing machines that half an ounce underweight stops the machine. Every Lantic Sugar carton and bag is weighed at the Refinery, and full net weight is guaranteed.

Avoid the "spilly" wasteful paper bag, by asking for Lantic Sugar in *original packages.* They are easily identified by the red ball trade mark.

Lantic Granulated is packed in 2 lb. and 5 lb. Cartons. Also in 10 lb., 20 lb. and 100 lb. Bags.

Lantic Sugar

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

Lantic Sugar

15

May be the dough had forgotten to *rise.*
Or had risen quickly overnight and *fallen* again—
To rise nevermore.
Twas *weak* flour, of course.
Meaning weak in *gluten.*
But FIVE ROSES is strong, *unusually strong.*
With that *glutinous* strength which *compels* it to rise to your surprised delight.
Stays risen too.
Being coherent, *elastic.*
And the dough feels *springy* under your hand.
Squeaks and cracks as you work it.
Feel the *feel* of a FIVE ROSES dough.
Note the wonderful *smooth* texture—soft—velvety.
Great is the *bread* born of such dough—
Your dough!
Try this *good* flour.

Five Roses Flour

Not Bleached — Not Blended

LAKE OF THE WOODS MILLING COMPANY, LIMITED, MONTREAL

FOR SALE BY WM. C. BLEAKNEY

DOMINION ATLANTIC RY

2 STEAMSHIP LINES
TO ST. JOHN VIA DIGBY
AND TO BOSTON VIA
DOMINION ATLANTIC RY AND YARMOUTH (Express Steamers of the Boston & Yarmouth Steamship Co. Ltd.)
— — YARMOUTH LINE — —
LAND OF EVANGELINE ROUTE

Wolfville Time Table

Corrected to Jan. 15th, 1915.

LEAVING.

Express for Truro and Halifax 6.15 a.m.
Accom for Halifax 12.35 p.m.
Express for Truro and Halifax 4.15 "
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.

ARRIVING

Express from Kentville 6.15 a.m.
Accom. from Annapolis 12.35 p.m.
Express from Yarmouth and St. John, N.B. 4.15 "
Express from Truro & Halifax 9.51 a.m.
Accom. from Halifax 1.30 p.m.
Express from Halifax 5.54 "

These trains only run on week days.

Boston Service

Express train leaving at 9.51 a.m. for Yarmouth connects with steamers of the Boston & Yarmouth S S. Co., Ltd., sailing Wednesdays, and Saturdays for Boston.

R. U. PARKER
General Passenger Agent,
P. Gifkins, Manager.
Kentville, N. S.

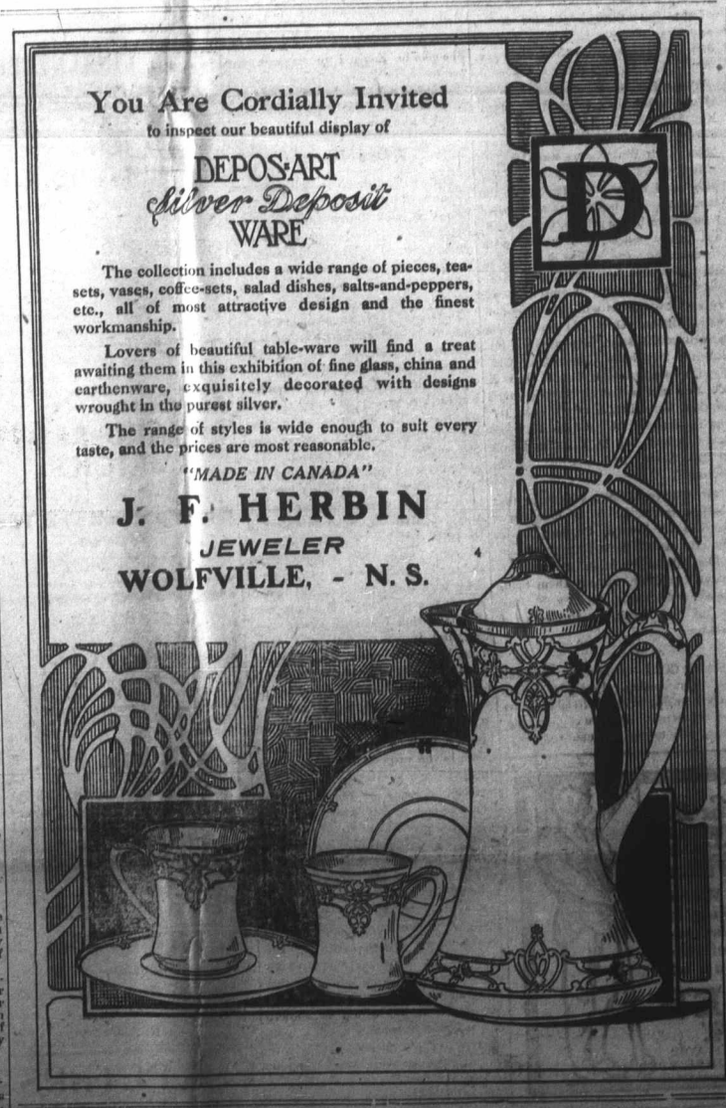
FORSALE.

BUILDING MATERIALS — Hemlock, Spruce and Birch Timber and Lumber; also Stone and Sand suitable for concrete.

Timber sawed to order.

Will quote prices on material delivered.

J. A. ELDERKIN,
'Broadview Farm',
25 tf Wolfville.



You Are Cordially Invited
to inspect our beautiful display of
DEPOS-ART
Silver Deposit
WARE

The collection includes a wide range of pieces, tea-sets, vases, coffee-sets, salad dishes, salts-and-peppers, etc., all of most attractive design and the finest workmanship.

Lovers of beautiful table-ware will find a treat awaiting them in this exhibition of fine glass, china and earthenware, exquisitely decorated with designs wrought in the purest silver.

The range of styles is wide enough to suit every taste, and the prices are most reasonable.

"MADE IN CANADA"

J. F. HERBIN
JEWELER
WOLFVILLE, - N. S.

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.

Acadian

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, verandah stock, sheathing, 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.

She—He was very tiresome but I don't think I showed it. Every time I yawned I hid it with my hand.

He—Really, I don't see how so small a hand could hide—er—that is, we are having beastly weather.

I've frequently pondered the joy it would be
If I could play whist with a player like me.
What intricate, masterly games they would be!

Cash Store.

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

C. W. STRONG
Wolfville.

Minard's Liniment Cures Diphtheria

COAL! COAL! COAL!

Carefully Screened and Promptly Delivered.

Springhill, Albion Nut and Old Sydney.

GIVE US A TRIAL.

Burgess & Co.

Great-West Life Assurance Co.

Halifax Fire Insurance Co.

R. W. TUFTS
Local Representative.

R. J. Whitten & Co.
HALIFAX

Receivers and Sellers of all kinds of Farm Produce.

Consignments Solicited.

Prompt Returns.

Professional Cards.

DENTISTRY.

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

C. E. Avery deWitt
M. D., C. M. (McGILL)
One year post graduate study in Europe.
Office hours: 8—10 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 23.
Office Hours:—8-10 a.m., 1-3, 7-9 p.m.

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.

W. E. ROSCOE, K. C. BARRY W. ROSCOE, LL.B
ROSCOE & ROSCOE
BARRISTERS, SOLICITORS, NOTARIES, ETC.
KENTVILLE, - - N. S.