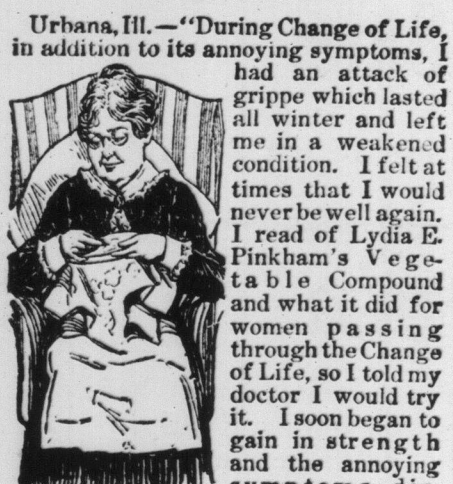


WOMEN OF MIDDLE AGE

Need Help to Pass the Crisis Safely—Proof that Lydia E. Pinkham's Vegetable Compound Can be Relied Upon.



Urbana, Ill.—"During Change of Life, in addition to its annoying symptoms, I had an attack of grippe which lasted all winter and left me in a weakened condition. I felt at times that I would never be well again. I read of Lydia E. Pinkham's Vegetable Compound too highly to women passing through the Change of Life. I soon began to gain in strength and the annoying symptoms disappeared and your Vegetable Compound has made me a well, strong woman so I do all my own housework. I cannot recommend Lydia E. Pinkham's Vegetable Compound too highly to women passing through the Change of Life."—Mrs. FRANK HENSON, 1316 S. Orchard St., Urbana, Ill.

Women who suffer from nervousness, "heat flashes," backache, headaches and "the blues" should try this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound.

A WARNING TO FARMERS

The Extreme Tides of the Year at the Head of the Bay of Fundy.

The attention of the farmer is directed to the fact that the highest tides of the year are given in advance in the Tide Tables issued by the Tidal and Current Survey, in the Dominion Government service. If a storm should occur at the date of one of these unusually high tides, there may be flooding of the dyked marshes in one locality or another according to the direction which the storm may take. Farmers may therefore reduce the chances of damage by placing their crops in safety before the date of any such specially high tide in the autumn, in case it should happen to be a storm tide.

In the Bay of Fundy, the height of the tide is as much affected by the change in the moon's distance as by the change from Springs to Neaps. As a consequence of this, one of the Spring tides of the month is usually higher than the other; and accordingly it is only once in a month, during two or three days, that the tides reach their greatest height. Also, the Spring tides in the Bay of Fundy occur about noon or midnight. The exact time for each locality can be found from the Tide Tables; but here, it is merely indicated whether the highest tide occurs in the day time or in the middle of the night. The dates of the highest normal tides during the present year (1918) are as follows:

Night tides were the highest in March, April and May.

Day tides, September 21 to 23, and October 19 to 22.

Day tides, November 18 to 20, and December 17 to 18.

Tide levels. There is now a system of continuous levels in the Maritime Provinces, by which Benchmarks have been established by two of the Government departments. With regard to the regions where dyked marshes occur, these levels extend from Moncton through Sackville and Amherst to Maccan, and throughout the region of Windsor, Grand Pre and Kentville. The reference marks are along the railways, which are not far from the shore.

The heights reached by extreme tides during storms in past years, have been observed and recorded by the Tidal Survey; and their level with reference to these Benchmarks can now be given for the guidance of farmers in deciding on the best height for their dykes. This information can be supplied by the Superintendent of Tidal Surveys, Naval Service Department, Ottawa.

21st August, 1918.

The above information has been furnished by Dr. W. Bell Dawson, of the Tidal and Current Survey, Ottawa.

W. S. BLAIR, Superintendent Experimental Station, Kentville, N. S.

Something Wrong.

The day was drawing to a close, judge, jurors, witnesses and lawyers all were growing weary. Counsel for the prosecution was cross-examining the defendant.

"Exactly how far is it between the two towns?" he asked at length.

For some time Paddy stood thinking, then "About four miles as the crows fly," came the answer.

"You mean as the crows fly?" corrected the man of law.

The judge leaned forward. "No," he remarked gravely, "he means 'as the fly crows.'"

And they all looked at one another, feeling that something was wrong.

OF PERSONAL INTEREST

What the Other Newspapers are Saying About Annapolis and Digby County People.

[Truro News]

Miss Ruth B. Tingley left on Tuesday a. m. for Middleton, to remain a few days, the guest of Mrs. G. N. Reagh.

Mrs. Calder, of Bridgetown and Miss Margaret MacLean, of Newport, U. S. A., are visiting Mr. and Mrs. Jas. R. McLean.

Miss M. Harpell, Doyle street, who had been visiting Rev. M. Sand and Mrs. Richardson, Bridgetown, has arrived home.

Mr. John G. Reid, of Musquodoboit, is a guest of his son, Ernest, and has a position as blacksmith in the shipyard at Port Wade, Digby Co.

Mr. E. Phillips, Prince street west, has returned from a restful outing of two weeks, at Smith's Cove, Digby Co. Mrs. Phillips and Miss Rita are still at this most delightful and inviting watering place, where at present there are over 100 visitors with a big hotel and bungalow on every side.

[Caledonia Gold Hunter]

Master Douglas Chute, of Clements, is visiting his grandparents, Mr. and Mrs. George Douglas.

Miss Carrie Cashman, of Lawrence town, was a guest last week of her friend, Mrs. Frank Kempton, of Harmony.

We are pleased to have a call from Fred W. Harris, town clerk of Annapolis Royal, on Tuesday, while en route to attend the convention of the Union of Municipalities at Liverpool. Mr. and Mrs. G. O. Thies and son Carl, and Mr. and Mrs. Miller, of Bridgetown, were in town on Sunday. Leaving Bridgetown in Mr. Thies' 8 cylinder Chevrolet, they motored to Yarmouth around the shore to Lunenburg, and thence home via Caledonia and Annapolis.

[Wesleyan]

Bridgetown.—Rev. W. J. W. Swetnam, minister. The first Quarterly Board meeting was well attended and enthusiastic. The pastor reported having now entered every home on the circuit and gave a brief review of the field as it appeared to him, with the result that a committee was appointed to look into the question of the readjustment of the field and report for action by the Board. By the unanimous vote of the official Board, the pastor's salary was raised by \$200.00. The outlook for the immediate future is most encouraging.

[Western Chronicle]

Mrs. S. Bishop is visiting relatives in Lawrencetown and Waterville.

Miss Laura Healy was a recent visitor at Middleton, guest of her son, Mr. T. B. Healy.

Mrs. Spilney and son Hollis are visiting at Bridgetown, guests of Mr. and Mrs. M. C. Foster.

Mrs. Blenkhorn and daughter, Miss Grace, of Canning, have recently been visiting Mrs. E. W. Knowlton, Cambridge, Kings County.

[Halifax Recorder]

Miss Chipman, who has been spending the summer in Clements and Annapolis, is in Halifax for a few days.

Mrs. John J. Daly and her daughter, Miss Peryl Daly, are spending a couple of weeks at Deep Brook, Annapolis County.

Miss Annie Donohoe, the very efficient and popular Provincial Librarian, has returned from a fortnight's vacation at Deep Brook, Annapolis Co.

[Windsor Tribune]

Mr. Guy Viets, Manager of Bank of Nova Scotia, Westville, spent Monday night in Windsor, the guest of Mr. and Mrs. W. J. Hunt, en route to Digby to join Mrs. Viets and her daughter, Katherine, who are visiting his mother. After a vacation of two weeks he will return, bringing Miss Katherine to Edgemoor.

[Hants Journal]

Mr. and Mrs. George Dill, of Annapolis Royal, are visiting in town for a few days. Mr. Dill desires to purchase a property in town and should be successful will return to Windsor to reside.

[Colchester Sun]

Dr. H. B. Havey and family have returned to Steviack after a pleasant visit to the doctor's old home at Digby.

[Wolfville Acadian]

Miss Mary Palfrey, who has been a guest at the Methodist parsonage, returned to her home a few days ago.

[Berwick Register]

Miss Stella Pearl is spending her vacation with her cousin, Mrs. Albert Fraser, of Princetown, Annapolis Co.

Attention! Sheep Breeders!

The requisite to success in sheep breeding is a good ram. Buy a good one, pure bred, if possible, if not an unregistered ram from a well bred flock. The Live Stock Branch of the Federal Department of Agriculture, or the Provincial Department of Agriculture, will help you to locate good ones of either class. Write to Truro or Ottawa.

Be Your Own Doctor.

When you meet with an accident—a cut, a burn, a scald or a bruise—don't spend money needlessly in doctor's bills, but apply Zam-Buk at once. This herbal balm will end the pain, stop the bleeding, prevent festering and heal quickly. Keep a box handy.

For skin troubles Zam-Buk is equally invaluable. A skin disease cured by Zam-Buk does not break out again, because Zam-Buk cures from the "root" up.

Zam-Buk is best for eczema, boils, blood-poisoning and piles. All dealers 50c. box.

Zam-Buk

APPLE SCALD AND JONATHAN SPOT

(Experimental Farms Note)

In a recent paper (Journal of Agricultural Research, No. 7), there are given some very interesting notes on these two storage troubles of apples, and since present conditions demand most careful preservation of all food materials, the Central Experimental Farm through its pathological service, issue a statement which should be of especial interest to every Canadian who has apples in his cellar or warehouse. The following short account, of these two apple troubles based largely on the article in question, aims at pointing out the means that may be taken to avoid scalding and spotting of our scanty but valuable supply of this fruit in storage.

Scald in apples is a browning of the skin and outer tissue. It is different from rots because in rots the browning goes very deep into the tissue, whereas scald only affects the skin and the flesh immediately beneath. Rot spots are usually definite in outline, while scald areas are very often more or less irregular in shape. However, scald areas are very often invaded by rot fungi so that ordinarily one may expect to find all sorts of combination of the two.

The "Jonathan Spot," so called from its being found very frequently on the Jonathan variety, also develops in storage on several standard varieties such as Northern Spy, Greening, etc. The spots are usually small, less than 1/4 inch in diameter, and are sunken and brown. The flesh under the skin is brown and somewhat dry and corky. There is another spot disease, the Baldwin Spot, or Strippen, which may be mistaken for the Jonathan Spot. The Baldwin Spot, however, develops when the apple is growing and will be present when the fruit is picked, whereas the Jonathan Spot develops during storage. Moreover the Baldwin Spot may be found all through the fruit, while the Jonathan Spot occurs as small, sunken brown spots on the surface only.

Both Spot and Scald arise from improper storage conditions and will likely be worse on fruit that has not matured properly before being picked. The three storage conditions that favour spot and scald development are, (1) high temperature, (2) humidity, and (3) stagnant air. It should be understood that the fruit is not completely dormant during the storage period, but there is a constant, if small, continuation of growth processes throughout the whole period. These processes result in maturing or mellowing the apple, and the chemical processes which occur during them, involve the absorption of oxygen from the air and the giving out of carbon dioxide. It is, in fact, a slow breathing process. When apples are stored in a place where they have no free access to air they are "smothered" and the scald which develops on them is due to abnormal chemical changes brought about because of an inadequate air supply. If the room is too warm, the growth processes are quickened and scald or spotting is increased. Very moist or humid air also aggravates these troubles.

It is obvious that in an ordinary cellar, spotting and scalding can be largely avoided by a little attention to the needs of the fruit for cool, dry conditions and a continuous supply of fresh air during the storage period.

It is recommended, (1) that apples should be stored in small lots rather than in large close piles or bins. They should preferably be kept in open slatted boxes or other similar containers which will allow all the fruit to have free access to air. (2) That the temperature be kept as low as is consistent with protection from frost and (3) that plenty of ventilation be provided. If the air is changed frequently in the cellar, the incoming supply will not only renew the oxygen but will drive out the old, stagnant air which is laden with moisture and over-charged with carbon dioxide. The method of ventilation

can best be determined by conditions; in some instances air shafts can be used, while others the opening of doors and windows on mild days will be possible. In almost all cases some simple means of securing frequent change of air can be readily adopted and the fruit thus kept free from scald and spot troubles.

September Rod and Gun.

The September issue of Rod and Gun is full of good things, stories, and articles instructive to the sportsmen, whether he be fishermen, gunner, dogman, or just plain out of doors man. Being the September number, "Wild Duck Shooting," by Bonnycastle Dale, very properly has the leading place in this issue, followed by a fishing story, "Belle of the Big Brule," by George Gilbert; another duck article "Inherited Instinct," by Edward T. Martin; "When the Goose Honks High," by George R. Bolton; "Moonlight and Black Ducks," by F. V. Williams; "The Wild Pheasant on Vancouver Island;" "Three Important Wild Duck Foods;" "Billy Mink's Diary," continued, etc. The illustrations throughout are good and include three full page ones of scenes at the recent Grand International trap shooting tournament held at St. Thomas. Rod and Gun Magazine is published by W. J. Taylor, Limited, Woodstock, Ontario. As we have already informed our readers, Mr. A. J. Burns, one of Bridgetown's popular grocers, is local agent for Rod and Gun.

Important Announcement

The Federal and Provincial Departments of Agriculture are making available ewes for breeding purposes. Several hundred have already been purchased by the local department. Assistance in the transportation of these to any railway point in Nova Scotia will be furnished by the Department. To take advantage of the present low price, orders should go in early as prices may be higher if additional lots are purchased. Here is an opportunity to get into a most profitable side line in farming. The ewes will be furnished to intending sheep breeders at cost. For information write to Sheep Division, Dept. of Agriculture, Truro, N. S.

LEMONS WHITEN AND

BEAUTIFY THE SKIN

Make This Beauty Lotion Cheaply for Your Face, Neck, Arms and Hands

At the cost of a small jar of ordinary cold cream one can prepare a full quart of the most wonderful lemon skin softener and complexion beautifier, by squeezing the juice of two fresh lemons into a bottle containing three ounces of orchard white. Care should be taken to strain the juice through a fine cloth so no lemon pulp gets in, then this lotion will keep fresh for months. Every woman knows that lemon juice is used to bleach and remove such blemishes as freckles, sallowness and tan and is the ideal skin softener, whiteners and beautifier.

Just try it! Get three ounces of orchard white at any grocery store and two lemons from the grocer and make up a quart of this sweetly fragrant lemon lotion and massage it daily into the face, neck, arms and hands. It is marvelous to smoothen rough, red hands.

One Hants county green house grows each season over a quarter of a million cucumbers. These are shipped to New Brunswick at the rate of 16,000 per week.

ACADIA UNIVERSITY

WOLFVILLE - Nova Scotia.

Departments: Arts and Sciences, Applied Science, Theology.

Degrees: B.A., B.Sc., B.Th., M.A., and certificates.

Admission: To the best technical schools.

First two years in Agriculture given as elective in B.Sc. course. First year in Medicine, Law, and Theology given as elective in B.A. course.

Special Courses: Courses in Surveying, Drafting, and Shorthand.

Equipment: Largest undergraduate faculty in the Maritime Provinces. Three new and splendidly equipped Science Buildings.

Expenses: Expenses light, and over \$1,000.00 given in prizes and scholarships yearly.

Rev. GEORGE A. CUTLER, Ph.D., D.D., LL.D., President.

Next term begins Oct. 2nd, 1918.

ACADIA LADIES' SEMINARY

WOLFVILLE - Nova Scotia.

The Aim: To prepare Girls and Young Women for Complete Living.

The Courses: Twelve, including College Matriculation, General Music, Art, English, Household Science, Business, and Physical Education.

The Faculty: Twenty-four Teachers of fine personality and Special Training.

The Seminary: Modern and First Class in every respect.

A Junior School—For Younger Pupils. Information—Write for illustrated book to Rev. H. T. BOWEN, B.A., Principal.

Next term begins Sept. 16th, 1918.

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WOLFVILLE - Nova Scotia.

A Residential School for Boys and Young Men.

Nineteenth Year Courses: Collegiate, Manual Training, Business, Special Courses.

Features: Modern Residence, Good Equipment, Ideal Location, Splendid Environment, Experienced Teaching Staff, Moderate Cost.

For illustrated Catalogue of information apply to Principal W. L. ARCHIBALD, WOLFVILLE - Nova Scotia.

Next term opens Sept. 4th, 1918.



A Simple Proposition

Here is the McClary Sunshine Furnace proposition.

McClary's heating engineers will give you advice and estimates of cost of correct heating plant free. When you purchase a Sunshine Furnace, McClary's engineers will provide you proper plans for installing it the McClary way by which they will guarantee satisfactory results.

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BRIDGETOWN, N. S.

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IS THE PLACE TO GO FOR YOUR
ICE CREAM

where you get the very best that can be made, and listen while you wait to the sweetest of music on the

Edison Diamond Disc

"The Phonograph with a Soul."

Come in and rest awhile. No obligation whatever.

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Cream Separators, and Edison Phonographs
and Records, both Cylinder and Disc.

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The Safest Matches
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SAFEST, because they are impregnated with a chemical solution which renders the stick "dead" immediately the match is extinguished.

CHEAPEST, because there are more perfect matches to the sized box than in any other box on the market.

War time economy and your own good sense will urge the necessity of buying none but EDDY'S

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I have opened up a Meat Market on the old stand on Queen Street, door north of the MONTVUE Hotel, where I am prepared to serve you with all kinds of

MEAT, FISH, etc.

PRICES REASONABLE

A TRIAL ORDER SOLICITED

Will send a team through the district once a week

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I was a terrible

Dyspepsia—had suffer

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boxes, I am now en

have my permission

letter, as I hope it

other sufferers from

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TRAVELLERS'

DOMINION ATLANTIC RAILWAY

TIME TABLE REVISED JULY 1st, 1918

GOING WEST

Express Daily

Midnight

Lawrencetown

Paradise

Bridgetown

Tupperville

Bundhill

Annapolis Royal

Upper Clements

Clementsport

Deep Brook

Beaver River

Smith's Cove

Smith's Cove

Digby

GOING EAST

Express Daily

Midnight

Smith's Cove

Smith's Cove

Digby

Beaver River

Deep Brook