

INDIGESTION AND CONSTIPATION

Quickly Relieved By
"Fruit-a-Lives"

ROCHON, F. Q.
"I suffered for many years with terrible Indigestion and Constipation. A neighbor advised me to try 'Fruit-a-Lives'. I did so and to my surprise my doctor, I began to improve and he advised me to go on with 'Fruit-a-Lives'."
I consider that I owe my life to 'Fruit-a-Lives' and I want to say to those who suffer from Indigestion, Constipation or Headaches—try 'Fruit-a-Lives' and you will get well!"
CORINE GAUDREAU.
See a box, 6 for \$2.50, trial size 25c.
At all dealers or sent postpaid by Fruit-a-Lives Limited, Oshawa.

White Ribbon News.

Woman's Christian Temperance Union
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.
Bands.—A knot of White Ribbon.
Work.—Agitate, educate, or organize.
OFFICERS OF WOLFVILLE BRANCH.
President—Mrs. L. W. Simpson.
1st Vice President—Mrs. Irene Fitch.
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Evangelistic—Mrs. Purves Smith.
Press—Mrs. M. P. Freeman.
White Ribbon Bulletin—Mrs. Dr. McKenna.
Loyal Temperance Legion—Miss Ham.
Red Cross Work—Mrs. J. Ysghin.

Somewhere in France.

(By Le Roy C. Henderson in Car Magazine.)
She stands alone beside the gate,
Where oft with him she stood before.
And seems to hear his voice relate
Life's sweetest story o'er and o'er;
A hand she feels upon her own,
Unconsciously a tender glance
She gives, then starts and stands alone.
The lover sleeps—Somewhere in France.
She could have kept him if she would—
His heart and soul were all her own—
But true love knew and understood
That honor is its own true throne.
She heard the bugles blaring sound,
And whispered, 'Go and take your chance!'
There 'mid the scenes of war he found
Eternal peace—Somewhere in France.
She knows not where that spot may be—
On barren plain, in hidden dell,
On wooded hill, beside the sea—
The lips that would will never tell;
She knows not what his last words were,
The thoughts that came with death's advance,
And yet, she feels they were of her,
Those last fond words—Somewhere in France.

Weak, Anaemic Girls.

CAN REGAIN GOOD HEALTH THROUGH DR. WILLIAMS' PINK PILLS.
Bloodlessness is the trouble of many girls who ought to be full of life and good spirits. Instead they are pale, their lips have no color, they have no appetites, their digestion is poor, and if they walk fast, either in the street or going up stairs, they are so tired and out of breath that their hearts beat as if to burst. Almost always such girls are thin, flat-chested and sallow, with nothing attractive about them. If they do not get better they will have a cough in the winter and then, not unlikely, consumption, that most hopeless of all diseases will develop. No girl should be like this. She should be plump, rosy-cheeked and full of life, able to walk fast and stand exertion without being breathless and panting. To be in this healthy, happy condition she must have plenty of good, rich, red blood as it is only through the blood that the body can be healthy. And the only medicine that will keep the blood supply rich and red and pure is Dr. Williams' Pink Pills. Their effect upon the pale, weak girl who gives them a fair trial is wonderful. They improve the appetite, buck aches and headaches disappear, the glow of health tinges the cheeks, the eyes sparkle, and the step becomes light and elastic. Thousands of girls throughout Canada owe their health and attractive appearance to Dr. Williams' Pink Pills and do not hesitate to say so. Miss Jennie Book, Beamsville, Ont., says: "I suffered for over two years from anaemia, and gradually grew very thin, and I had been a very strong and robust, but grew pale and a mere shadow of my former self. I tried several medicines, and while some seemed to give me temporary relief, I soon grew worse again. As the months went by I began to despair of getting better, when my mother happened to read an advertisement of Dr. Williams' Pink Pills and suggested that I should try them. By the time the first box was finished I knew they were helping me, and I continued the pills for nearly three months, using in all nine boxes, when I was restored in every respect to my old-time strength. This was several years ago, and I have not since had any return of the trouble. I cannot speak too highly of Dr. Williams' Pink Pills as a permanent cure for this trouble, and I strongly recommend them to all anaemic girls."
You can get these pills through any medicine dealer or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.
"I wish I had a baby brother to wheel my cart, mamma," said small Miss. My dolls are always getting broke when it tips over."
Chicago Daily News.

Value of Buttermilk.

Buttermilk is a dairy by-product, the food value of which is underestimated. Buttermilk produced by the manufacturer of good butter from a good quality of well-ripened cream is one of the most healthful food obtainable. Its healthfulness is derived from the lactic acid present. This is formed when a certain type of bacteria, called the 'buttermilk lactic acid' converts the milk sugar into lactic acid. These bacteria are always present in normal milk and cream, and this process of forming lactic acid is the natural ripening of milk, and is known as cream ripening. Buttermilk is an excellent food, and is probably most of it is being used for this purpose; but it should be more universally used as a human food, especially since it is a cheap article, and during these times when we must all keep ourselves in the best possible condition, buttermilk should be used as a spring tonic, instead of those so-called patent blood restorers.
All the Holistic Preachers and Preachers would save breath and trouble if they would simply announce in the holiest manner intended to keep it up until Germany is licked and knows it.
Too much can't be said of the good who haven't much to say.

Food Value of Potatoes.

CANADIANS WHO EAT THEM FREELY CAN HELP TO SAVE WHEAT FLOUR. People who wish to help in food conservation should consider potatoes as a partial substitute for wheat flour. Potatoes are the chief staple of the semi-perishable foods. Canadians do not eat their fair share of potatoes even in normal times. We have been largely a wheat, beef and pork consuming people. These staples are now required for overseas and it behooves us to substitute other foods for them whenever possible. We consume, perhaps, two and one-half bushels of potatoes per capita per year, or about one-third of a pound per day, equal to one fair sized potato. In some European countries one pound per day per capita is consumed, and in some districts forty pounds per bushel and nearly twenty-five bushels per year.

Despite the increase in price since the war, potatoes are still among the cheapest of foods. One pound of roast beef costs ten times as much as a pound of potatoes, and twenty per cent of beef is bone. Three and a third pounds of potatoes supply 1,000 calories of energy, at a cost of less than ten cents, while about 2,500 calories are required for full grown persons working indoors. That is to say, if all foods were as cheap as potatoes we could live on 25 cents a day. Healthy men have lived and worked for months on a diet of nothing else than potatoes, oleomargarine and a little fat. Potatoes contain protein of the very best kind. They also contain mineral salts which neutralize harmful acids in the body. The food material in potatoes is 98 per cent digestible.

Canadians have large supplies of potatoes, carrots, onions and turnips and by consuming these vegetables freely they can economize with bread. More than 300 ways of cooking potatoes are known. They combine well with many flavors. They can be used to economical advantage with meat and fish, in stews, croquettes, hash, chowders, meat pies, etc. One half a cup of mashed potatoes and two cups of flour make a mixture that helps the flour go farther.

Good cooks know the ways of using potatoes are various—boiled, steamed, ironstuffed, baked, hashed brown, creamed, scalloped, stuffed, and in a great many other ways. Canada has plenty of potatoes and although the price is high compared to normal times, it is not high in comparison with other foods in war time.



Grandmother's Pies are done

HOW luscious they look as she takes them from the oven. Here is a kind well worth your attention, made from dried apples, small raisins and brown sugar. "Spring mince pies" grandmother called them. She had many other delicious pies and puddings made from brown sugar.

Lantic Old Fashioned Brown Sugar

Is just like the sugar that Grandmother used to use. It comes in Light, Brilliant and Dark Yellow, but the Brilliant Yellow is about right for most of the things Grandmother made and for your own favorite brown sugar dishes.
You should keep brown sugar in your pantry and you should use it often. It has a delicious characteristic flavor essential to the success of many dishes. It is economical, too, costing less per pound than granulated.
Lantic Old-Fashioned Brown Sugars are made by the same firm that makes the famous Lantic "FINE" Granulated.

Atlantic Sugar Refineries, Limited - Montreal, Que.

Income Tax Forms

Are now available

Returns must be filed on or before 31st March

THE Dominion Income War Tax Act requires you to fill in one or more of the five special Forms provided before 31st March, 1918. In order to assist the public to understand just what is required of them, information on each Form is given below. Read carefully, then get three copies of the form that fits your case and fill them in. Answer all questions fully and accurately. For making false statements, a penalty of \$10,000 or six months' imprisonment, or both, is provided.

Individuals.—All persons unmarried, and all widows or widowers without dependent children, whose income is \$1,500 a year or more, must fill in Form 74. All other persons whose income is \$1,500 or more, use the same Form. Where any income is derived from dividends, list amounts received from Canadian and Foreign securities separately. Fill in pages 1, 2 and 3 only. Do not mark on page 4. Partnerships, as such need not file returns, but the individuals forming the partnership must.

Corporations and Joint Stock Companies. no matter how created or organized, shall pay the normal tax on income exceeding \$3,000. Use Form 72—giving particulars of income. Also attach a financial statement. Under Deductions, show in detail amounts paid to Patriotic Fund and Canadian Red Cross or other approved War Funds.

Trustees, Executors, Administrators of Estates and Assignees use Form 73. Full particulars of the distribution of income from all estates handled must be shown as well as details of amounts distributed. A separate Form must be filed in each estate.

Employers must use Form 74 to give names and amounts of salaries, bonuses, commissions and other remuneration paid to all employees during 1917 where such remuneration amounted in the aggregate to \$1,000 or over.

Corporation Lists of Shareholders.—On Form 75 corporations shall give a statement of all bonuses, and dividends paid to shareholders residing in Canada during 1917 stating to whom paid, and the amount.

Figures in every case are to cover 1917 income—all Forms must be filed by 31st March. For neglect, a fine of \$100 for each day of default may be imposed.

In the case of Forms 71 and 72, keep one copy of the filled-in Form and file the other two with the Inspector of Taxation for your District. In the case of 73, 74 and 75, keep one copy and file the other two with the Commissioner of Taxation, Dept. of Finance, Ottawa.

Forms may be obtained from the District Inspectors of Taxation and from the Postmasters at all leading centres.

Parties must send in all letters and documents forwarded by mail to Inspector of Taxation.

Department of Finance, Ottawa, Canada

Hatch the Chickens Early.

In order to get good winter egg production, which is the most profitable phase of the poultry industry, it is necessary to hatch the chicks early. The average general purpose chicken takes about six months to mature, and therefore should be hatched before the middle of May to be in good laying condition by the first of November. One pullet hatched in April is worth two hatched in July.

The usual advance in the price of eggs, particularly fresh eggs, during the fall of the year, is due largely to natural causes. The moulting of the yearling stock starts out this source of production, leaving pullets practically as the only source of fresh eggs at this time. The only way to increase the fresh egg supply in the fall is to hatch early and give the pullets the best care throughout the growing season.

It is imperative that all chickens be hatched early because, under present conditions of high feed prices, late hatched chickens can hardly be reared profitably.

Make one male with from ten to fifteen females. About ten days should be allowed for the time the male bird is p'ced in the breeding pen before selecting eggs for hatching. Under average conditions it takes about four eggs to produce a mature bird, so that eight eggs would be required to produce a laying pullet. The eggs for hatching should be selected with care. They should each weigh about two ounces, have a smooth surface and be oval in shape. Small, dirty or washed eggs should never be incubated. The fresher the eggs the better they are for incubation, but they may be held for seven days, during which time they should be kept in a temperature of from 50 deg. to 55 deg. F., and they should be turned occasionally. Above all, hatch early.

M. A. Jell.

Children Cry FOR FLETCHER'S CASTORIA

Castoria is the girl who can sing well—also the girl who knows she can't.
MRS. PRISMALMA—Oh, but I get taken in when I washed you, you wretch! Mr. PRISMALMA—Yes—out of the cold.
Children Cry FOR FLETCHER'S CASTORIA
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 a reputation. We use the best material, 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

A Grippe Epidemic

Every winter Health Boards warn against this weakening disease which often strikes those who are least prepared to resist it. You should strengthen yourself against grippe by taking

SCOTT'S EMULSION

which is the cream of cod liver oil, refined, purified and so skilfully prepared that it enriches the blood streams, creates reserve strength and fortifies the lungs and throat. Don't delay—it may mean death.
Use SCOTT'S Refuse Substitutes
200 B. Water Toronto, Ont.

Canadian Railway Situation

The following interesting statement by Lord Shaughnessy on the Canadian Railway Situation appears in the Annual Financial Survey of the Toronto Globe.

AFTER forty months of the suggestion are looking too hopeful world war, the railway situation in Canada presents a completely different face from that of about a year ago. In the early peace times, when the chief problem of the Government was to solve the problems of development and construction necessary to keep pace with a huge immigration. An indication of the difference in conditions is shown in Canada's trade balance, which has been converted from a heavy "minus" to a substantial "plus," the exports for eleven months of 1917 amounting to over a billion dollars. As the total import and export trade for that period was itself less than a billion dollars (to be exact \$994,467,000) the increase in trade-moving cargo has been phenomenal. This transportation energy increase of traffic have been coincident with a growing shortage of labor, a higher cost of living, necessitating higher wages, and immense increases in the cost of material necessary for maintenance and repair of roadbed and equipment, so that the added traffic has meant not increased profits, but a heavy anxiety for the carriers. The labor shortage may be illustrated from the records of one of the carriers, which show that up to December 31, 1917 employees of the Canadian Pacific had called for active service in the war and faced a situation which has been so noticeable on the railways of the United States since our great neighbor to the west has been able to supplement the labor shortage by importing labor from the United States and a much less ad hoc basis. The Canadian railways have had to deal with problems with infinitely less confusion from the beginning of August, 1914 to November 30th, 1917, the Canadian railways have handled for the imperial government over 4 1/2 million tons of supplies, extensive of horses and mules, most of which may be considered as supplementary to normal traffic, but so admirably has the movement been handled with the arrival and departure of steamers that not a cent has been earned by the ships at sea.

The burden of financing such movements of traffic under such conditions has, however, proved too serious for some Canadian railways, and were not that the Canadian Pacific is more than a mere transportation system and holds extraneous assets of great value that have proved an unexpectedly large source of income, the railways would have had difficulty in finding the very considerable sum that we have invested in war loans to the British and Canadian governments. Not to mention the dividends that our shareholders and the financial world at large have become accustomed to expect.

The efficiency and absence of congestion with which our enormous railway traffic has been handled might well be taken to heart by our American friends who, if I may venture

fully to the central and effort of a Government when they are about to depend more on the railroads for their transportation needs. The Government should be careful not to have any form of control that will have the effect of lessening the sense of keenness and responsibility on the part of these units, it is sure to be disastrous in its results. If they are not too proud to profit by our experience in Canada, they should solve their own problem by placing under Government control not the railroads but the shippers, leaving the railroads with their trained operating staffs, untrammelled by political considerations, to find out how to carry the maximum traffic in given ports at a given time over a given route, and helping these railroads to secure on fair terms the funds for necessary maintenance and equipment. A Government Controller of shipments, corresponding to our Director of Overseas Transport, needed not a Government Controller of Railroads. It is folly to send out a 200 000 cars for Government control of ownership of the railroads themselves, a control which experience has shown to be fatally opposed to economic efficiency.

Realizing that the interests of the public stand more in the interest of the nation as a whole, the Canadian railways have agreed to reduce competitive services to Government control, that train crews and equipment should be released for the one purpose of war supplies, and for the purpose the Canadian Railway Association of National Defense has been formed, comprising the executive heads of the leading railways. They are doing this with the understanding that the Board of Railway Commissioners without disturbing—indeed, they are furthering the admirable work of the Board, which under its statutory position has semi-judicial rather than administrative powers. In this way, which under its statutory position has semi-judicial rather than administrative powers. In this way, political interference what might have been done inefficiently and expensively under Government control. They are working together harmoniously because they are doing so in the same patriotic spirit and the absence of friction with which the movement of traffic under such conditions has, however, proved too serious for some Canadian railways, and were not that the Canadian Pacific is more than a mere transportation system and holds extraneous assets of great value that have proved an unexpectedly large source of income, the railways would have had difficulty in finding the very considerable sum that we have invested in war loans to the British and Canadian governments. Not to mention the dividends that our shareholders and the financial world at large have become accustomed to expect.

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Save Food

In a time needing food economy many people are not getting all the nourishment they might from their food. It is not how much you eat, but how much you assimilate, that does you good. The addition of a small teaspoonful of Bovril to the diet as a peptogenic before meals leads to more thorough digestion and assimilation and thus saves food, for you need less.

Professional Cards

DENTISTRY.

A. J. McKenna, D. D. S.
Graduate of Philadelphia Dental College
Office in McKenna Block, Wolfville,
Telephone No. 42.

M. R. ELLIOTT

A. B. M. D. (Harvard)
Office at residence of late Dr. Boyles,
Telephone 23.
Office Hours: 8-1 a.m., 1-3, 7-9 p.m.

Charles Hogan, C. E.

Provincial Land Surveyor.
Surveys, Plans, Levelling & Estimates
Church Street,
Greenwich, Kings Co., N. S.
Long distance telephone, Wolfville
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Expert Piano Tuning

Guaranteed.
Voicing, Regulating, Repairing
Organs Tuned and Repaired.
M. C. Collins.
P.O. Box 421, Wolfville, N. S.

A MODEST DOG SELDOM GROWS FAT

A merchant who does not advertise never lives to retire. He may buy the best and sell at a fair profit, but if he neglects to tell people about it, his shelves will become burdened with shopworn goods. You can tell whether or not a merchant is alive and progressive by his advertisements.

COLUMBIA RECORDS

Double-Disc

Step into any Columbia dealer's and listen to Bert Williams—A1288-85.
Cohen Answered for Speeding Cohen at the Call Office.
My Landlady (Williams)
Nobody (Williams)
Joe Hayman—R2995-85.
Cohen Answered for Speeding Cohen at the Call Office.
Raymond Hildebeck—A2331-81-25
Ain't It Puny What a Difference Just a Few Hours Make
And the World Goes On.
Weber & Fields—A1858-85.
Restaurant Scene with Trust Scene
Billy Williams—R1864-85.
Here We Are Again (Williams & Godfrey)
When Father Entered the Parlor (Williams & Weston)

Remember Columbia dealers gladly play these or any of the thousands of Columbia records for you, or will loan a complete record list to any Columbia dealer's or write for it.

COAL! COAL!

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

"BEFORE YOU CROSS THE RIVER LOOK OUT FOR THE CROCODILE"

HUTCHINSON'S Livery and Automobile Service

WOLFVILLE, 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 38.

T. J. HUTCHINSON, Proprietor

McCallum, L Ltd

The largest dealers in Improved Farm Properties in Canada.
Halifax, N. S., Canada.

Woodman's Furniture Store,

WOLFVILLE

We also have the sample books of all the big manufacturers. Call and we will be glad to have you see what we have to offer.

I have had a large experience in this work and can guarantee satisfaction.

J. C. Bishop, Wolfville.