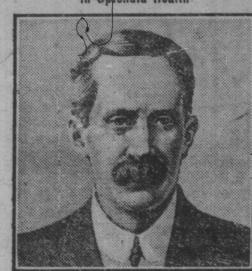
"Fruit-a-tives" Keeps Young And Old In Splendid Health



SCOTLAND, ONT., Aug. 25th. 1913 "Fruit-a-tives" are the only pill manufactured, to my way of thinking. They work completely, no griping what nd one is plenty for any ordina person at a dose. My wife was a martyr to Constipation. We tried everything on the calendar without satisfaction, and spent large sums of money until we happened on "Fruita-tives". I cannot say too much in We have used them in the family for

about two years and we would not use anything else as long as we can get "Fruit-a-tives". Their action is mild, and no distress at all. I have recommended them to

many other people, and our whole family uses them". J. W. HAMMOND.
Those who have been cured by "Fruita-tives" are proud and happy to tell a sick or ailing friend about these wonderful tablets made from fruit juices. 50c. a box, 6 for \$2.50, trial size 25c. At all dealers or sent on receipt of price by Fruit-s-tives Limited, Ottawa.

In Trenches and Billets at the Front

(By Owen S. Watkins, Chaplain) tions may be. I wonder if I could their little town. those contrasts are. I will try.

MUD-MUD-MUD

dark that "the first line of trans- of the house, mud over our boot-tops port" can get near enough to issue into a field in the corner of which a rations and convey "dixies" of soup little cemetery had sprung up. or tea to the numbed and rain-soak- "Twenty officers and men, most of ed men. It is then, also, that the them Manchesters," Brown said in regimental bearers are able to re- an undertone. "Winnifreth buried move the dead and carry the wound- three here last night, and two the ed, who perhaps for hours have wait- night before. No, you need not be ed in such poor shelter as a reserve afraid to use a light tonight. The trench" or a "dug-out" affords, to weather is too thick for it to be "the regimental aid-post," where the seen by the enemy, and in any case ambulance wagons are waiting. It is they're busy, for our fellows are atno uncommon thing, when men are tacking. Listen!" Again the angry relieved from the "fire trench," to voice of the machine-gun and the find that during their vigil they noise of rifle fire, so heavy that it have sunk so deep in the mud, and sounded like the bubbling of water are themselves so numbed, that they boiling in some gigantic cauldron. have to be pulled out by their comrades before they can be relieved. Imaging all this, and to it more or less constant shell fire, the spraying of shrapnel, the eruptions of "Black Marias," the occasional and unexpected outbreaks of rifle fire ripping along the line like the magnified sound of something being torn, and you will get a faint idea of life in the trenches. With darkness there is a change; men do not take the same care about exposing themselves; there is bustle and traffic in rear of the trenches, and coming and going of ration-carriers and stretcher-bearers, and the hum of conversation. But nobody shows a light; to strike a match would mean death. When suddenly a star-shell bursts, its ball of fire floating overhead lighting up the country-so it seems to startled nerves-for miles, every man stands rigid until the covering darkness closes in once more, for he has been told by the N. C. Q. of his platoon, "Whenever a searchlight is turned on yer, or the country is lit up by a flare or a star-shell, stand perfectly still. It's movement wot gives the show away. Keep still an' they'll think you're a bush, or a tree, or what not. But as sure as yer move

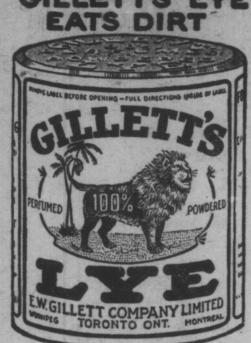
months of the campaign, the last well within the range of the ene- about you, sir? They told me you'd Winnifrith organized the games of party, and when they had received that moment almost overwhelmed few weeks have been monotonous an my's guns, will be found the brigade gone down with a bullet through the resting brigade. Friends in Eng- our thanks and greeting they prouneventful, and there have been per- headquarters, field telegraph office your brain." Then, catching sight of land supplied him with footballs, a ceeded to serenade the general and and the closing moments of the old iods when it is hard to believe we and telephone exchange, the "first the cap, he whistled. "Near enough, suitable field was selected, hop-poles the others who were in the illage. Year passed, it seemed to me that mouth S. S. Company sail from Yarwere at the front at all. The old line transport"—ammunition wag- anyway. Well, I must be off, for the improvised into goalposts, teams It made us realize that in truth something of that mystic power Express train from Halifax and days of anxiety and strain, when we ons, rations, etc., the field ambu- company is outside resting in the chosen, and in conjunction with the Christmas was here. were haunted by the fear that our lance, and such companies of the reg- road. We've just been relieved, and brigadier-General Maude-a 14th thin khaki line would break, have iments in the trenches as are held in are going into billet, and if I'm not Brigade Association Football League | Christmas Day dawned bright and given place to something which al- reserve. It is from this point that nippy they'll be moving off without was formed. The general "kicked off" frosty, truly seasonable weather, that others also were conscious of that same influence and power, for most resembles ordinary garrison the wagons are sent out at night me." life, with its regular routine and its with rations, etc., and it is here Outside were the weary men who keenness was displayed by all ranks, better than the pouring rain. For clearly defined duties. The longed-for that the ambulance wagons fly to for many days had been living the and for a while the chaplains it was a busy day. In reinforcements, in whose existence at and fro between the "regimental aid- life I have tried to picture to you— various teams—East Surreys, Duke the course of the morning Mr. Win- be permitted once again to give exone time we almost ceased to believe pests," bringing in their suffering unshaven, unkempt, caked with mud, of Cornwall's Light Infantry, Man-nifrith held two celebrations of Holy have been with us now for many loads of sick and wounded men. We stiff with much standing in water, chesters, Devens, Ambulance, Head-Communion, conducted two parade weeks, have received their baptism of dwell in comparative safety, but alweeks, have received their baptism of dwell in comparative safety, but alweeks, have received their baptism of our many friends. We have been longer are our men kept in the tren- Over us from time to time shriel, the quite incapable of accomplishing the of war. contrasts in their lives are extraor- the enemy which, as the crow flies, hardly recognizable-washed and sha- the other two. tability "Tommy Atkins" seems and not greatly disturbed even when er caked with mud, they looked fit

you're a deader."

water-logged mud flat, intersected Brown and Lieutenant Eccles-have house. Why, I haven't been properly to. Then there was the sanitation of whole service there was that influas a razor which searches to your Regiment and the East Surreys. I warm. Why, the contrast between ditionary Force is to be maintained, where our ambulance was billeted. a moment forgets caution, and ex- side, had been killed by the same There was no sending out of hearers was committed into the capable borhood, some of whom had walkseriously wounded, for the opposing your visit well, padre," said Cap- alarm, or of being shelled out of nothing less than marvellous. Now and felt that, however unusual the is wounded or killed he must lie ready for you as soon as ever the luxury we never expected to enjoy tont only to do their official work. us at this festive season. In the Two Trips per week in each direction where he is until dark, for no bear- wagons are loaded; but Eccles has a until we saw old England once more. They have acquired a considerable trenches there was an informal ers could carry him out in daylight man of the East Surreys. Perhaps we found, however, that in one re- civil practice, not one that produces truce, few if any shots were fired, and live. In the "fire trenches" the grave had better be bigger, and spect the Mother Superior was a any monetary reward, but one that both British and German made mer-(those nearest the enemy) the men then you can make one job of it." stern disciplinarian. At 9 p. m. the is rich in the gratitude of those in ry, and celebrated the coming of

A CLOSE CALL Our sad task enish, we returned to the house, to find it all confusion: men were pouring in to have their wounds dressed, and for a time both Brown and Eccles were nicre than busy. By the fire sat a young officer, his head bandaged, and in his hand his cap, which he regarded thoughtfully-a bullet had entered the crown and come out of the brim, inflicting a nasty scalp wound, but doing no serious damage. "Something of a souvemir, that! About as near a thing as I ever, want. The 'square heads' nearly got me that time." Then, as a sergeant entered the room, plastered with mud, his clothes torn into ribbons with barbed wire, his face suddenly brightenly. "Oh, I'm all right, sir. Bit cut musical accompaniments for their their trenches, and thought I'd bet- informal sing-song, and that was ter let the doctor paint the scratches often, for I was never with a hear any carol singers this year." In comparison with the preceding out of the rifle fire, but generally the torn palms woefully. "But how In these days also the Rev. D. P. the ambulance had formed a carol Year's Eve. The responsibility of for Montreal and the West.

GILLETT'S LYE EATS DIRT



MUSIC AND GAMES The sisters placed at our disposal a harmonium, which enabled us to add to the attractiveness of our serand he sprang to his feet, vices, and in those days both. Mr. "Thank God you're all right, ser- Winnifrith and myself, sometimes togeant. I thought you were killed. gether and sometimes singly, held The commanding officer will be glad, services which will long be hallowed for the regiment can't spare men like memories. The men were also quick you," and they clasped hands warm- to use the opportunity of having barbed wire they had in front of songs when they had a concert or with iodine; it's safer, don't you unit which possessed more real tal- But he had hardly said it when at the first match, and the greatest and welcomed by the troops as far

can light no fire, get nothing warm A few minutes later we were passing convent was locked up for the night. sore need-refugees from Belgium and Him who was the Prince of Peace by to eat or drink, and it is only after through the farm-yard at the back There would be a knock at the mess- the ruined villages of Northern abstaining from all hostile acts. But

France, and the impoverished peasantry of the particular district in which at present we are operating. The names of Lieutenants Row, Barry, Hay and Chesney will long be remembered with gratitude by those who have been benefited by their surgical and medical skill. To those of us who had already

seen active service, (n) of the most

marvellous things about this campaign has been the extraordinary good health of the troops. I venture to say that never before in the history of war have men been so admirably catered for, well fed. well clothed, with a medical service that is the admiration of our allies. They seem to have had all done that can be done by human agency for their well-being. As men used to say to me, "The only thing left that we room door, and the Reverend Mother really need is a hot bath, and how accompanied by the portress carrying much we need that nobody knows her keys, would enter, clock in hand. but them wot has been through the Bowing deeply, she would point aig- same mill." Now even this apparent nificantly at the face of the clock, impossibility has been solved. Brewwhich registered nine o'clock, and, eries, distilleries, dyeworks and other meekly headed by the colonel, we similar factories have been utilized would file out, down the long corri- as baths; during the resting-time dors to our own quarters, each suc- every man gets his hot bath and cessive door being locked behind us clean clothes, and whilst he is bathing his uniform (under the direction of the sanitary branch of the R. A. M. C.) is thoroughly cleansed and sterilized. Truly a marvel of organization which can only be fully appreciated by those who know the

On Christmas Eve the 14th Brigade went into the trenches, so both Christmas and New Year were celebrated under difficulties. As we sat disconsolately round the fire in the evening, one of our number said. "Well, one thing's certain; we shan't

suffering and fire, and have become ways within sound of the rifle fire hardly able to drag one foot after were discussed with more passion ed last sad writes for three men who seasoned with veteran troops. No and machine guns in the tranches, the other, and, as one would judge, and interest than even the fortunes had been killed during the night. My ches until their heroic endurance is shells from our own big guns, wing eight miles' march which was in For myself the new arrangement who were resting in the billets we strained to breaking point and their ing their way to spread destruction front of them. I expressed my doubts has in some respects made my work had just vacated, and a good deal of nerves utterly shattered. Now a reg- and death in the enemy's lines. In to one of their officers, himself in as more difficult. The various brigades my morning was spent in the effort ular system of "reliefs" is possible; our midst occasionally the Germans pitiable a condition as any one. "Oh, of the Fifth Division have been wide- to keep my horse on his feet, for the the period during which the men are burst their shrappel or their "Coal they' do it all right. They're cold ly separated, and in order to take roads were like glass, and my jourexposed to the dangers and hard- boxes." Only last week, in the vil- now; after they've been going a bit services considerable distances have new occupied twice as long as I had ships of the trenches is strictly de- lage from which I write, a shell they'll get warm, and it makes a lot had to be covered on horseback. But anticipated. I had arranged for the fined, and is always followed by an burst, killing nine soldiers and the of difference. Besides, we're going to I have always been able on Sundays service to be held in the village adequate period of rest. After a giv- village priest; but usually in these billets, and there is the inducement to get a service with the resting bri- school, but the congregation was far en number of days in the "front latter days their firing has been of a house to cover you, clean straw gade, and with the reserves of at too large for that, and when I arline" the troops are withdrawn in strangely ineffective, and save for to sleep in and a hot meal at the least one, if not with both, the bribrigades, marched to some town or shattered window-panes, little dam- and of the march. Some of the worst gades in the trenches. Thanks to the hold the service in the school-yard. village beyond the reach even of the age has been done. Most of the in- will fall out, of course, and small co-operation of Mr. Winnifrith, when which was packed as close as men longest-ranged "Black Maria," and habitants have returned to their wonder; but there's a lot more beans the position of the troops has made could stand with a congregation there, in comfortable billets, rest un- homes, and are going about their in them than you'd think." Which it impossible to cover the whole di- which swayed and made a noise like til it is again their turn to take ordinary tasks as if war was far was true, for when I saw them vision I have been freed from the thunder as they stamped their feet their place in the fighting line. The from them, apparently heedless of again two days later they were 14th Brigade, to devote myself to on the stones to keep them warm. On my arrival the stamping ceased, dinary, and yet with wonderful adap- is not more than a mile or so away, ven, their khaki stained but no long- FIELD AMBULANCE AT REST- and we at once began the service-Scottish Borderers and Yorkshire equally at home whatever the condi- shells burst in the main square of and workman like, ready for any It must not, however, be supposed Light Infantry most of them werecall that might be made upon them. that during the resting-time the field and in spite of the bitter cold both bring to your realization how great Near the trenches, in a deserted "You see, sir," explained a sergeant, ambulance had no work to do. True, offiers and men joined in the singing farm by the roadside, is the regimen- "it makes a lot of difference having we had no wounded to collect at with a zest and heartiness which tal aid-post, which tast I visited your proper sleep, getting your night, but the men in billets had to was most inspiring. My address was Strive to picture to yourself a Two regimental doctors-Captain meals regular, and sleeping in a be cared for and their sick attended of necessity brief, but throughout the with trenches, half full of liquid made it their headquarters, and dry until now since the last time the villages occupied by the troops, ence which it is the preacher's joy mud, overhead a leaden say, incess- thither are gathered the sick and we were in billets, and I'd almost a matter of the very first import- to feel. In the afternoon I held a serant, pouring rain, and a wind keen wounded belonging to the Manchester forgotten what it felt like to be ance if the good health of the Expe- vice in the schoolroom of the village very marrow; the men knee deep in had been sent for to bury the dead. the trenches and this is like falling. In most of the towns and villages It was attended by men of all demud, blinded with driving rain, un- As usual on such occasions I went asleep, having a bad nightmare, and we have occupied sanitation, as we nominations who had been unable to able even to move about to warm out with the bearers and ambulance waking up to find you're all right understand it, seems unknown, and attend any of Mr. Winnifrith's serthemselves, keeping their ceaseless wagons after dark, and when I ar- after all." For the field ambulance the German occupation had not im- vices, and was chiefly composed of watch on those opposing trenches rived I found three men waiting also the change was great, though proved matters. The tash of putting our own men and gunners belonging which are so near. The man who for burial. Two, as they stood side by not as great as for the infantry. things on a proper sanitary footing to some heavy batteries in the neighposes himself to the view of the bullet, the other had been shot and ambulances by night to gather hands of Major Fawcett, and the ed a couple of miles to attend the German sniper, has signed his death- whilst Assuing rations to his com- in the dreadful harvest of the trench- transformation that was wrought service. Once again I realized the joy warrant, or if he "has the luck," is rades in the trenches. "You've timed les; gone was the fear of sudden by him and his sanitary gang was of leading God's people in worship trenches are anything from thirty tain Brown. "There's been a bit of our billet; for we were out of range there has arrived on the scene a surroundings, the true spirit of to a hundred yards apart, and at an attach. Enemy evidently got the of even the biggest German guns, proper "sanitary section" of the R. Christmas was resting upon us. In that range a "marksman" cannot wind up badly, and have been loos- and safely shaltered in a quiet con- A. M. C., commanded by Lieutenant the evening the men feasted, had a miss. From dawn until dark it is ing off wildly in the air. Bullets have vent, where the sisters did all that Cooper (an expert from the Lister sing-song, and generally made mernot possible for anybody to reach been falling around the house like lay within their power to make us Institute), and composed of special- ry; while in the officers' mess we althem except by the "communication hail. Half an hour ago you couldn't comfortable and happy. Officers who ly trained and enlisted men. They so tried to celebrate Christmas in trench," which is a narrow, winding have got to us. One comfort is that had not had their clothes off for are working marvels, but are build- the old-fashioned way, but soon set Boston and Yarmouth ditan, worse than the Slough of Des- if the bullets were falling here they rore days than they cared to count ing on the foundations so ably laid thed down to the fireside quietly to I ond, where at times the mud and must have been going high over the were able to sleep in comfortable by Major Fawcett. Colonel Crawford talk of other days and other scenes, water may be waist deep. If a man heads of our fellows. Yes, we're beds, and between spotless sheets-a and his officers also are not men con- and to think of those who missed

Many women with disfigured complexions never seem to think that they need an occasional cleansing inside as well as outside. Yet neglect of this internal bathing shows itself in spotty, and sallow complexions—as well as in dreadful headaches and biliousness. It's because the liver becomes sluggish, and waste matter accumulates

which Nature cannot remove without assistance. The best

remedy is Chamberlain's Stomach and Liver Tablets, which stimulate the liver to healthy activity, remove fermentation, gently cleanse the stomach and bowels and tone the whole digestive system. Sure, safe and reliable. Take one at night and you feel bright and sunny in the morning. Get Chamberlain's today—druggists 25c., or by mail from Chamberlain Medicine Company, Toronto



far away like distant thunder, the angry growling of heavy guns in action indicated that in other parts of our far-flung line there was no peace.

WATCH-NIGHT SERVICE

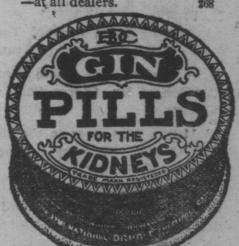
One of the most impressive services I have ever attended was our follows: watch-night service. It was preceded by a concert, and one was a little fearful that the transition from one to the other would be too swift, but the closing items on the programme were "The Old Folks at Home" and Midland Division 'Home, Sweet Home," and the men were ready for worship when the time came. The lesson was read by Major Richards, and Mr. Winnifrith 7.50 a.m., and from Truro at 6.40 took the bulk of the service. The prayers he used were exceedingly 7.30 a.m. and from Truro at 6.48 well chosen for the occasion, and led a.m., 2.30 p.m., and 12.25 noon, conus right into the presence of God. dress the men it was a time of heart | Halifax and Yarmouth. searching, and, not for the first time in this campaign, the address I had ed on the straw-covered floor, their think? Their wire entanglements int or was so musical as No. 14 there came sounds of singing -"Hark, up-turned faces white in the lamp's were a bit of all right, weren't they, Field Ambulance. Under the leader- the Herald Angels," then "While glare, almost took speech away from sir-fair teasers? I got pitched head ship of Sergeant Plume they were Shepherds Watched" and so on me. I wondered what the New Year THE FIRST-LINE TRANSPORT first into 'em; saved my face, but at pregared to give a concert every through all the old familiar carols. had in store for them, and how John about 5.00 connecting at St. In the nearest available village, the expense of my hands," showing night, and it was always a good one. A number of the musical members of many would live to see another New John with Canadian Pacific trains

which is the moving of God's Spirit Truro, Wednesdays and Saturdays. in the hearts of men was present in the place, and I have since learned which in all humility I thank God Before I lay aside my pen, may I H. & S. W. RAILWAY overwhelmed with gifts this Christ-

wasted, and the response to my as far as I know, sent at least a post-card in acknowledgement of every gift, but I have recently learned that just after Christmas a large home-going mail was destroyed in a railway fire, and in this it is quite probable that there were a number of my acknowledgements. Should, therefore, any generous bestower of gifts not have received an acknowledgement from me. please charge it to the accident which destroyed the mails and not to any. ingratitude on my part. I may add that the things we most need are socks, shirts, candles, notepaper, coffee and milk, mouth organs, illustrated magazines-in short, the same

-with burning, highly colored

inflammed Kidneys. Gin Pills cure all Kidney and Bladder Troubles. 50c. a box, 6 for \$2.50.



Steamship Co., Ltd

between Yarmouth and Boston

Steamers leave Yarmouth Wednesdays, and Satur days at 5.00 p.m. for Boston. Leave Boston Tuesdays, and Fridays at 1.00 p. m. for Yarmouth, Tickets and Staterooms at Wharf Office

A. B. WILLIAMS. Agent

DOMINION ATLANTIC RY "LAND OF EVANGELINE ROUTE"

On and after November 3rd. 1914 train services on this railway is as

Express for Yarmouth...11.57 a. m. Express for Halifax 2.00 p.ma. Accom. ofor Halifax7.40 a. m. Accom, for Annapolis6.05 p.m.

Trains of the Midland Division eave Windsor daily (except Sunday) for Truro at 7.05 a. m. 5.10 p. m and a.m., 2.30 p.m., and 12.50 noon, con-for Truro at 7.05 a.m. 6.16 p.m. and necting at Truro with trains of the Intercolonial Railway, and at Windsor with express trains to and from Buffet Parlor Car service on Mail-Express between Halifax and Yar-

St. John - Digby

DAILY SERVICE

(Sunday Excepted)

Canadian Pacific Steamship "YAR-MOUTH' leaves St. John 7.00 a.m.

Boston Service

General Manager,

	Time Table in effect January 4, 1915	Accom.
11.10 11.38 11.55 12.23 12.39 12.55	Stations Lv. Middleton Ar, Clarence Bridgetown Granville Centre Granville Ferry Karsdale	Read up- 15.45 15.17 15.01 14.36 14.21 14.05
13.15	AR. Port Wade Lv.	13.45

CONNECTION AT MIDDLETON WITH ALL POINTS ON H. & S.W. F.

General Freight and Passenger Agent

FURNESS SAILINGS

From Halifax March 2 Start Point March 10 March 17

March 12 Caterino From Halifax

April 25

March 3 Sagamore

March 6 Tabasco March 18 Roanoke

Furness Withy & Co., Limited Halifax, N. S.

Be Not Deceived

about securing employment. More Maritime-trained students were employed last year than the total enrolment of all other schools in the province attempting similar work. We have fourteen experienced instructors, ample accommodation, and first class equipment, including 75 typewriters. You can enter any day at the

Maritime Business College Halifax, N. S. Kaulbach, C. A