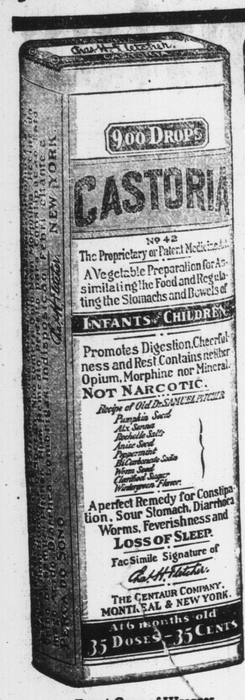

Exact Copy of Wrapper.

CASTORIA

For Infants and Children.

Mothers Know That Genuine Castoria

Always Bears the Signature of *Chas. H. Fletcher.*

In Use For Over Thirty Years

CASTORIA

THE CENTAUR COMPANY, NEW YORK CITY.

Some of our Specialties

We have unsurpassed fa[illegible] for the manufacture of Building Materials and Finishings, and hereby can make prompt shipments.

Some of our Specialties are:

Mantels in Cabinet Woods, [illegible] kinds of Hardwood Finish, Houses, Glazed Windows with Ir[illegible] ported Glass in all styles pa[illegible] securely for shipment. Front doors [illegible] and Screen Doors for up-to-date stores, Stair Work in all [illegible], Native and Foreign Hardwoods, Church Furniture, Door and Window Screens

Let us know your requirements

A. W. ALLEN & SON

MANUFACTURERRES OF

Doors, Sashes, Mouldings, Building Material, &c.

MIDDLETON, N. S.

HEALTH AND LONG LIFE

To the Editor:

During 1916 there was extensively published part of an address by Arthur Hunter, Actuary of the New York Life Insurance Company, which in my judgment marks a distinct advance in our views on the subject of long life and good health A great deal has been written on the subject, its relation to heredity, to occupation, to the drink habit, to habits of life, etc., but Mr. Hunter touches a note above all these.

Of course the statistics of Life Insurance Companies are without bias, as all they care about is to get at the facts bearing on their business. Mr. Hunter says that the concensus of opinion of medical directors shows that the medical directors look with disfavor on applications from persons who drink freely each day although not to the point of intoxication, and also on those who have taken alcohol to excess in the past, but are now temperate.

He says the experience of seven American Companies and one Canadian Company is given on abstainers and non-abstainers. He also shows from experience of two large Insurance Companies that the Mortality among abstainers was distinctly lower than among those called temperate, and very much lower than among those called "moderate users."

Now comes the point to which I attach so much importance. The cause of the low mortality among abstainers is not due in Mr. Hunter's judgment to abstinence from alcohol alone. Other factors, such as abstinence from tobacco are involved, the religious self-control to be an abstainer and the strength of mind which has made abstinence a habit may affect other habits, such as eating in which there should be both moderation and discrimination. The low mortality among abstainers may be said to be due to temperance in all things and total abstinence from alcohol. In my judgment that last sentence is the most important in the very notable address. I have no doubt that it will constitute the new health slogan for the future. It is the experience of medical observers that lack of self-control and discrimination at the table are the cause of many diseases which shorten life.

One difference between man and the lower animals is that we are compelled to use our judgment and self-control if we should make the best of life.

H. ARNOTT, M. B, M.C.P.S.

We believe MINARD'S LINIMENT is the best:

Mathias Foley, Oil City, Ont.

Joseph Snow, Norway, Me.

Charles Whooten, Mulgrave, N. S.

Rev. R. O. Armstrong, Mulgrave, N. S.

Pierre Landers, Sen., Pokemouche, N. B.

In his opening address to the students of Toronto University recently, President Falconer stated that 3,000 graduates and undergraduates were in active service and 3,000 more were in training. Eighty members of the staff had been released for service and 113 University men had given their lives.

Middleton

Oct. 23

Mr. Geo. Hannington is visiting at Sydney.

Sergeant W. Hiltz is spending a few days at his home.

Miss Erica Selfridge of the Royal Bank staff is ill with measles.

Miss Murray has been spending a few days with her aunt, Miss Schurman.

Mrs. Waterman and little daughter of South Brookfield were guests of Miss Susie Smith quite recently.

Mr. and Mrs. C. M. Hoyt were "at home" to a few of their friends on Tuesday evening of last week.

Mr. Hollis Tupper of the Royal Bank, who has been home with measles, has returned again to work.

Some few days ago the word came that Harold Cox had been reported missing and now the latest word is that poor Harold is killed. Much sympathy is felt for Mr. Frank Cox and family. Those who had the pleasure of knowing Harold cannot speak too highly of him. He was one of the MacDonald School's brightest pupils.

ALBANY

Oct. 20

Wedding bells in the near future.

Mrs. Selig and family of four sons of Port Medway have moved into Mr Almon Oakes' house for the winter Mr. Selig will come later.

Miss Annie Fairn and Mrs. E. J. Whitman attended the Women's Maritime Convention at Bridgetown as delegates of Albany Aid Society.

Mrs. Matthew Sheridan has returned from her visit to Mass., and has now gone to Paradise to spend a few weeks with her son and wife Mr. and Mrs. Milledge Sheridan.

Mr. Weaver supplied the pulpit at Lawrencetown on Sunday 15th and at Clarisville in the afternoon in the absence of Rev. Mellick who had gone to St. John to Convention.

Mr. M. B. and Mrs. Whitman and [illegible] have been guests of Deacon [illegible]n. Also of Mr. and Mrs. [illegible] on their return from Con[illegible] in Bridgetown and St. John.

Mrs. A. B. Fairn gave a [illegible]ception in honor of their [illegible] Fred Loring, who was [illegible] Miss Nell Robbins Kelly, [illegible] on the morning of Oct. [illegible] home of the bride. Recep[illegible]ning. A good number of [illegible]resent at the reception [illegible] of the 12th who pre[illegible]e and groom with [illegible] valuable presents.

[illegible]O RIDGE

Oct. 23

[illegible] returned from [illegible] business trip [illegible] 18th inst.

[illegible] busy hauling [illegible] Freeman.

[illegible]sed a work [illegible] this week.

[illegible] Mrs. C. R [illegible] John, Oct [illegible]

[illegible] broken [illegible] ct. 20th [illegible] Roop [illegible] in a [illegible] a deer come [illegible] a [illegible]

ARLINGTON

Oct. 23

Mrs. Amanda Marshall has returned from a few days visit in Outram.

Mrs. Edward Marshall is spending a few weeks with relatives in South Williamston.

Mr. and Mrs. Walter Healy recently spent the week-end with friends in Victoria Beach.

Mr. and Mrs. Melbourne Whitman of Brooklyn, were recent visitors at Mr. Asahel Whitman's.

Mr. Melbourne Charlton left on Monday for Halifax, where he intends to reside for a few months.

WHAT CATARRH IS

It has been said that every [illegible] person has catarrh in some form.

Science has shown that nasal catarrh often indicates a general weakness of the body, and local treatments in the form of snuffs and vapors do little, if any good.

To correct catarrh you should treat its cause by enriching your blood with the oil-food in Scott's Emulsion which is a medicinal food and a building-tonic, free from any harmful drugs. Try it.

Scott & Bowne, Toronto, Ont.

You will like its Fine Granulation

Buy your sugar in these neat 2 or 5-lb. cartons, which you can place directly on your pantry shelves.

Just cut off the corner and pour out the sugar as you need it.

Lantic Sugar

comes also in 10 and 20-lb bags for housewives who like to buy in larger quantities

"The All-Purpose Sugar"

2 and 5-lb Cartons
10 and 20-lb Bags

Lawrencetown

Oct. 23

The Methodist Choir will meet for practice at the church on Saturday evening.

Next Sunday morning the Rev. S. J. Boyce will preach in the Methodist Church.

Dr. L. R. Morse has gone to Cambridge, Mass., to take a short course at Harvard College.

On Friday the meeting in the Epworth League will take the form of a Missionary Service.

Miss Helen Archibald and friend of Wolfville are visitng Mrs. A. R. Archibald and Mrs. E. H. Freeman.

Mrs. Israel Bowlby of Massachusetts is spending the week end a guest of Mrs. I. E. Daniels and Mrs. W. P Morse.

A meeting will be held in the Demonstration Hall on Monday evening to make arrangements for the school exhibition the coming year.

A Missionary Meeting will be held in the Baptist church on Sunday next at 7.30 p. m. A good program is being prepared and all are welcome.

Miss DeWolf, returned missionary from Japan will give an address in the Methodist Church on Tuesday evening. All are cordially invited to attend.

A meeting will be held in the Demonstration Hall on Thursday evening, Oct. 26th, to consider the advisability of forming a Board of Trade.

Max Selig, son of Mr. and Mrs. Wm. Selig, has been wounded, but is doing well in the hospital in England He writes that the soldiers receive good care.

Mr. Perry Lindsay and bride of Belmont, Colchester County, motored to Annapolis Royal, Oct. 7, returning to Lawrencetown the 8th, and were guests of Mrs. Owen Graves.

A telegram was received from Ottawa on Saturday night containing the sad intelligence that William McLeod son of Mr. and Mrs. Campbell McLeod was killed in action on Sept. 26th. This gallant young soldier who has thus given his life in the cause of civilization was an estimable young man, and the bereaved family have the deepest sympathy of the entire community.

The Lawrencetown South Side Red Cross Society will hold their Hallowe'en supper at the home of Mr. and Mrs. Wakeman Daniels, Oct. 31st. Supper 25 cents.

A Hallowe'en Supper there's going to be,
And we want you there as sure as can be
There'll be joy and laughter by the ton
Please say you will come and join the fun!

MARGARETVILLE

Oct. 23

Mr. and Mrs. S. Bishop of Auburn visiting Dr. and Mrs. Hutchins.

[illegible]he "Fortnightly Club" will meet [illegible]he parsonage on Thursday even[illegible]

Mrs Ward of Victoria Vale, is spending a few days with Mrs. Seleda McNeilly.

[illegible] J. A. Balcom entertained a few [illegible] friends from Victoria Vale on Thursday to tea.

Dr Hutchins has accepted a call to the Middleton Baptist church and will be here in a few days.

[illegible] B. Stromach and Mrs. Avard who have been visiting in [illegible] arrived home today. They [illegible]ry rough passage.

[illegible] G. H. Gage returned last week [illegible]n where he had been at[illegible] convention. He was ac[illegible] by Rev. Mr. Wheeler of [illegible] joined his family here [illegible] short visit with friends.

[illegible]nt cures Dandruff.

SHERIFF'S SALE!

1916 A. No. 2522

IN THE SUPREME COURT

Between

KENNETH HEBB, Plaintiff,

— and —

ALBERT DURLING AND ANNIE J. DURLING, Defendants.

To be sold at Public Auction by the High Sheriff of the County of Annalis, at the Court House at Bridgetown in the County of Annapolis, Province of Nova Scotia, on Tuesday, the 31st day of October, A. D. 1916, at the hour of 12 o'clock, noon;

Pursuant to an Order of Foreclsure and sale made herein and dated the 21st day of September, A.D. 1916, unless before the date of the said sale the amount due to the Plaintiff on the Mortgage sought to be foreclosed herein, together with interest to the date of payment and his costs to be taxed be paid to him or his Solicitor or into Court, all the right, title, interest, property and demand both at law and in equity of the defendants, of, in, to or out of

ALL that lot of land containing fifty acres, situate, lying and being in the County of Annapolis, and bounded as follows: Beginning on the west side of the Thorne Hill Road at the southeast angle of 100 acres granted to William Anderson in the District of Dalhousie; thence running north eighty-seven degrees thirty minutes west twenty-five chains; thence south two degrees thirty minutes west twenty chains; thence south eighty-seven degrees thirty minutes east twenty-five chains; thence north two degrees thirty minutes east twenty chains to the place of beginning, said land conveyed to Thomas Anderson by grant and recorded in Registry of Deeds for Annapolis County in book 5, page 19.

Second: ALL that certain lot of land situate, lying and being in Dalhousie, in the County of Annapolis, bounded as follows: Beginning at a pile of stones standing on the Eastern side of the road from Dalhousie Settlement to Bridgetown by Thorne Mill and opposite the north line of land granted to A. Anderson; thence running east thirty-two chains; thence south thirty-one chains and twenty-five links; thence west thirty-two chains to the road aforesaid; thence north by the said road to the place of beginning save and except a strip of land deeded by the said Thomas Anderson to James Anderson and now owned by William McGill being in width twenty rods and running from the road parallel with the north line of said lot, keeping said width of twenty-one rods to the rear of the lot; the said lands now owned and possessed by William McGill being twenty acres, having in said lot described eighty acres.

Third: ALL that certain lot of land situate, lying and being on the western side of the road leading from Dalhousie Settlement to Durlands Settlement in the County aforesaid, and abutted and bounded as follows, that is to say: Beginning at a large rock standing at the distance of fifty-six chains sixty-six links on a course north from the rear line of the Dalhousie lots; from thence running west sixty chains; thence south sixteen chains sixty-six links to the place of beginning, save and except a strip twenty-two rods and fifteen links in width on the north side of said lot deeded by the said Thomas Anderson to James Anderson and now owned and occupied by William McGill running from the road parallel with the north line of said lot keeping said width of twenty-two rods and fifteen links to the rear of the lot, the said land now owned and possessed by William McGill being forty acres leaving in said lot described sixty acres, together with all and singular the easements, tenements and hereditaments to the same belonging or in anywise appertaining.

Terms of Sale—10 per centum at time of sale and remainder on delivery of deed.

Dated at Bridgetown in the County of Annapolis this 23rd day of September, A. D. 1916.

J. H. EDWARDS,
High Sheriff in and for the County of Annapolis.

HERMANN C. MORSE of Queen Street Bridgetown, in the County of Annapolis, Plaintiff's Solicitor. 51

RED ROSE TEA "is good tea"