

15 YEARS A DYSEPTIC

Forced to Live on Stale Bread and Porridge.

"FRUIT-A-TIVES" CURED HIM

AVONDALE, N. B., October, 15th. "I have been a great sufferer from indigestion for fifteen years. I was forced to deny myself all such hearty foods as meats, potatoes and could not drink tea or coffee. For the past two years, I lived on porridge, stale bread, etc. I had treatment from two doctors, and tried nearly every kind of medicine, but got worse. "Finally I saw a testimonial of 'Fruit-a-tives' and concluded to give them a trial. I took nearly four boxes of 'Fruit-a-tives' and they have made me feel like a new man. I can eat all kinds of hearty foods without suffering, and am no longer constipated."

LESLIE A. W. BROWN.

Many people look on "Fruit-a-tives" as a miraculous medicine. It has indeed performed what has seemed like miraculous cures in hundreds of cases of chronic indigestion, Dyspepsia, Constipation and Biliousness.

"Fruit-a-tives" is the only medicine in the world made of fresh fruit juices and valuable tonics. Cost, a box, 6 for \$4.50, or trial size, 25c. At all dealers or from Fruit-a-tives Limited, Ottawa.

White Ribbon News.

Woman's Christian Temperance Union first organized in Wolfville, N.S.

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.

BAUCE.—A knot of White Ribbon.

WATCHWORD.—Agiatate, educate, or gain.

OFFICERS OF WOLFVILLE BRANCH.

President—Mrs. J. W. Brown.
1st Vice President—Mrs. (Rev.) Prestwood.
2nd Vice President—Mrs. (Rev.) Miller.
3rd Vice President—Mrs. Irene Fitch.
Recording Secy.—Mrs. L. W. Sleep.
Cor. Secretary—Mrs. Charlotte Murray.
Treasurer—Mrs. J. W. Vaughn.
Auditor—Mrs. T. E. Hutchinson.

MEMBERSHIP.

Engaged—Mrs. G. Finch.
Mothers Meetings—Mrs. Prestwood, Lamberton—Mrs. J. Kempton.
Peace and Arbitration—Mrs. J. Rod.
Temperance in Sabbath-schools—Mrs. (Dr.) McKenna.
Juvenile Work—Mrs. B. O. Davison.
Fellow Meetings—Mrs. (Rev.) McGrover.
Press Work—Miss Margaret Bates.
Aldershot Work—Mrs. L. Sleep.

To Seek and to Save.

"What man of you, having an hundred sheep—"

If I were scarce a man to shun
A loving service so divine
As leaving all the ninety-nine
To travel for the one,
Then God were hardly God unless
His wings of love were wide
In night's vast wilderness.

I marvel not this earth is pressed
Beneath the shadow of His wing,
Nor that He drove that cruel thing,
His cross, into her breast.
—A. W., in the Daily Chronicle.

Brains and Energy.

A medical man, struck with the large number of boys under fifteen years of age he observed smoking, was led to inquire into the effect the habit had upon the general health. He took for his purpose, thirty-eight, aged from nine to fifteen, and carefully examined them. In twenty-seven cases he discovered injurious traces of the habit. In twenty-two there were various disorders of the circulation and digestion, palpitation of the heart, and more or less taste for strong drink. In twelve, there were frequent bleedings of the nose, ten had diarrhoea and sleep, and twelve had slight ulceration of the mucous membrane of the mouth, which disappeared on ceasing the use of tobacco for some days. The doctor treated them all for weakness, but with little effect until the smoking was discontinued, when health and strength were soon restored.—British Medical Monthly.

Mrs. Waters, the Dominion Superintendent of Anti-Narcotics, because of much experience, is quite at home in the 'Seats of the Mighty.' She gave a little sketch of effective endeavor under a different regime, but now asked for a stronger measure and more advanced methods to protect the rising generation. After speaking, Mrs. Waters sat down as calmly as if there was no one present, and unknown to herself was quietly studied by the observant eye of the watchful Premier.

Two clergymen present spoke earnestly, and then Mrs. Wright presented the claims of the entire great North West and unobscurely gave the most telling story of the whole delegation in the simplest sort of way. A tremor of apprehension swept over the concourse, the Premier's face twitched, as if a sharp blow had been suddenly inflicted, when Mrs. Wright said:

"On our way here, one of our party saw a mother with three little children at a station. The little ones were restless, so their mother put a cigarette in their mouths. When commiserated with, she replied, 'Oh, nothing quiet them like a cigarette.'"

The President of Council is being commended for forbidding further publication of advertisements of alcoholic liquors in the village journals. It seems that other college papers in the United States publish such advertisements, causing considerable income therefrom. The surprising thing is that the men who compose the governing boards of educational institutions should permit such a thing for a single week.

William Allen White on Prohibition in Kansas.

"I have grown from childhood to the age of forty-two years in Kansas and I probably am greatly prejudiced in its favor. As a young man from the time I was sixteen years old until I was twenty-two, I never saw an open saloon. I know of thousands of children in the State who never saw a saloon. The law was adopted in 1881 and has been enforced ever since. Of course, it is enforced better now than it ever was before, because a generation has grown up under the law that knows nothing else. The state never was as clean as it is to-day. The liquor law is enforced as well as the law against horse stealing, which does not mean that there are not more or less thieves in the jails for horse stealing and that there are not more or less men in the jails for selling liquor. These laws are violated and will be violated until the end of time. If there were no violations of the law, the law would not be needed. There is not an able-bodied man or woman in the poor house. We have never had any trouble at all to keep our town and county and state going. The town of Emporia is being paved from one end to the other with brick and asphalt without a dollar's worth of liquor money in it. The revenues of Kansas for nearly thirty years have been raised without liquor licenses and we have built the best system of schools in the world. Taxes are low because the average working man owns his own home and thus the taxes are spread out upon thousands of working people who are thrifty, honest and hard working, rather than upon hundreds of landlords who are taxed to maintain the criminal costs in the courts."

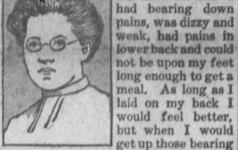
TWO WOMEN TESTIFY

What Lydia E. Pinkham's Vegetable Compound Did For Their Health—Their own Statements Follow.

Halliburton, P. E. I.—"I had a doctor examine me and he said I had falling-of-the-womb, so I have been taking Lydia E. Pinkham's Vegetable Compound and it has done me a lot of good. All the bearing-down pains have vanished. I have gained ten pounds in weight, the discharge is all gone, and I feel better than I have for a long time. I think any woman is foolish to suffer as I did for the sake of a few dollars."

"You can use my letter as a testimonial. It may encourage other poor women who suffer as I did to use your 'Vegetable Compound'."—Mrs. O. G. COLLICOTT, Halliburton, Oct. 7, P. E. I.

Read What This Woman Says: New Moorefield, Ohio.—"I take great pleasure in thanking you for what your Vegetable Compound has done for me. I had bearing-down pains, was dizzy and weak, had pains in lower back and could not get upon my feet long enough to get a meal. As long as I laid on my back I would feel better, but when I would get up those bearing-down pains would come back, and the doctor said I had female trouble. Lydia E. Pinkham's Vegetable Compound was the only medicine that helped me and I have been growing stronger ever since I commenced to take it. I hope it will help other suffering women as it has me. You can use this letter."—Mrs. CAROL LLOYD, New Moorefield, Clark Co., Ohio.



The following from the Sackville, N. B. Tribune shows what a good citizen of that town thinks the most important work that can be undertaken. We think so too:

Speaking to the Tribune with reference to the movement on foot to provide some sort of organization for our boys and young men Mr. William B. Fawcett said: "I heartily approve of the idea. It is one of the fundamentals of the future prosperity of Sackville to look after its young people. I am willing to give \$50 or more when it becomes necessary to do so. The buying of parks and the straightening of streets are of far less importance than the training of our young people to become good citizens. I recognize the fact that with good training and a fair chance, our own New Brunswick girls and boys make the brightest and best women and men to be found anywhere. I will do what I can to help on the very commendable movement."

The Greatest Good.

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CASTORIA

For Infants and Children.
The Kind You Have Always Bought
Bears the Signature of *Wm. D. Galt*

The Latest About Mary.

(May it be the last!)

Mary had a little lamb
Growing thin and thinner,
She put it in a paper bag
And cooked that lamb for dinner.

"I understand that young fellow has \$1,000 saved up."

"Maybe we could interest him in our scheme."

"I fear not. He is already interested in a scheme. He's going to get married."

For Constipation.

Mr. L. H. Farnham, a prominent druggist of Spirit Lake, Iowa, says "Chamberlain's Stomach and Liver Tablets are certainly the best thing on the market for constipation." Give these tablets a trial. You are certain to find them agreeable and pleasant in effect. Price, 25 cents. Samples free. For sale by all dealers.

PILES CURED

Writing from Poplar, B. C., Mrs. O. Hanson, proprietress of the Commercial Hotel, says: "I suffered for years with bleeding piles. The pain was so bad at times that I could hardly walk, and ordinary remedies seemed utterly unable to give me any ease. Finally I decided to undergo an operation, and went to the Sacred Heart Hospital in Spokane. There they performed an operation. For a time I was certainly better, but within twelve months the piles became as painful as ever. I tried liniments, hot poultices, various 'pills' and indeed everything I could think would be likely to do any good, but still I continued to suffer, and the shooting, burning, stinging pains, the dull aching, worn-out feeling that the disease causes continued as bad as ever."

"One day I read about Zam-Buk and thought I would try it. The first one or two boxes gave me more ease than anything else I had tried, so I went on with the treatment. A short time I began to feel altogether different and better. Well, I went on using Zam-Buk, and by the time I had used six boxes I was delighted to find myself entirely cured. That was three years ago, and there has been no return of the trouble."

Zam-Buk is a sure cure for piles, hemorrhoids, itching, soreness, eruptions, chapped hands, various sores, burns, scalds, bruises, lacerated tendons, and all skin injuries and diseases. Dose, two pills and water everywhere, 50c. per box. At Zam-Buk Co., Toronto, for price.

Zam-Buk

Children Cry FOR FLETCHER'S CASTORIA

Synopsis of Canadian North-West Land Regulations.

ANY person who is the sole head of a family or any male over 18 years old, may homestead a quarter section of available Dominion land in Manitoba, Saskatchewan or Alberta. The applicant must appear in person at the Dominion Lands Agency or Sub-Agency for the district. Entry by proxy may be made at any agency, on certain conditions by father, mother, son, daughter, brother, or sister of intending homesteader.

Duties—Six months' residence upon and cultivation of the land in each of three years. A homesteader may live within nine miles of his homestead on a farm of at least 80 acres solely owned and occupied by him or by his father, mother, son, daughter, brother or sister.

In certain districts a homesteader in good standing may pre-empt a quarter section along side his homestead. Price \$3.00 per acre. Duties—Must reside upon the homestead of pre-empted six months in each of six years from date of homestead entry (including the time required to own, cultivate and settle on said pre-empted six acres.

A homesteader who has exhausted his homestead right and cannot obtain a pre-emption may enter for a purchased homestead in certain districts. Price \$3.00 per acre. Duties—Must reside six months in each of three years. Must raise fifty acres and erect a house worth \$300.00.

W. W. CORRY,
Deputy of the Minister of the Interior,
P. S. Unauthorised publications of this advertisement will not be paid for.
Dec. 29th

Orchard Farm For Sale

Good modern 10 room house, with bath, closet, steam heat, electric light and telephone, good warm barn with 6 stalls and a large hay loft, plenty of room for farm implements and vehicles. There is a good front porch, fruit house, tool house, poultry houses, and a good tenant house on the farm, 16 acres of a good orchard land as we have in Nova Scotia, all under drained and all set with the best varieties fruits, apples, pears, plums, cherries, quinces and small fruits. Part of the trees are in full bearing and the other part have been set out ten,

To the Public

The undersigned begs to notify the public that he is now prepared to undertake painting, paper-hanging, etc., of all kinds. Having had adequate experience he guarantees first class work and entire satisfaction in every case. Orders may be left with Wolfeville Decorating Co.

GODFREY & MURPHY,
Wolfeville, Mar. 9, 1910. Phone 86.

Fragrance

WHEN you open a tin of Red Rose Coffee, you will surely be pleased with its unusual fragrance, and you will note particularly the small, even grains, free of the yellow flake or chaff which you have always been accustomed to see in the ground coffee you have used. This is the result of our new crushing process. The small grains settle quickly, so the coffee is never muddy, but always bright and clear. You will be convinced before you taste it, that it is a coffee of unusual quality.

Red Rose Coffee



Electric Restorer for Men
Phosphorus restores every nerve in the body and vitality. Promotes decay and all general weakness. Restores the system. Price \$2.00 a box, or two for \$3.50. Mailed to any address. The Household Drug Co., St. Catharines, Ont.
Or at Rand's Drug Store

THE STANDING ALIBI OF H. STANLEIGH STORME

IT is the tendency of every cold to develop into bronchitis, consumption or some form of lung trouble. Bronchitis is most dreaded because it has a tendency to become chronic and return again and again, until the patient becomes worn out.

If the cough is dry and hard; if there is pain, soreness or tightness in the chest; if breathing is difficult and causes pain in the chest, you have every reason to suppose that you have bronchitis and should promptly begin the use of Dr. Chase's Syrup of Linseed and Turpentine.

Cough mixtures that may help an ordinary cold have no effect on bronchitis and asthma, but Dr. Chase's Syrup of Linseed and Turpentine has won its enviable reputation on account of its wonderful success in curing these ailments. 25 cents a bottle, at all dealers, or Edmanston Bates & Co., Limited, Toronto.

The day before the trial he received a bulky letter many pages long, written in a masculine hand.

It was signed "Wesley Warburton," a name hitherto unknown to him. The prosecutor thrust himself up in his private office and read the letter. It took him more than half an hour when he had read it once, he turned back to the first page and started it again.

It disclosed him considerable surprise, and more delight. He buttoned it up in his breast pocket and kept it, very much about it.

The courtroom, as was to be expected, was packed to the doors. The crowd was on hand long before any of the actors in the drama that was to be played.

The jurors in the former trial, and in fact all the fifty guests of the Dreddington dinner, occupied a large space in the center of the room. Each man among them had been subpoenaed by the defence.

It was not until five minutes of ten that Storme appeared. His countenance was ruddy, and he glanced around and smiled as though he were naught but an interested spectator.

He never looked to better advantage than he did on this occasion. Notwithstanding his unconcern, however, he kept anxiously glancing toward the door from time to time.

The district attorney followed about hands with the prisoners' counsel, and bowed formally to the prisoner.

"The judge was the last to enter when he entered everybody rose. "Morning, gentlemen," he responded curtly, with a sort of side nod to the assembled audience.

"Now the case," he commanded before he had seated himself. "People against H. Stanleigh Storme," the clerk announced.

The prisoner's counsel rose and said he was ready to proceed, so did the district attorney.

"Blackstone's got something up his sleeve—something that we don't know about," said the prisoner's counsel anxiously to the prisoner at his side. "I know by his manner. We've got to look out for him."

The prisoner nodded and smiled and then dropped lastly back in his chair and looked around upon the crowd.

The district attorney was very brief in his opening statement. He only detailed the bare facts—that the First National Bank had been looted of a large sum, and that he would prove to the jury that H. Stanleigh Storme was, beyond all question, the guilty man.

He didn't say how he expected to do it—he simply stated in a satisfactory sort of way that he would do it. The way he said it made no impression on the mind of anybody, except that of the counsel for the defence.

He became more anxious as the prosecutor proceeded. He didn't know what to make of it.

Burke and the two officers and the county detective—all of them men who knew the prisoner by sight—took the stand in turn. Their testimony was strong in every particular, and was of the same general character as was Burke's upon the former trial.

It seemed impossible that four men could be mistaken; but then it seemed strange that four men could permit a criminal to escape as they had done; they could explain it only by the fact that the man who robbed the bank was a professional criminal of the greatest cleverness, and that he had been too slick for them.

But they were certain of the man. This testimony, however, strong as it was, served only to amuse rather than to convince the crowd, for everybody realised how completely formidable was the defence.

From the judge who had presided at the former trial was in the courtroom, to help prove an alibi.

It seemed as though the prosecution's case was about at an end; but during the latter portion of the testimony of the county detective there was a full in the proceedings caused by the fact that the defendant's counsel had raised an objection to the admission of a certain line of testimony.

The district attorney, the bank's private counsel, and the counsel were grouped with their heads together about the judge's bench, discussing with the judge's particular question before the court and its admissibility.

Many in the courtroom had watch as the prisoner, and had commented on his jaunty air. Apparently he was a man without a care in the world.

He turned toward his friends in the audience with a smile from his face. Few noticed that he turned thus he glanced hurriedly but regularly, over the heads of the crowd and at the door which opened the main entrance beyond.

He did this not once, but twenty times, and each time turned back with an insoluble sigh—of relief or disappointment.

On the occasion he looked steadily at the door for a minute, he changed color and turned again and faced the judge.

Chest Pains of Bronchitis

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OLIVEINE EMULSION

THE GREAT HEALTH RESTORER

TAKE NOTICE "BE SICKLE, DELICATE AND RUN DOWN PEOPLE": Are you dreading the cold winter weather with its sudden changes, which is so apt to bring back that distressing cough and those terrible chest, side and lung pains, consumption and tuberculosis. These dreaded diseases are no respecter of persons. The old and young, rich and poor, are subject to their ravages. OLIVEINE EMULSION will prevent or stop that cough, and so invigorate the system that the germs cannot secure a foothold. OLIVEINE EMULSION is easy to take, and is so prepared that the most delicate invalids and children of all ages can take it and retain it without any trouble. OLIVEINE EMULSION contains, among other ingredients, Extract of Milk, which is nourishing and strengthening. Extract Wild Cherry, which improves the appetite and strengthens the digestive organs. Hypophosphites, which is admitted by the medical profession, successful in all wasting diseases and in building up the system.

Experienced physicians prescribe lots of food in wasting or nervous diseases; OLIVEINE EMULSION produces an appetite, helps digestion, and enables you to receive the full benefit of all your food. Run down business men and women, overworked mothers, delicate boys or girls will show permanent improvement from the use of this preparation.

OLIVEINE EMULSION—Makes the weak strong.
OLIVEINE EMULSION—Is a blood purifier.
OLIVEINE EMULSION—Is a strength producer.
OLIVEINE EMULSION—Is a specific in throat and lung diseases.
OLIVEINE EMULSION—Is a powerful stimulant to debility or change of life.

It is unsurpassed as a Cough Remedy; it gives strength to the weak and delicate so that all phlegm or waste matter is brought up from the lungs and throat.

BEWARE OF IMITATION

Any product like OLIVEINE EMULSION which is widely employed, is apt to be imitated. Ask and insist on having OLIVEINE EMULSION, and we are the sole owners. Its value depends on our process, on the vital elements are lacking. For your own sake when asking for OLIVEINE EMULSION, please be careful, protect yourself and take no other. If your druggist or dealer does not keep it in stock, send us the price and we will send prepaid to any part of Canada. 50c. bottles for \$3.00.

FRASIER, THORNTON & CO., COOKSHIRE, QUEBEC, CANADA

When a farmer opens his first bag of cement

he has taken a long step in the march of Progress, which leads to Prosperity.

After he uses that bag—if only for a hitching-post or a porch-step—he has learned some profitable lessons.

He knows that it doesn't take an expert to use cement successfully.

He knows that he has added a permanent improvement to his property, something that will last as long as the farm itself.

He knows that he has added convenience, and therefore profit, to his home.

He knows that it didn't cost him more, in money or time, than if he had used an inferior material and made a temporary improvement.

He knows that he wants to read the book.

"What the Farmer Can Do With Concrete"

to find out how he can apply these lessons to other places on his farm.

This advertisement is to tell him that his copy of this profusely illustrated book is ready to be mailed to him as soon as he sends in his name and address. It makes no difference whether he has yet used that first bag of cement or not. If he hasn't, the book will tell him how to use it to the best advantage. And in any case it's

ABSOLUTELY FREE

A hundred and sixty pages of plain directions, written by expert farmers, have been compiled with care to illustrate every paragraph in the text.

Just send your name and address on a postcard in a letter, or use the envelope, and this book will be sent by return mail.

Address
CANADA CEMENT CO., Ltd.
Montreal, Quebec

COUGHS, COLDS, BRONCHITIS, LA GRIPPE, LUNG TROUBLE.

OLIVEINE EMULSION

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