



Could Not Sleep

Mr. Earnest Clark, Police Officer, 338 King St., Kingston, Ont., writes:

"For three years I suffered from nervousness and sleeplessness. I believe my condition was brought about by overwork. I had frequent headaches, neuralgic pains and twitching of nerves and muscles. I had indigestion, was short of breath and easily tired. I commenced a treatment of Dr. Chase's Nerve Food, and seven boxes of this medicine cured me of all my symptoms. I am now feeling one hundred per cent. better than I was, and have to thank Dr. Chase's Nerve Food for the good health I am now enjoying."

Dr. Chase's Nerve Food, 50 cents a box, 6 for \$2.75, all dealers, or Edmondson, Hayes & Co., Ltd., Toronto.



Advised to Buy Canadian Coal.

Montreal, March 18—The Montreal City Council today adopted a resolution, which after stating that a large portion of the coal consumed in Canada is imported from the United States at prices which are continually increasing while shortages sometimes occur which may become permanent, requests the federal authorities to favor by all possible means the intensive operation of Canada's coal mines.

The resolution points out that intensive operation of Canadian coal mines would remedy to a large extent the above stated inconveniences, have the effect of keeping in the country the large sums of money which are being spent for the purchase of coal, and would provide with employment thousands of people at present out of work.

Eric—May I go out and look at the comet, Mummy?
Mummy—Yes, dear, but don't go too close.

Why Bear Pain?

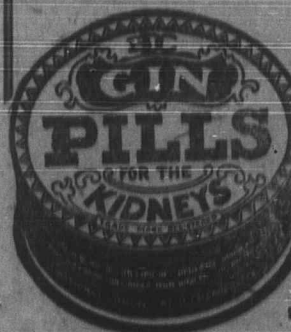
Rheumatic, sciatic, and neuralgic pains—lumbago—backache—headaches—need not be borne. They yield speedily to the soothing, healing action of the most eminent diuretic and kidney-corrective yet produced.

Gin Pills FOR THE KIDNEYS

Get a box to-day from your druggist or dealer, 50c., with money-back guarantee. Or send for free sample.

Address: The National Drug & Chemical Co. of Canada, Ltd., Toronto

U.S. Address: No-Drug Co., Inc., 202 Main St., Buffalo, N.Y.



Minard's Liniment Cures Diphtheria.

The Passing of the Kings

The day of Kings is past!
Mid toppling thrones the dim procession stalks;
Grim, silent, vast,
That ghostly company. Here Caesar walks,
with bloody brow; and deeper in the gloom
The baffled Corsican; while, weary-eyed,
A murdered Czar, his slain son at his side,
seeks refuge in the tomb. ~~9751~~
Anon a living shape flits to and fro,
Uncertain where to go. ~~9752~~
And one in frenzy roving, vainly craves
A friendly hand, and wanders low and high,
Afraid to live, but more afraid to die.
The mocking millions echo from their graves:—
"We are avenged at last!
The day of Kings is past!"

The day of Kings is past? How may that be?
There is a little Island in the sea,
That is itself a world.
Behold how young and old make holiday,
With myriad flags unfurled.
For soon the people's King will pass this way.
Ah! see him now! His eye is sad,
his head
Is bowed with sorrow for his loyal dead.
A King, you say? Aye, every inch a King!

But first a man, a British gentleman,
Who rested not upon his kingly fame.
But PLAYED THE GAME!
Those blinded boys whose cheers so wildly ring,
Have felt his kindly touch on beds of pain,
When endless night began,
Their dearest wish to grasp that hand again.
Hark how the people sing "God Save the King!"
The King has passed, but still the echoing sky
Flings back a hundred times the joyful cry:—
"God Save the King! God Save the King!"
—Vilda Sauvage Owens in New York Herald.

B. C. Apples in the East

At the recent convention of the Nova Scotia Fruit Growers' Association, it was stated that 15,000 boxes of British Columbia apples were handled at Halifax and 18,000 at St. John last year. British Columbia, it was admitted, was supplying the fancy trade of cities that are almost within sight of the Annapolis Valley, one of the finest fancy apple producing sections of the world. From the Pacific to the Atlantic is a long haul and a long cry for apple needs, but British Columbia enterprise bridges the distance and answers the cry thoroughly and quickly. And all along the way British Columbia apples are dropped off at the big consuming centres in Ontario and Quebec.

Our British Columbia friends deserve every credit for their successful exploitation of the eastern market. They have the goods, they know how to pack, and, most important of all, they know how to advertise and sell them. But it is far from creditable to eastern growers to permit western men to invade and capture right from "under their noses" their own home markets. The growers of the Annapolis Valley were scored on this point by one of the speakers at the Kentville convention, as reported elsewhere in this issue, and rightly so. Scorings and

GUARD AGAINST THE 'FLU

Serious Outbreaks of Influenza all over Canada

GOOD HEALTH IS THE SUREST SAFEGUARD

"FRUIT-A-TIVES" Brings Vigor and Vitality and Thus Protects Against Disease

There can be no doubt that the situation regarding the spread of Influenza throughout Canada is one of grave concern. It is quite true that the number of cases does not constitute an epidemic such as caused the suffering and sorrow during the terrible days of 1918. Yet there is no disguising the fact that everyone should be on their guard against the disease.

In Montreal alone, from January 20th to February 21st, three thousand, one hundred and twenty-two cases of Influenza and 189 deaths from the disease were reported to the Health Department.

If the outbreak had come at the beginning of the winter instead of the end, we might reasonably feel that the very cold weather would check the spread of the disease. But coming as it has, at the end of the winter, there is grave fear that an epidemic may occur. For spring, with its slush and rain under foot, its dampness and chill, its constant changing from cold to warm and back again, is a prolific source of coughs and colds, pleurisy and pneumonia.

The best protection, in fact, the only safeguard against the 'flu, is, GOOD HEALTH.

Those who are not as well and strong as they should be; those who are underweight; those who are "run-down" through overwork or sickness; should build up at once. What they need is a blood-purifier, a body-builder, a strength-giver, like "Fruit-a-tives", the wonderful fruit medicine.

"Fruit-a-tives" regulates the kidneys and bowels, causing these organs to eliminate waste regularly and naturally as nature intended. "Fruit-a-tives" stimulates the active, and insures an abundant supply of pure, rich blood. "Fruit-a-tives" tones up and strengthens the organs of digestion, sharpens the appetite, brings restful sleep and renews the vitality of the nervous system. "Fruit-a-tives" contains everything that an ideal tonic should have; to purify the blood, to build up strength and vigor, and to regulate the eliminating organs, so that the whole system would be in the best possible condition to resist disease.

Now is the time to build up your health and strength, not only as a precaution against the ravages of Influenza, but also to protect you against "spring fever" and the inevitable reaction which comes with the appearance of warmer weather. Get a box of "Fruit-a-tives" today and let this fruit medicine keep you well.

"Fruit-a-tives" is sold by all dealers at 50c a box, 6 boxes for \$2.50, trial size 25c, or sent postpaid on receipt of price by Fruit-a-tives Limited, Ottawa.

warnings have been voiced in Ontario for years. And still the British Columbia apples come. Every year they come in greater quantities and secure a firmer hold on the eastern market. The only consolation apparently is that some day the British Columbia men and methods will teach the eastern growers, by wounding their pocketbooks and by example, how to meet them and how to beat them. Canadian Horticulturalist.

The present price of hay in England is \$75 a ton.

YOUR AMBITION

Do you tire out easily? Have you lost some of your accustomed vim and is your ambition to do things at low ebb? Your resistance is broken. You should find help and invigoration in rich, nourishing

SCOTT'S EMULSION

Taken faithfully for a reasonable length of time, Scott's seldom fails to freshen the blood, build up the general health and impart a feeling of well-being to the body. For that tired-out feeling take Scott's Emulsion.



A good many things make it pleasant to shop here; they're all included in our general principle of real service.

Its part of our service to only sell shoes of the finest quality—that's why we feature Hartt Footwear for Ladies and Gentlemen.

It's part of our service also to think more of pleasing you than of "selling" you; to see that you are properly and carefully fitted and get intelligent attention.

We always consider that any money you pay us for shoes is still your money until you've satisfied yourself that you like the shoes you've bought.

G. D. Jefferson
Wolfville, N. S.

For Spanish Influenza

The Liniment that Cures All Ailments

MINARD'S

THE OLD RELIABLE—Try It
Minard's Liniment Co., Ltd., Yarmouth, N. S.

SEND Your Order TO TRURO

Iron Beds from \$7.50; Springs from \$5.00; Mattresses from \$8.50. Everything needed to furnish a home.

LOWEST PRICES. PROMPT SHIPMENT. SATISFACTION GUARANTEED.

Write for our Big Catalogue.

WE PAY FREIGHT on orders amounting to \$10.

VERNON & CO.,
Furniture and Carpets.
TRURO, N. S.

Salaries of the Harvard University teaching staff will be advanced from forty to fifty per cent. on September 1st, President Lowell announced last week.

Professional Cards.

DR. J. T. HOTCHKIS
Veterinary Surgeon
WEBSTER ST. KENTVILLE.
Phone 10

M. R. ELLIOTT
A. B., M. D. (Harvard)
Office at residence of late Dr. Bowles. Telephone No. 23.
Hours—8-10 a.m., 1-3, 7-9 p.m.

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Several second hand Autos and Auto Trucks. All thoroughly overhauled and ready for the road.

T. E. HUTCHINSON
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FURNESS LINE

Regular Sailings Between
Halifax, St. John's and Liverpool, Eng.

Halifax—London, Eng.

Every facility for

Export of Apples

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Halifax, N. S.

St. John, N. B. Sydney, N. S. Montreal

Dr. DeVan's French Pills

A reliable Regulating Pill for Women, 25c a box. Sold at all Drug Stores, or mailed to any address on receipt of price. The Seabell Drug Co., St. Catharines, Ontario.

PHOSPHONOL FOR MEN

Restores Vim and Vitality; for Nerve and Brain; increases "gray matter"; a Tonic will build you up. 25c a box, or two for 50c, at drug stores, or by mail on receipt of price. The Seabell Drug Co., St. Catharines, Ontario.



Better than Pills for Liver Ills

NR Tonic—Tomorrow Alright

There are more than 13,000 American troops in Germany. A curious situation arises out of the fact that the United States being still at war with Germany, technically, American forces will be on a different basis from other Allied troops in the present crisis.

Minard's Liniment Cures Colds, etc.