TORTURED BY CONSTIPATION

"Fruit-a-tives" Cured Paralyzed Bowels and Digestion

ST. BONIFACE DE SHAWINIGAN, QUE.
Feb. 3rd. 1914.

"It is a pleasure to me to inform you that after suffering from Chronic Constipation for 2½ years, I have been cured by "Fruit-a-tives". While I was a student at Berthier College, I became so ill I was forced to leave the the college. Severe pains across the intestines continually tortured me and it came to a point when I could not stoop down at all, and my Digestion became paralyzed. Some one advised me to take "Fruit-a-tives" and at once I felt a great improvement. After I had taken four or five boxes, I realized that I was completely cured and what made me glad, also, was that they were acting gently, causing no pain whatever to the bowels. All those who suffer with Chronic Constipation should follow my example and take "Fruit-a-tives" for they are the medicine that cures".

MAGLOIRE PAQUIN

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

White Ribbon News.

Woman's Christian Temperance Union first organized in 1874.

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.

BADGE—A knot of White Ribbon.

WATCHWORD—Agitate, educate, or govize.

OFFICERS OF WOLFVILLE UNION.

President—Mrs. L. W. Sleep.
1st Vice President—Mrs. G. Bryant.
2nd Vice President—Mrs. J. D. Chambers.
3rd Vice President—Mrs. Geo. Fitch
Recording Secy—Mrs. W. Mitchell.
Cor. Secretary—Mrs. Geo. DeWitt.
Treasurer—Mrs. H. Pineo.

SUPERINTENDENTS.

Peace and Arbitration—Mrs. L. Reid
Evangelistic—Mrs. Geo. Bishop.
Temperance in Sabbath schools—Mrs. (Dr.) Brown.
Scientific Temperance in Schools—Mrs. G. Cutten.
Lumbermen—Mrs. J. Kempton.
Willard Home—Mrs. M. Freeman.
C. B. Bulletin—Mrs. Langille.
Press Work—Miss Margaret Barss.
Parlor Meetings—Mrs. J. Kaye.
L. T. L.—Mrs. Howe.

The Day's Work.

The day's work counts—
It isn't what
You mean to do a week ahead;
It isn't what you know you'll gain
When all annoyances have fled,
It isn't what you dreamed and planned—
Such hopes are but a phantom band—
The day's work counts—

The day's work counts—
The foot you gained
Since yonder sun dispelled the dark
Next week, next month, next year are vain—
Unto the present summons hark;
How have you fared ahead since morn
In garnering life's oil and corn?
The day's work counts—

The day's work counts—
It isn't much,
The gain of those few painful hours,
But be content, if there is shown
Some product of those sacred powers
Which guide each mind, uphold each hand,
The day's work counts.

Children Cry
FOR FLETCHER'S
CASTORIA

He Knew About It.

Jacob Fliday made a fortune of more than $500,000 in the wholesale liquor buisness; yet when he died about a year ago it was discovered that he had inserted in his will a provision stipulating that 'any beneficiary who directly or indirectly engages in the liquor business shall forfeit all rights and claims in the estate.'

The will is now being contested on the ground that the deceased was not really competent when he made his will. But some people, says the 'Christian Guardian,' will view the peculiar provision rather as an evi- evidence that Mr. Friday saw a little more clearly than ever before what the liquor trade meant.

REMARKABLE CASE of Mrs. HAM

Declares Lydia E. Pinkham's Vegetable Compound Saved Her Life and Sanity.

Shamrock, Mo.—"I feel it my duty to tell the public the condition of my health before using your medicine. I had falling, inflammation and congestion, female weakness, pains in both sides, backaches and bearing down pains, was short of memory, nervous, impatient, passed sleepless nights, and had neither strength nor energy. There was always a fear and dread in my mind, I had cold, nervous, weak spells, hot flashes over my body. I had a place in my right side that was so sore that I could hardly bear the weight of my clothes. I tried medicines and doctors, but they did me little good, and I never expected to get out again. I got Lydia E. Pinkham's Vegetable Compound and Blood Purifier, and I certainly would have been in grave or in an asylum if your medicines had not saved me. But now I can work all day, sleep well at night, eat anything I want, have no hot flashes or weak, nervous spells. All pains, aches, fears and dreads are gone, my house, children and husband are no longer neglected, as I am almost entirely free of the bad symptoms I had before taking your remedies, and all is pleasure and happiness in my home."—Mrs. JOHN HAM, R. F. D. 1, Box 22, Shamrock, Missouri.

If you want special advice write Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass.

Minard's Liniment for sale everywhere.

Alcohol is a Brain Poison.

Science has established that alcohol destroys first and most those parts which are most delicate and most recently developed. These are those wonderfully delicate brain cells upon whose proper formation the difference between men and beasts chiefly depends.

Whoever gives wine and beer to a child injures these delicate structure in their formation, and thoughtlessness, flightiness, passion, coarse sensuality, and all base characteristics attain domination.

Give the half discouraged man a slap on the shoulder and in good cheer tell him to brace up.

NOT ENOUGH CHILDREN

ever receive the proper balance of food to sufficiently nourish both body and brain during the growing period when nature's demands are greater than in mature life. This is shown in so many pale faces, lean bodies, frequent colds, and lack of ambition.

For all such children we say with unmistakable earnestness: They need Scott's Emulsion, and need it now. It possesses in concentrated form the very food elements to enrich their blood. It changes weakness to strength; it makes them sturdy and strong and active.

Scott & Bowne, Toronto, Ont.

Dr. Grenfel's Advice to Boys.

I was reading today a letter from a man called Tertullian. It was written to his school, and the letter is nearly eighteen hundred years old. I expect you will hardly believe it, but the school was really and truly to prepare the scholars to meet martyrdom bravely and not flinch at the suffering

Here is a thing he says: 'An overfed body may be good for the beasts, but it is no use to God.'

If you are to be plucky and brave, and worth while when trouble comes, you must keep yourself hard and fit

In Labrador we have no penny blood curdling novels and five editions o a newspaper a day. Lots of boys cannot read and write. But they can endure hardness, like good soldiers

Last winter one boy of fifteen was left with two teams of huge wolfish Eskimo dogs, while the doctor and his men travelled off to kill some deer He was warned not to move, or they would possibly be lost. As it happened, the men got parted by heavy drift and snow storms, and only found a house fifty miles away on the third day after. They at once sent a gang o men to look for the boy. Do you think he ran away in all that long time, and during those dark cold nights? Not a bit of it! He was just where they had left him

I have had to look Death in the face once or twice, and there is nothing in the world that helps to keep one cool and give him the slip like not having the skeleton of an impure life to weaken you and trouble you. The best thing in the world is not gold and silver, or food and clothing—no, no by a very long way

If I left a watchword with you, it would be: Learn to keep your eyes open, and to see chances where you can be useful. You will have a life then and a career behind you that kings will envy

MINARD'S LINIMENT CO. LIMITED.

I was sick with typhoid and thought I would strangle. I used MINARD'S LINIMENT and it cured me at once. I am never without it now.

Yours gratefully,
MRS. C. D. PRINCE.

Shelburne, Oct. 1st.

Bobby's father owned an incubator, and one day the little fellow was watching a chicken energetically breaking its way through its shell. Just then his father came along and Bobby said:

'Papa, I see how that chicken gets out of its shell; but what I can't understand is how it got into it.'

'I can read my wife like a book.'
'That so?'
Yes, whenever she's cold to me I know she's going to make it hot for me.'

Rheumatism, a Sneaking Disease Has at Last Met Its Conqueror

Throbbing Muscles and Swollen Joints Made Well.

RUB ON NERVILINE

Old age knows no foe more subtle, more unrelenting than rheumatism.

At first only a grumbling pain is felt. But, alas, it settles in the joints and muscles, and finally fortures its victims.

To day the disease may be in the muscles of the back, thigh, shoulder or neck—tomorrow in the joints of the hand, toes, arms or legs it may work with redoubled fury.

Whether the pain is constant or occasional, makes no difference to 'Nerviline.'

Because other remedies have failed don't be discouraged. Nerviline has cured the worst of cases. It has brought health to those in the deepest despair, has ended years of awful suffering for those who never hoped to be well again.

There is a marvellous healing power in Nerviline which it derives from the extracts and juices of certain rare herbs and roots. It allays almost magically the awful pain that only rheumatics can describe

Congestion is drawn out of the muscles, stiffened joints are eased and limbered up, the old time feeling of depression is cast off and once again Nerviline brings the sufferer to buoyant, vigorous lasting good health.

Every home needs good old Nerviline handy for earache, toothache, headache, neuralgia, lumbago, sciatica, stiff neck, chest colds and sore throat. Wherever there is pain, congestion or inflammation Nerviline will cure it.

Large family size bottle, 50c; trial size, 25c, all dealers or the Catarrhozone Co. Kingston, Canada.

CASTORIA
For Infants and Children.
The Kind You Have Always Bought
Bears the Signature of Chas. H. Fletcher

A merry heart kills more microbes than any medicine.

COUNT TEN! BAD COLD RELIEVED FIGURE THREE HOURS--COLD CURED

Never a Failure With Catarrhozone; it Cures Completely.

Don't sniffle and sneeze with a nasty cold. Kill it at once by CATARRHOZONE.' It's the surest thing on colds ever known; simply knocks them out in no time. The medicated vapor of CATARRHOZONE spreads through all parts of the breathing organs, and its beneficial action is felt instantly. Doesn't matter whether the cold is in the head, chest or lungs, Catarrhozone will reach it and cure it quickly.

Easy to use—you bet it is—not a single drug to take because you simply breathe in the most healing and soothing of piney vapors that come from the wonderful Catarrh zone in bottle.

'I can cheerfully testify that Catarrhozone is simply a magical cure for colds,' writes P. F. Clement, of Augusta. 'For days last winter my head was completely filled up with cold. My eyes ran water, I sneezed and coughed constantly. I took many medicines. I was sick of the sight of them. Finally, I tried Catarrhozone. Its effect was magical. It soothed the inflamed membranes, stopped the sneezing, and cured in no time. I never met anything to kill a cold like Catarrhozone.'

Get the complete $1.00 outfit; it does the work quick. Small-size 50c; trial size 25c at dealers everywhere.

'An old Scotch woman who had made a great deal of money by selling whiskey was visited when on her deathbed by her minister.

'And so, Molly,' said the minister, 'you tell me that you have all this money.'

'Indeed, minister, I have,' replied Molly.

'And you tell me, too, continued the minister, 'that you made all this money by filling the noggin.'

'Na, na, minister,' said the dying woman, 'I didna tell ye that. I made the maist of it by NOT filling the noggin.'

Children Cry
FOR FLETCHER'S
CASTORIA

A son of Erin who had the misfortune to get mixed up in an accident, was immediately conveyed to a hospital, where it was found that his only injury was a slight wound. The house surgeon carefully examined him, after which he thus stated the case to the nurse:

'As subcutaneous abrasion is not observable, I think there is little reason to apprehend tegumental excoriation of the wound. What do you think yourself?' he asked Pat, with a mischievous smile.

'Shure, doctor,' replied Pat, 'you are a wonderful thought reader. You took the very werds out of my mouth I was just going to say that.'

Sore Corns Go — Absolutely Painless

No cutting, no plasters or pads to press the sore spot. Putnam's Extractor makes the corn go without pain. Takes out the sting over night. Never fails—leaves no scar. Get a 25c bottle of Putnam's Corn Extractor to-day.

You are not likely to cheer the hearts of men by looking down in the mouth yourself.

Lantic Sugar

Announcement

The housewives of Canada showed their immediate appreciation of the extra quality of Lantic Sugar

The tremendous first demand exceeded our supply.

Now the output is increased and everyone should be able to get Lantic Sugar.

Always sold in original packages

Look for the Lantic Red Ball on each package

12

Atlantic Sugar Refineries Limited
MONTREAL, QUE. ST. JOHN, N. B.

DOMINION ATLANTIC RY
& STEAMSHIP LINES
TO ST. JOHN VIA DIGBY
AND TO BOSTON VIA
DOMINION ATLANTIC RY & YARMOUTH Twin Screw Steamers of the BOSTON & YARMOUTH STEAMSHIP Co. Ltd.
— — YARMOUTH LINE — —
LAND OF EVANGELINE ROUTE

Wolfville Time Table

Corrected to Jan. 15th, 1915.

LEAVING.

Express for Truro and Halifax	6.15 a.m.
Accom. for Halifax	12.35 p.m.
Express for Truro and Halifax	4.15 "
Express for St. John and Yarmouth	9.51 a.m.
Accom. for Annapolis	1.30 p.m.

Express leaving at 9.51 a.m. connects at Kentville with C. V. Branch train for Kingsport.

ARRIVING

Express from Kentville	6.15 a.m.
Accom. from Annapolis	12.35 p.m.
Express from Yarmouth and St. John, N.B.	4.15 "
Express from Truro & Halifax	9.51 a.m.
Accom. from Halifax	1.30 p.m.
Express from Halifax	5.54 "

These trains only run on week days.

Boston Service

Express train leaving at 9.51 a.m. for Yarmouth connects with steamers of the Boston & Yarmouth S. S. Co., Ltd., sailing Wednesdays, and Saturdays for Boston.

R. U. PARKER
General Passenger Agent,
P. Gifkins, Manager.
Kentville, N. S.

TO RENT.

Dwelling on Main street, east centre of town.

Apply to
E. S. CRAWLEY.

Jan. 27, 1915.

Handy Helps for Spic and Span Homes

Of course, you are going to "Paint Up" this spring. There's the bedroom, parlor or dining room wall to be re-finished.

There are Floors to be painted, stained, varnished or waxed. There's the Oil Cloth or Linoleum to be made Spic and Span.

There's the Furniture and Woodwork to be brightened.,

Here are six "SPIC AND SPAN" FINISHES that we can freely recommend for this work ;

"NEU-TONE" Flat Tints for the walls
"WOOD LAC" Varnish Stains
"MARBLE-ITE" Floor Varnish
"LIQUID WAX", for hardwood floors
"SENOUR'S FLOOR PAINT", the old reliable
"VARNOLEUM", to beautify and preserve Oil Cloth and Linoleum.

We know that these Finishes are the best of their kind. They are "Made in Canada"—and we guarantee that you will be perfectly satisfied with the results you get when you use any, or all, of them.

You'll soon be putting up Pickles and Preserves. You'll need labels for the jars. Come in and get a set of Fruit Jar Labels—printed and gummed. We give them free to our friends. 71

F. O. Godfrey, Wolfville, N. S.

MARTIN SENOUR PAINT & VARNISH
MARTIN SENOUR SPIC SPAN FINISHES

Special Notice.

Owing to the fact that Nova Scotia housekeepers have become more convinced than ever of the ability of the "Big Store" to help them keep down the cost of living, notwithstanding the fact that we had printed a very much larger edition than usual of our Catalogue the supply is completely exhausted.

As soon as prices adjust themselves after the dearrangement caused by the increase of the tariff we shall publish and have ready for distribution our Annual Spring and Summer Catalogue.

In the meantime if there is anything you require send in your list and we shall quote you very lowest prices.

WENTZELL'S LIMITED
The 'Big Store,' Halifax, N. S.
Acadian

Building Repairs.

We manufacture and keep in stock building finish necessary for repair work or new buildings.

Ask for our prices on soft and hardwood flooring, sashes, doors, verandah stock, sheathing, gutters, mouldings, frame stock, shingles and laths.

Ask for our Furniture Catalogue.

J. H. HICKS & SONS

Furniture and Builders' Materials
Factory and Warerooms, - BRIDGETOWN, N. S.

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 us a reputation. We use the best materials, 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

COAL! COAL! COAL!

Carefully Screened and Promptly Delivered.

Springhill, Albion Nut and Old Sydney.

GIVE US A TRIAL.

Burgess & Co.

FOR SALE.

BUILDING MATERIALS. — Hemlock, Spruce and Birch Timber and Lumber; also Stone and Sand suitable for concrete.

Timber sawed to order.

Will quote prices on material delivered.

J. A. ELDERKIN,
'Broadview Farm',
25 tf Wolfville

If a doctor makes a mistake, he buries it; if a merchant makes a mistake, he never tells it; but if an editor makes a mistake, he puts it on a large sheet of paper for the world to look at, and all the cranks in the district have something to wag their jaws about for a month.

'I presume your father encouraged you when you were young, to strike out for yourself?'

'Yes. I remember the day quite well.

'What did he say?'

'He said, 'Son, you've had your last free meat at home.'

'I hear that they belong to the early settlers.'

'Well, you wouldn't think so if you could see the bill collectors climbing their front steps.

Children Cry
FOR FLETCHER'S
CASTORIA

Happiness is a perfume you cannot pour on others without getting a few drops on yourself.

Professional Cards.

DENTISTRY.

Dr. A. J. McKenna
Graduate of Philadelphia Dental College
Office in McKenna Block, Wolfville.
Telephone No. 43.
GAS ADMINISTERED.

C. E. Avery deWitt
M. D., C. M. (McGILL)
One year post graduate study in Europe.
Office hours: 8—10 a. m.; 1—3, 7—9 p. m. Throat work a specialty.
Tel. 81 University Ave.

M. R. ELLIOTT
A.B., M.D. (Harvard)
Office at residence of late Dr. Bowles.
Telephone 23.
Office Hours:—8-10 a.m., 1-3, 7-8 p.m.

C. PURVES SMITH
M.B.—C.M., Edinburgh
OCULIST.
Consultation Hours: 10 a.m.—12 noon. 2 p.m.—4 p.m.
Monday Excepted. Telephone 103.
Westward avenue, Wolfville, N. S.

W. E. ROSCOE, K. C. BARRY W. ROSCOE, LL.B.
ROSCOE & ROSCOE
BARRISTERS, SOLICITORS, NOTARIES, ETC.
KENTVILLE, - - N. S.

Expert Piano Tuning Guaranteed.
Voicing, Regulating, Repairing Organs Tuned and Repaired.
M. C. Collins.
P.O. Box 321, Wolfville, N.S.

Peep again in your oven.
See those loaves, those *pleasing* loaves you've made.
How *fat—rounded—substantial.*
No, they *wont* fall when colder.
Because the *Manitoba strength* that is in FIVE ROSES will hold them up till eaten.
This sturdy *elastic* gluten has kept them from dropping *flat* in the oven.
No unsightly holes 'twixt crust and crumb—*never.*
All risen *evenly—to stay risen.*
Never heavy—sodden—soggy—indigestible.
Yours are the FIVE ROSES loaves—
Crinkly and *appetizing* of crust.
Golden brown and tender.
Snowy of crumb—*light as thistledown.*
FIVE ROSES helps a lot.
Try it soon.

Five Roses Flour
Not Bleached Not Blended

FOR SALE BY WM. C. BLEAKNEY