

Autoin Toxication Or Self-Poisoning

The Dangerous Condition Which Produces Many Well-Known Diseases.

HOW TO GUARD AGAINST THIS TROUBLE

"FRUIT-A-LIVES" — The Wonderful Fruit Medicine — Will Protect You

Autoin Toxication means self-poisoning, caused by continuous or partial constipation, or insufficient action of the bowels.

Instead of the refuse matter passing daily from the body, it is absorbed by the blood. As a result, the *Kidneys and Skin are overworked*, in their efforts to rid the blood of this poisoning.

Poisoning of the blood in this way often causes indigestion, loss of appetite and disturbed stomach. It may produce *Headaches and Sleeplessness*. It may also cause *Back, Rheumatism, Gout, and Rheumatic Pains*. It is the chief cause of *Eczema* — and keeps the whole system unhealthy by the constant absorption into the blood of the refuse matter.

"Fruit-a-lives" will always cure Autoin Toxication or self-poisoning — as "Fruit-a-lives" acts gently on the bowels, kidneys and skin, and restores the bowels and tones up the nervous system. 50c. a box, 6 for \$2.50, trial size, 25c. At all dealers or sent postpaid on receipt of price by Fruit-a-lives Limited, Ottawa.

White Ribbon News.

Woman's Christian Temperance Union first organized in 1874.

Atm. — 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.

Back — A Knot of White Ribbon.

Watchword — Agitate, educate, organize.

OFFICERS OF WOLFVILLE UNION.

President — Mrs. L. W. Shepp.

1st Vice President — Mrs. J. Cutten.

2nd Vice President — Mrs. H. Reid.

3rd Vice President — Mrs. Geo. Fish.

Recording Secy — Mrs. W. O. Taylor.

Cor. Secretary — Mrs. L. F. Duncan.

Treasurer — Mrs. H. Pingo.

SUPERVISORS.

Laborer Work — Mrs. Feilding.

Lumbermen — Mrs. J. Kempton.

Willard Home — Mrs. M. Freeman.

Temperance in Sabbath schools — Mrs. (Dr.) Brown.

Evangelistic — Mrs. Parvess Smith.

Peace and Arbitration — Mrs. J. Reid.

Home — Miss Margaret Brown.

White Ribbon Bulletin — Mrs. Walter Mitchell.

Loyal Temperance Legion — Mrs. L. Reid.

Especially for Young Women and Girls.

Just to remind them of the Young Women's Christian Association, at 277 Hollis St., Halifax, and of the fact that this useful institution is now situated in its chief city stands there for the shelter and help of the young women and girls of all Nova Scotia, providing a safe and happy home under careful and sympathetic management for about 50 girls, as they go to the city for employment or study or otherwise, until they become settled and make other and more permanent arrangements.

Women and girls who are traveling may also obtain information there regarding trains, boats, etc., and friends going for treatment at the city hospitals, will find at the Y. W. C. A. the temporary home-like accommodations of which they stood in need.

Any woman is welcome at the reading room where there is a nice library as well as at the pleasant room where she can meet her friends.

Comfortable meals, too, are provided at most reasonable rates.

Then there is the club for girls who are away from home, where they can spend pleasant and interesting evenings and occasional afternoons.

Presided over by a physical director, just come from Boston, are classes for physical culture, the training of the body for health and attractiveness. As can be readily imagined, the cost of maintaining this association is quite considerable, and it needs a helping hand from every possible direction. We are all interested, and have warmly at heart the welfare of our young women and girls, for whose benefit and protection it is intended. In many instances they are sisters of brave boys at the front.

Let us show our appreciation and sympathy, extending to them our practical help.

Those who are now harvesting their fruit and vegetables can easily send along a barrel or two, and the Association will pay the freight.

Home-made preserves, home-made quilts, home-made rugs, etc., are money to buy such things, and will be most welcome.

All contributions addressed to Miss

NOT ENOUGH CHILDREN

even 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, weak 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.

Children Cry FOR FLETCHER'S CASTORIA For a Greater Canada.

PROPOSED ANNEXATIONS WOULD PROVE A DRAIN UPON DOMINION TREASURY, BUT PROFITABLE FOR TRADE.

There is a movement on foot in Canada having for its objective the inclusion of the Bermudas and the British West Indies in the Dominion. The inspirers of the movement include a number of prominent Canadians, who have banded themselves together as the Canadian West India League. The proposition has not as yet passed beyond the embryonic stage, but it is believed that the people of the islands would generally welcome the change. If the proposed union should be effected, British Honduras and British Guiana — and possibly the far away Falkland Islands — might also be included in the consolidation. Newfoundland, which has hitherto persistently refused to become a part of the Dominion, would probably relent and thus complete the unification of British America if the rest of Britain's colonies in the Western Hemisphere should get together. Newfoundland has a population of about 250,000, and the other British American colonies have altogether rather more than two million people. The white inhabitants of the Bermudas constitute about two-fifths of their population, but the whites in the British colonies to the southward hardly exceed 2 per cent of the inhabitants. The majority of the colored inhabitants are hardly capable of self-government, and because of the latter fact the Canadians would be hardly willing to accord the people of the new annexations full electoral and representative rights.

The proposed annexations would prove a drain upon the Dominion treasury, but would result in a profitable trade between Canada and its tropical friends. The great opportunity that has come to Porto Rico since the Stars and Stripes were raised over it would, although in a lesser measure, be experienced by the British American tropics and a free exchange of products with Canada. Their prosperity might be greater were they annexed to this country, but the Canadian market itself is a great one, and Canada can consume all the sugar, tobacco and other products that the British American tropics have to sell. — The Providence Journal.

GILLIE BECOMES RICH

Young Scotchman Has Romantic, Busy Career on Stage

A remarkable romance of the film is related in a film paper. In 1909 a nobleman leased several thousand acres of land for shooting in the Scottish Highlands. There he became acquainted with a Scotch girl, whom he liked so much that he persuaded her to accompany him back to London at the end of the shooting season. The girl was really only a boy of eighteen, and the nobleman decided to have him educated. Treated as a friend by his patron, the Scotch boy, Donald Mackenzie, enjoyed all advantages, and it was ultimately discovered that he had a splendid baritone voice, which made him much in demand in society drawing rooms. One day a prominent merchant, Mr. G. W. Carlton, who was playing the part of Lord Enchester in "The Country Girl," He accepted, and was so successful that the late August Daily engaged him to play the part in the same play.

Other engagements followed, and Mr. Mackenzie at last got his chance. He had made it a rule to understate every big part to which he was suited. One night he was playing in "When Johnny Comes Marching Home," when Mr. W. T. Carlton, who was playing the part of a soldier, was seized with heart failure in the biggest scene and had to leave the stage. Quick as a flash Mr. Mackenzie ran to the front, took up the part where it had been broken off and finished the scene so well that he was engaged for the next day. Mr. Carlton showed his gratitude by raising Mr. Mackenzie's salary and giving him the part. A lasting friendship sprang up between the two, and when Mr. Mackenzie began producing picture plays, at a salary of \$15,000 a year, he gave Mr. Carlton a big part in his first picture, "The Pardner."

IT PAYS TO PROTECT

Forests, Well-wooded, Mean Big Canadian Industries

No lumberman gets a dollar bill out of a felled tree until he has spent three other dollars for labor and supplies. That is, the workman, together with the foreman, the saw-mill, and other manufacturers and dealers have three shares in the profit to the lumberman's one. If the man working the mill does not put in the part of the saw, the wood operations come to a standstill, and the whole investment may be thrown away.

Look this over! \$10,000,000 a year are paid out in wages in the making of timber and its manufacture in Canada. Investors have backed Canadian forest industries with over \$200,000,000 of capital. 110,000 men get their livelihood from living forests, a dead forest means a dead paycheck. Where do these men live? One hundred and fifty of them and their families are in a little town. Have you seen the cooperage and box mill, the boat works and the saw-mill? There are 2,500 of them on the list of a single firm in Ottawa during an average season. Look over your own town. See what would happen if wood supplies suddenly ceased! Count the mills and the workmen affected.

SCOTLAND'S RARE FIND

Chieftain's Home, Antiquated Keltic, Unearthed on Tiree Island

A wonderful subterranean home, thought to have been the home of a Pict chieftain, was discovered on a farm named John MacIntyre, in the island of Tiree, Scotland. The structure, octagonal in shape and reached by a passage four feet wide and five feet high. The crofter groped his way along about eight feet of this passage and was struck with the treated floor and the roof and the walls were built without mortar they were very strongly put together and many of the stones were of remarkable size. Antiquarians assign it to the period previous to the arrival of the Celts in the Western Isles of Scotland.

For Indian Brass Trays
Cut a lemon in half, and rub it over the tray, then wash it in very hot water and dry and polish with a chamise leather. For lacquered brass never use anything but a soft cloth dipped in sweet oil, polishing afterwards with a dry duster.

Bady Tarnished Brass
If brass is at all badly tarnished, wash it in hot soapy water in which is dissolved a little ordinary soda. Then dry it and rub it over with paraffin and whiteing before applying the metal polish.

Troubles, like babies, grow larger with nursing.
An optimist is a man who believes that all eggs will hatch.

The tourist at once pushed his way through a copple to see what was wrong, and found a sturdy country woman maliciously thrashing a howling youngster.

"Here, Issy," he burst out indignantly, as he grasped the belabored's arms, "you mustn't do that. What's the poor little chap done?"
"Well, he done," gasped the angry woman. "Well, if you must know, he left the fowl-house door open, and all the chickens have gone out."
"Come now, that's not very serious," said the man soothingly. "Chickens always come home to roost, you know."
"Come 'ome to roost," snorted the woman. "Them chickens will all go 'ome."

Like a Marooned Sailor.

AFTER HEAVY RAINS A FARM ON A BAD ROAD IS A JAIL — INMATES VIRTUALLY PRISONERS.

An enterprising Illinois newspaper has been asking farmers' wives what they think on the subject of good roads. In general way, it appears from the answers, that a good deal like asking a marooned sailor what he thinks on the subject of being rescued.

It is winter or late spring; dirt roads are all but impassable — which means that womenfolk and youngsters on the farm are virtually prisoners. They cannot go to town or to church or to the neighbor's. Or the going is so dreadful that only in an exigent case will they tempt it. One woman writes that the state of the roads during many weeks in the year is the one thing that makes her entertain the notion of leaving the farm.

After heavy rains a farm on a bad road is a jail.

Children Cry FOR FLETCHER'S CASTORIA For Infants and Children.

The Kind You Have Always Bought

Beware the Signature of *Dr. J. C. Williams*

We may merely be as young as you feel, but unfortunately we don't all look the part.

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COST OF BAD ROADS

Much Greater Than Cost of Good to Farmers

Farmers have begun to figure the matter of roads a little differently than in former years. When the good roads movement was in its infancy they used to ask themselves "How much will good roads cost me?" Thanks to the intelligent propaganda of the dairy and farm papers, as well as other agencies, farmers are now asking themselves "How much are bad roads costing me?" According to government experts, the cost of hauling a ton of farm produce a mile varies from seventeen cents, in localities where fairly hard gravel roads exist, to thirty-five cents per ton in parts of the country where the roads are in bad condition.

On the other hand, in those European countries where hard roads prevail, the cost is low as shown by the fact that the United States Department of Agriculture estimated that the total hauling expense to American farmers for a year is approximately \$600,000,000. And every dollar comes out of the farmer's pocket, for he is the one great agency who cannot avoid the hauling expense in a delivered basis. Every ton of lumber would take 125¢, and every ton of wheat 15¢, and every ton of coal 10¢, and every ton of iron 10¢, and every ton of steel 10¢, and every ton of copper 10¢, and every ton of lead 10¢, and every ton of zinc 10¢, and every ton of tin 10¢, and every ton of nickel 10¢, and every ton of silver 10¢, and every ton of gold 10¢, and every ton of platinum 10¢, and every ton of iridium 10¢, and every ton of osmium 10¢, and every ton of rhodium 10¢, and every ton of ruthenium 10¢, and every ton of palladium 10¢, and every ton of selenium 10¢, and every ton of tellurium 10¢, and every ton of iodine 10¢, and every ton of bromine 10¢, and every ton of chlorine 10¢, and every ton of fluorine 10¢, and every ton of oxygen 10¢, and every ton of hydrogen 10¢, and every ton of nitrogen 10¢, and every ton of carbon 10¢, and every ton of silicon 10¢, and every ton of phosphorus 10¢, and every ton of sulfur 10¢, and every ton of calcium 10¢, and every ton of magnesium 10¢, and every ton of 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