

RHEUMATISM FOR OVER 16 YEARS

No Return Of The Trouble Since Taking "Fruit-a-lives"

108 CHURCH ST., MONTREAL.
"I was a great sufferer from Rheumatism for over 16 years. I consulted specialists; took medicine; used lotions; but nothing did me good. Then I began to use 'Fruit-a-lives', and in 15 days the pain was easier and the Rheumatism much better. Gradually, 'Fruit-a-lives' overcame my Rheumatism; and now, for five years, I have had no return of the trouble. I cordially recommend this fruit medicine to all sufferers."

P. H. Mc HUGH.
50c a box, 6 for \$2.50, trial size 25c.
At all dealers or sent postpaid by Fruit-a-lives Limited, Ottawa.

Overhaul Farm Machinery

Although there is no idle time of year for the industrious farmer, yet the hours at this season are not so crowded as in the spring and summer. Now is the time to put in the "stitch in time". Farm machinery is in its season driven to capacity, and few things are more annoying than to lose a day in seeding time because a bolt or some other simple part has been neglected. He is a wise man who will not delay many days longer the overhauling of all implements to be used in the spring seeding. If he can go further and get in shape the mower and reaper, so much the better.

When Baby is Cross

Mothers, when your baby is cross—when he cries a great deal and no amount of attention or petting cheers him—something is the matter. It is not the nature of little ones to be cross and peevish—the well child is a happy child. Give him a dose of Baby's Own Tablets and he will soon be well again. The Tablets are a mild but thorough laxative which regulate the bowels and stomach; banish constipation and indigestion; break up colds and simple fevers and relieve the other minor ills of little ones. Concerning them Mrs. Oscar Bedard, Ste. Sophie, Que. writes:—"Baby's Own Tablets are an excellent remedy for constipation. They relieved my little one when nothing else would and I can strongly recommend them to all mothers." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams Medicine Co., Brockville, Ont.

There's such a thing as being too honest. Some young men never even try to steal a kiss.

"Safety First" To Be Enforced.

People Taking Matters Into Their Own Hands.

Public safety does not alone concern the operation of railways, street cars and motors. It lies deeper. It lies in the health of the people.

One of the greatest enemies to health is kidney trouble. If the kidneys don't filter from the blood the uric acid and other poisons, the general health declines, and all manner of ills appear—rheumatism, sciatica, and neuralgic pains, lumbago, stone in the bladder, headache, constipation, insomnia. There is certain relief for these ailments. GIN PILLS help where other remedies fail. They build up the debilitated system, bring the kidneys and bladder back to normal action, and by removing the cause, make impossible the evil results. GIN PILLS do not contain any alcohol, but all the valuable diuretic properties of the GIN together with other diuretics and antiseptics which have a signal effect on the bladder and kidneys.

All druggists and dealers sell GIN PILLS under a guarantee to return your money if they do not bring relief. If you have backache, constant headache or pain in the sides, begin treatment at once with GIN PILLS. 50c a box. Free sample on request.

The National Drug & Chemical Co. of Canada, Limited, Toronto, United States Address, No. 225-226, Main St., Buffalo, N.Y.

Minard's Liniment Cures Diphtheria.

Dry-Powder Extinguishers

Although dry-powder fire extinguishers are sold to a gullible public in increasing numbers, they are all, without exception, practically worthless. Tubes costing \$3 each contain materials having an average value of eleven cents. Chemical analysis of thirty-one tubes of various makes shows the contents to consist of approximately 60 per cent common baking soda, 26 per cent fine sand, 8 per cent pulverized chalk and 4 per cent coloured matter, chiefly iron oxide. The inefficiency of dry powder extinguishers was made the subject of searching investigation by a special committee appointed by the British Home Office in March, 1916. Their report contained the following statement: "The use of dry powder fire extinguishers is to be deprecated as not only giving a misleading sense of security but being practically useless for extinguishing or controlling fires."

Of an entirely different character are the small one-quart chemical extinguishers sold under different proprietary names but all containing carbon tetrachloride as the extinguishing fluid. These have the great advantage of being easily handled by women and children. When subjected to heat, carbon tetrachloride generates a heavy, non-inflammable gas that will extinguish fires under circumstances where water would be useless.

Music an Asset for Old Age

The value of music of the common man is much greater than we are in the habit of realizing from the standpoint of what it does for his leisure. We are told that the average young person is very thoughtlessly laying up for himself a most stupid old age, that, through his neglect of literature and art and through his insistent craving for action and excitement, through his apparent refusal to think, he is robbing himself of all of the important assets which a man needs when, for any reason, he is cast on his own resources by illness or misfortune or old age. Perhaps the real situation is not so alarming as it appears on the surface, yet there seems to be no doubt that except for music, very many of our young people have none of the traditional assets along that line. All the more reason therefore, why at the impressive age, the mind and heart of every child should be stored full of the resources which music can give. An education is not for a day nor merely for the purpose of enabling a person to make a living. As the life is more than raiment, so education should and must prepare the youth to meet all the relations of life; and the most important of all relations any man has to meet is that with himself. A vivid, empty personality must be, in the last analysis, the most awful thing to which its possession can be doomed; and it is a part of our education so far as possible to save our young people from such a fate.

A wise man has all the money he needs, but a fool never has enough.

He who has never been troubled has read but one chapter in the book of life.

Fortune is the woman who has many complaints and few diseases.

When we hear a woman say that all men are alike, we wonder how she found it out.

The early to rise part of the motto is all right for those who want to get up in the world.



Pains About the Heart

ANY derangement of the heart's action is alarming. Frequently pains about the heart are caused by the formation of gas arising from indigestion.

Relief from this condition is obtained by the use of Dr. Chase's Kidney-Liver Pills.

Chronic indigestion results from sluggish liver action, constipation of the bowels and inactive kidneys.

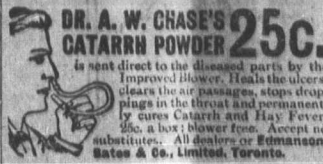
Because Dr. Chase's Kidney-Liver Pills arouse these organs to activity they thoroughly cure indigestion and overcome the many annoying symptoms.

Dr. Chase's Kidney-Liver Pills

Modern Conveniences

Mrs. Longwed: I should think that so many dark corners and catchalls would make it harder for you to keep the floor clean.

Mrs. Newbridge: On the contrary, they make it easier. They're so convenient to sweep the dirt and trash into.



"Conductor," said the nervous old lady, "I wish you would ask that man with the gun to leave it outside. It might go off and kill some one."

To pacify her he went over and spoke to the offending passenger. "He says it's not loaded," said the conductor, coming back.

"What! Not loaded! Then stop the car instantly and let me out. I read every day of persons meeting their death from weapons that weren't loaded"; and she nearly fell off in her haste to leave the car.

It is easier to collect your thoughts than it is to collect that little bill some one owes you.

Every man may have his price, but it differs greatly from what his neighbors think he is worth.



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.

Keep Your Health

TO-NIGHT TRY

Minard's Liniment

for that Cold and Tired Feeling.

Get Well, Keep Well.

Kill Spanish Flu

by using the OLD RELIABLE.

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.

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Furniture and Carpets.

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35 Cents per Box.

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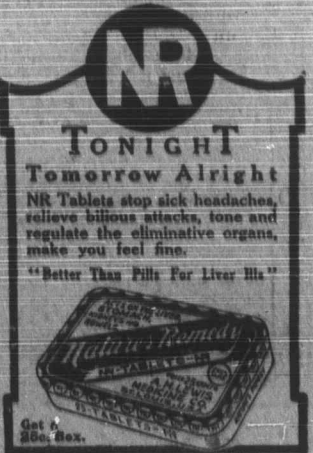
St. John, N. B. Sydney, N. S. Montreal

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 Beechell 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 Beechell Drug Co., St. Catharines, Ontario.



Mistress—You don't seem to know about finger bowls, Norah. Didn't they have them at the last place you worked?"

Maid—No, ma'am. They mostly washed themselves before they came to the table.