

OWES HER LIFE TO "FRUIT-A-TIVES"

Cured Both Stomach Trouble and Headaches

PALMERSTON, ONT., June 20th, 1913.
"I really believe that I owe my life to 'Fruit-a-tives'. Ever since childhood, I have been under the care of physicians and have been paying out that people on the street often asked me if I thought I could get along without help. The same old Stomach Trouble and distressing Headaches finally drove me wild. Sometime ago, I got a box of 'Fruit-a-tives' and the first box did me good. My husband was delighted and advised a continuation of their use.

Today, I am feeling fine, and a physician meeting me on the street, noticed my improved appearance and asked the reason. I replied, 'I am taking Fruit-a-tives'. He said, 'Well, if Fruit-a-tives are making you look so well, go ahead and take them. They are doing more for you than I can'.

Mrs. H. S. WILKINS.
"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, organize.

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. J. DeWitt.
Treasurer—Mrs. H. Pines.

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.
U. E. Bulletin—Mrs. Langille.
Press Work—Miss Margaret Bars.
Parlor Meetings—Mrs. J. Kaye.
L. T. L.—Mrs. Howe.

A New Danger.

Not long ago there was a time when parents could leave any American periodical upon the sitting room table without misgiving. That time has passed. The periodicals that you do not need to examine with some care before you put them where your girls may see them are not few. Under suspicious pretext or another, those who control them are printing stories and articles that are far from paying the deference to modesty and decency upon which our literature used justly to pride itself.

This is a matter for very great regret. Periodicals intended for general reading seek to enter the home—and the plea always that they bring whole new recreation if not more solid benefits. Thus they rest under a peculiar obligation to be careful what they print. That obligation they are now disregarding, to the injury of our youth.

Now, it is the right and the duty and it should be the peculiar care of parents, wisely to pick the counselors of their daughters in all that relates to love and marriage. This right and duty the Companion does not believe they wish to delegate to an editor—especially of the commercial type—or to any story writer—especially the story teller of meagre talent who must spice his wares if he would sell them. In respect of these matters, there is a right time and a wrong in which to impart the new knowledge; there is a right mood and a wrong in which to receive it. Only they who are intimately acquainted with the individual girls to be guided

WOMEN WHO ARE ALWAYS TIRED

May Find Help in This Letter.

Swan Creek, Mich.—"I cannot speak too highly of your medicine. When through neglect or overwork I get run down and my appetite is poor and I have that weak, languid, always tired feeling, I get a bottle of Lydia E. Pinkham's Vegetable Compound, and it builds me up, gives me strength, and restores me to perfect health again. It is truly a great blessing to women, and I cannot speak too highly of it. I take pleasure in recommending it to others."—Mrs. ANNE CASSEMAN, R.F.D., No. 1, Swan Creek, Michigan.

Another Sufferer Relieved.
Helena, Md.—"Before taking your remedies I was all run down, discouraged and had female weakness. I took Lydia E. Pinkham's Vegetable Compound and used the Sanative Wash, and had today that I am an entirely new woman, ready and willing to do my housework now, where before taking your medicine it was a dread. I try to impress upon the minds of all ailing women I meet the benefits they can derive from your medicines."—Mrs. CHARLES ROWS, R.F.D., No. 1, Helena, Md.

If you want special advice write to Lydia E. Pinkham Medicine Co., (confidential) Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

Mixed's Liniment for sale everywhere.

blunders. Our digesters should not be left to the mercy of the casual magazine.

If the new standards of the periodicals are to persist, the difficulty of the problem of bringing up our young people in sweetness and wholesome ness of mind is greatly increased. Their reading must be much more strictly supervised; their taste for what is good and pure and whole one in literature must be more sedulously cultivated; and their characters must be moulded to new strength to resist a world no longer tender to them.

But must the new standard persist? Cannot the periodicals of general circulation be forced by public opinion to abandon their new license? Certainly we do not need to buy and read them and bring them to our homes, and if we do not need to buy them, they will not long offend.—Youth's Companion.

Children Cry FOR FLETCHER'S CASTORIA Shine Where You Are.

Don't waste your time in longing For bright, impossible things; Don't sit supinely yearning; For the swiftness of angel wings; Don't spurn to be a rush-put; Because you are not a star; But brighten some bit of darkness By shining just where you are.

There is need of the tinest candle. As well as the garish sun. The humblest deed is ennobled. When it is worthily done. You may never be called to brighten The darkened regions afar; So fill, for the day, your mission By shining just where you are. Just where you are, my brother, Just where God bids you stand. Though down in the deepest shadow, Instead of the sunlit land. You may carry a brightness with you That no gloom or darkness can mar. For the light of a Christlike spirit, Will be shining wherever you are.

Children Cry FOR FLETCHER'S CASTORIA

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.
U. E. Bulletin—Mrs. Langille.
Press Work—Miss Margaret Bars.
Parlor Meetings—Mrs. J. Kaye.
L. T. L.—Mrs. Howe.

Let's make a Jelly Roll— With FIVE ROSES flour.

Its Strength and Fineness hold your batter together in the long well-greased pan.

Bakes evenly. Smooth Texture—soft, golden Crumb, spongy, porous, yielding.

No holes, nor lumps to vex you. And when you turn it out on the damp napkin hot and savory, and you spread the under side with "jell"—

It doesn't get soggy nor crumbly. Roll it gently, carefully.

Not a crack—not a break. Perfect Smoothness—Perfect Roll—Yours. Bake anything, make anything.

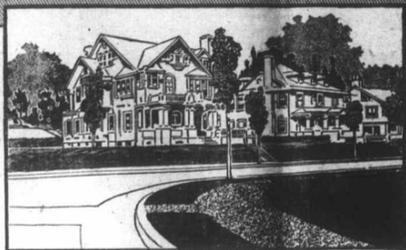
Use FIVE ROSES—bread and pastry. Melting puff paste—flaky pie crust—crinkly fritters—tenth some rolls. FIVE ROSES for anything—everything. Be flourwise.



Five Roses Flour

Not Bleached Not Blended

FOR SALE BY WM. C. BLEAKNEY



Let's All Join Forces on the "Paint Up" Idea

Let's interest the man next door and the man across the street in this "Clean Up and Paint Up" Movement.

If they will do their share and go after their neighbors, you can all make a glorious success of this practical, helpful, sensible plan of civic improvement.

Whole-hearted co-operation is what is needed for

SPIC and SPAN WEEK

Do your part carefully and loyally. If the House looks dull, or the Porch is worn, or the Fence is scarred, a coat of "100% Pure" Paint will put your place in the Spic and Span class.

If there is any freshening or brightening to be done inside the house, we have the Paints, Stains, Varnishes and Enamels to do the work easily, satisfactorily and economically.

In fact, we carry EVERYTHING you need to "Paint Up" with the good, old, reliable Martin-Senour Paints and Varnishes—MADE IN CANADA—and sold with our personal guarantee of satisfaction.

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



These are the Lantic Packages

The Red Ball on each package is the "Mark of Quality"



Hermetically sealed against moisture and impurities.

No spilling, no waste; just cut a corner off the carton and pour out the sugar.

Sold in 2 and 5 lb. sealed cartons Weight Guaranteed



Lantic granulated is also sold in 100 lb. jute bags provided with snowy white cotton linings—and in 10 and 20 lb. white cotton bags. Look for the Red Ball on each bag.

Weight Guaranteed



Absolutely pure powdered sugar—the sugar for fruits and cereals.

The cartons have a moisture-proof inside waxed bag, which prevents the sugar from caking.

Sold in 2 lb. sealed cartons Weight Guaranteed



Lantic Icing, extra fine ground, for confections, icings and cakes.

Absolutely pure sugar, with a moisture-proof inside waxed bag, which prevents the sugar from caking.

Sold in 1 lb. sealed cartons Weight Guaranteed

Lantic Sugars are refined exclusively from Pure Cane Sugar. No hand touches the sugar from the refinery to your pantry.

Buy in Original Packages, and look for the Lantic Red Ball on each package.

Atlantic Sugar Refineries Limited

MONTREAL, QUE.

ST. JOHN, N. B.

Sir William Osler's Volunteering.

Sir William Osler, I see, is preparing to disprove the theory which will ever be connected with his name, although he has long since denied responsibility for it—"too old at forty." He has offered his services to the McGill University Base Hospital, which is to go out to the front. Sir William is in his sixty-sixth year, and there is nothing "too old" about this Canadian yet.

Early last year, I remember he told a gathering of Yale University students some of his rules of life. "They are the freshest and oldest, the simplest and the most useful," he said, and you have a vaccine that will insure you against all morbid thoughts. When the load of tomorrow is added to the load of yesterday many men fall on the way. Live earnestly, make the limit of your life the twenty-four hours of the day.

"The first two hours of the day determine the day," he continued. "Quit to acco and liquor; bright eyes are the thin; and bright eyes never come from free indifference in wine."—London Daily Mirror.

CASTORIA

For Infants and Children.

The Kind You Have Always Bought

Bears the Signature of J. C. FLETCHER

It is inconceivable to me that any man who loves his country, and especially any Christian man, can do other at this time than support with all the force of his being any measure which will help to deliver us from the almost immeasurable evil of the drink traffic."—Dr. Campbell Morgan.

Children Cry FOR FLETCHER'S CASTORIA

Mixed's Liniment for sale everywhere.

Professional Cards.

DENTISTRY.

Dr. A. J. McKenna
Graduate of Philadelphia Dental College
Office in McKenna Block, Wolfville.
Telephone No. 43.
E7 Gas Advertisers.

C. E. Avery de Witt
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. 61 University Ave.

M. R. ELLIOTT
A.B., M.D. (Harvard)
Office at residence of Mrs. Dr. Bowles.
Telephone 23.
Office Hours: 8-10 a.m., 1-3, 7-9 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. R. ROYCE, E.C. BARRY W. ROYCE, 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.

DOMINION ATLANTIC RY & STEAMSHIP LINES

to ST. JOHN via DIGBY and EGERTON
DOMINION ATLANTIC RY & STEAMSHIP LINES
YARMOUTH These Steamers of the
BOSTON YARMOUTH STEAMSHIP CO.
—YARMOUTH LINE—
LAND OF EVANGELINE ROUTE

Wolffville Time Table
Corrected to Jan. 10th, 1913.

LEAVING.
Express for Truro and Halifax 6.15 a.m.
Accom. from Halifax 12.30 p.m.
Express for Truro and Halifax 4.15 p.m.
Express for St. John and Yarmouth 8.15 p.m.
Accom. for Annapolis 1.30 p.m.
Express leaving at 9.01 a.m. connects at Kentville with C.V. Branch train for Kingsport.

ARRIVING.
Express from Kentville 8.15 a.m.
Accom. from Annapolis 12.30 p.m.
Express from Yarmouth and St. John, N.B. 4.15 p.m.
Express from Truro & Halifax 9.31 a.m.
Accom. from Halifax 1.30 p.m.
Express from Halifax 5.14 p.m.
These trains only run on week days.

Boston Service
Express train leaving at 9.01 a.m. for Yarmouth connects with accom. of the Boston & Yarmouth S.S. Co. Ltd., sailing Wednesday, and Saturdays for Boston.

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

COALI COALI COALI

Carefully Screened and Promptly Delivered.
Springhill, Albion Nut and Old Sydney.

GIVE US A TRIAL Burgess & Co.

A. M. WHEATON
Mixed's Liniment Cures Gargol to Cows.

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

Cash Store.

We handle Swift's Lard, Hams, Bacon, Cooked Hams and their Corned Beef, which is worth eating.

JUST TRY A PIECE.

C. W. STRONG

Wolfville.

COAL!

Acadia Lump, Albion Nut, Springhill, Inverness.

A. M. WHEATON
Mixed's Liniment Cures Gargol to Cows.

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,"
Wolfville.

WANTED.

Beef Hides, Horse Hides, Veal Skins and Lamb Pelts.
Highest market prices paid. Give us a call.

HENNIGAR BROS.

WOLFVILLE.

TO RENT.

Dwelling on Main street, east centre of town.
Apply to E. S. CRAWLEY.

Jan. 27, 1913.

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.

Building Repairs.

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

Ask for our prices on soft and hardwood flooring, sashes, doors, venetian shutters, chinning, gutters, mouldings, frame work, shingles and laths.

Ask for our Furniture Catalogue.

J. H. HICKS & SONS

Furniture and Builders' Materials
Factory and Warehouses, BRIDGETOWN, N. S.