WOMEN HESITATE TO TALK FOR PUBLICATION.

But It Is Not a Disgrace To Be Sick.

Yet Some Suffer in Silence and Will Not Even Speak on the Subject to Their Physician--A Foolish Modesty.

HEALTH AND STRENGTH CAN BE RETORED.

Not the least among the many valuable services Dr Williams' Pink Pills have rendered to suffering women, is that of tiding them over the critical period commencing at middle age, commonly known as the change of life. It so often happens that at this climateric women relapse into a state of chronic invalidism and the actual danger to life which attends the change is so great that a medicine which can be relied upon to carry the system over this dangerous time, is nothing less than a life-saving invention. What Dr Williams' Pink Pills will do for women at this change of life is shown in a case reported in the Dewsbury (Eng.) Chronicle. It is that of Mrs Benjamin Smith, who lives at Hanover street, Dewsbury. The change of life had left her weak and miserable, with constant pains, dizziness and shortness of breath on the slightest exertion, together with chronic rheumatism in the head and eyes. The pain in her head was too acute for words. She got no sleep either by day or night, and her agony was at times so great that it took two people to hold her in bed. A skilful doctor was called in but did no good. "My cheeks would swell up as big as saucers," said Mrs Smith, "My eyes were as red as fire and there was no getting rid of the pain in the head. I suffered also from a sluggish liver and weak heart, and at times my eyesight was so bad that objects before me seemed but dim shadows, and there was none of my friends who looked for my restoration to health. I saw an account in an newspaper of a cure similar to mine through the use of Dr Williams' Pink Pills, and my husband urged me to try them. Before two boxes were used the pains began to disappear as if by magic, and the continued use of the pills for a little more than a month, has left me enjoying as good health as ever I had in my life. I consider Dr Williams' Pink Pills a blessing, and as I know there are thousands of women who suffer in silence from troubles having the same origin as mine, I am grateful enough for what they have done for me to tell my story in the hope that some suffering sister may be similarly helped, and you have full permission to publish what I have told you, which statements can be verified by any of my neighbors."

Mrs Frank Murray, who resides near Ogdensburg, N. Y., says, "I am 46 years of age and for many years resided near Prescott, Ont. We moved over here some time ago and have worked this farm since. My husband is working in Ogdensburg at his trade, that of a stone mason, while my children and myself carry on the farm.

"I have been a great sufferer from sick headache, which would generally come on about evening, and I would be completely prostrated, not even able to lift my hand or help myself in any way. These spells would last for about twenty-four hours, and would leave me in so weak a condition that for a few days I could scarcely drag about the house. I have also had considerable spinal trouble, the sharp, darting tongues of pain being most severe, following along my spine and to the back of my head. Have doctored much, but without the desired result. The doctor told me it was due to the approaching change of life. I heard of Dr Williams' Pink Pills for Pale People, and also later heard of the cures they had effected in a number of persons personally known to me, and it was their stories that led me to try them. I got some of the pills, and after I had taken a few boxes I had no more headaches for several months. This summer my head began to have a heavy feeling, and at times I was quite drowsy, but no pains accompanied it. I now have more pills and though I've taken only a few I feel well again. I don't think any person could stand it a great while to be troubled as I was and stand the amount of pain. I know that Pink Pills are a good medicine and fully what they are represented to be. I have recommended them to some of my friends with beneficial results. Oh, my, yes! They have done wonders for me. I do all my own housework on the farm. We have a dairy of twelve cows, and often when the boys are very busy getting in the crops I have milked all the cows alone."

Mrs J. H. McMillan, South Fitch, Ont., says:—"For seven years I was afflicted with what is generally termed female weakness, and was for weeks unable to leave my bed. At times my friends all thought that I was going into decline and bad consumption. My complexion was sallow, my appetite was almost gone, and I was terribly emaciated my head gave me great trouble, and at times the pain was so great that I feared it would affect my reason. I had tried many medicines without avail, and began to despair of recovery when I was urged to try Dr Williams' Pink Pills. The result has been marvelous. From a sickly, despairing woman, I have been transformed into one full of health and energy, and I feel more thankful than I can say for the wonders Pink Pills have done for me."

Mrs L. Lundahl, Lavant, Ont., says: "I have much pleasure in adding my testimony to the great efficacy of Dr Williams' Pink Pills. Some years ago I was severely injured in child birth and had to go to the Kingston hospital to be operated on. I was in the hospital and under treatment for nearly two months but flowing set in and all the skill of the doctors was unable to stop it. I went home and after still suffering for three or four months, I determined to go to the hospital again, but fortunately for me an old lady on the cars, who noticed my emaciated and worn condition asked "What ails you, my child?" I told her my trouble and she replied, "Before going to the hospital again give Dr Williams' Pink Pills a fair trial. I know they will help you." I followed her advice, and after taking four boxes the flowing absolutely stopped. I took the pills for some time longer and my health was fully restored, and since then I have been both strong and active. I believe Dr Williams' Pink Pills are a blessing to women."

Mrs A. C. Fitchell writes:—"I take this opportunity of thanking you for the great benefit I have received from Dr Williams' Pink Pills in that critical period known as the change of life. I had suffered for years from kidney troubles, and this I suppose was the commencement of the change. Then I was attacked with spells of dizziness and weakness, accompanied with pains in the back, which would last for weeks at a time and from which I would not get more than an hour or two's sleep at night. A friend who had successfully used Dr Williams' Pink Pills in a similar emergency urged me to try them. The result was that they brought me safely through this critical period, and I am again enjoying perfect health, and take pleasure in recommending Pink Pills to those similarly situated."

Rev. David Forbes, missionary at Poplar Dale, Algoma, writes:—"I feel that I would be remiss in my duty did I not write to let you know the wonderful benefit derived by a young lady here through the use of your Pink Pills. Miss Mary Martin, the young lady referred to, was taken sick two years ago and all the medical treatment she underwent proved of no avail. Visiting the family in my capacity as missionary, I saw with sorrow that unless something was done to avert the progress of her trouble, she would not be long for this world. She was pale, almost bloodless, and subject to all the distressing symptoms which accompany anæmia and bring the victim to an early grave. I urged the parents to try Dr Williams' Pink Pills. They acted upon my advice, and I am happy to say that they have fully and entirely restored her health, and in the rosy cheeked girl of to-day you would not recognize the invalid of a short time before. The words of her grateful mother to me were these: 'We have to thank you, Mr Forbes, for recommending Dr Williams' Pink Pills. They have saved our daughter's life and we are more grateful than we can say, and freely give you permission to send this testimonial, in the hope that some one in similar circumstances may be benefitted."

Dr Williams' Pink Pills are a tonic medicine, enriching the blood and strengthening the nerves, thus reaching the root of disease and driving it from the system. They are beyond doubt the greatest medicine of the 19th century, and have cured in hundreds of cases after all other medicines had failed. The great popularity of Dr Williams' Pink Pills has caused unscrupulous dealers to imitate them extensively, and intending buyers are urged to see that every box is enclosed in a wrapper bearing the full registered trade mark "Dr Williams' Pink Pills for Pale People." Pills colored pink, but sold in loose form by the dozen, hundred or ounce, or taken from glass jars, are fraudulent imitations and should always be refused, no matter how plausible may be the story of the interesting dealer offering them.

Oldboy—Say, plumber, you are a very improvident man, leaving those pieces of lead, nuts and screws lying about. They'll surely be lost.

Leadly—Oh, no, sir. You'll find 'em all in the bill.

Windsor Salt

Purest and Best for Table and Dairy
No adulteration. Never cakes.

THE WHITE RIBBON.

"For God and Home and Native Land."

Conducted by the Ladies of the W. C. T. U.

OFFICERS.

President—Mrs R. V. Jones.
Vice-Presidents—Mrs Hale, Mrs R. Reid, Mrs A. Johnson.
Recording Secretary—Miss Knowles.
Cor. Secretary—Miss Minnie Fitch.
Treasurer—Miss Annie S. Fitch.
Auditor—Mrs Roscoe.

SUPERINTENDENTS.

Evangelistic Work—Mrs DeWitt.
Literature—Mrs deBlois.
Press Work—Mrs Tufts.
Flower Mission—Mrs Woodworth.
Social Purity—Mrs R. Bishop.
Systematic Giving—Mrs Kempton
Narcotics—Mrs Vaughn.
Health and Heredity—Mrs Trotter.
Mother's Meetings—Mrs Hemeon.
The Girls' Friendly Society—Mrs Davison.

...Next meeting in Temperance Hall Thursday, Feb. 11th, at 3.30 P. M. The meetings are always open to any who wish to become members.

A New Year Message From Our President.

TO ALL OUR READERS, AND ESPECIALLY OUR YOUNG PEOPLE:—You have been making resolutions for the new year. Some heavenly impulse has touched your heart as the wonderful pageant of the changing seasons has passed over your head, and you have looked up into the glowing sky and said, "I have some relation to all that splendor. It shall be unfolded in a future life. I wish to live for him who made all that, to know Him better, to be more loyal to Him. I wish to study and obey His laws 'written in my members,' and in the constitution and course of the world about me and the world overhead. I wish to

'Rise on stepping stones of my dead self to higher things.'"

"If I have harmful or impure habits, I wish to put them away, because He has hygienic laws for the everyday conduct of life that are as sacred as the Ten Commandments. My body is the 'temple of the Holy Ghost,' and has its ritual penned by the finger of God. But 'when I would do good evil is present with me.' It is hard to do right, and most of all, hard to dare the ridicule of those who do not think as I do about what *is* right." We have all had such a soliloquy as this with our inmost consciences and in the presence of Him who gave them. We have gone through with it thousands of times. We know that prayer will cause a heart to cease from sinning, even as sin will cause a heart to cease from praying. We know that prayer is the pulse of the spiritual life and that no matter where we may be, it is in our power to lift up our souls for help. God grant that we may do it this year with more earnestness than in any year that has gone before.

On January 1, I read the following words by one of our good and gifted ministers, Rev. Dr. Henry Van Dyke. They were spoken before the students of Yale College, and it seemed to me that they were so simple and straightforward that one who read them in a teachable spirit could not fail to be greatly comforted. They have helped me, and I mean to keep them where I can read them over in the year to come. So I pass them along with a sister's hand to each of you, in the confident hope that they will bring our Divine Redeemer more clearly before your minds and enshrine Him more fully in your hearts:

"Christ is Christianity. To find God in Him, to trust and love God in Him, is to be a Christian. To preach Him, in the language of to-day, for the needs of to-day, is to preach a gospel as new and as old as life itself. The difference between Christianity and all other religions is that it has a Person at the heart of it; a Person who is as real as we are; a Person who carries in Himself the evidence of a spiritual world; a Person who has proved in myriads of souls His power to save men, not only from the evil of sin, but also from the gloom of doubt. He is the only steadfast light shining through the deep, starless night of skepticism that has overspread our proud and unhappy modern world. To see Him is to be sure of God and immortality. The experiment of a secular unbelief has never been tried on such a large and splendid scale, with such blank and desperate failure. The longings and efforts of the world to attain a higher, happier existence for all men have never been more generous and ardent. With the materialism, the sensuality, the pride of our age, Christianity stands in conflict. With the altruism, the humanity, the sympathy of our age, Christianity must stand in loving and wise alliance. A simpler creed and a nobler life will prepare the way for a renaissance of religion greater and more potent than the world has known for centuries. It seems as if we stood on the brightening border of a new day. The watchword of its coming is the personal gospel of Jesus Christ, in whom we find the ideal man and the real God."

With these words, I send you each a loving, Happy New Year.

—*Frances E. Willard.*

The power of Rev. Frederick B. Meyer as a preacher was attained, according to that eminent divine's own account, only after a struggle, of which he says: "But when I began humbly to try to realize the heavenly vision, I laid my whole being open to the torrent of God's power, which is always seeking to reach men, and suddenly to my surprise, I found that God was pouring through my life river after river, and thus began to be realized, 'He that believeth on me, out of him shall grow rivers.' Before this experience, Mr Meyer had been termed only an ordinary preacher. As a conduit for the gospel, he has been accorded wonderful works of salvation.

A COMBINATION OF RARE, SEARCHING AND POTENT ESSENTIAL DISTILLATIONS FOR INFLAMMATION

EXTERNALLY
For all Pains, Aches, Sore Joints, Sprains, Bruises, Scalds, Burns, Stings, Bites and Chilblains.

INTERNALLY
For Colds, Sore Throat, Croup, Asthma, Colic, Diarrhœa, Pleurisy, etc.

BY ALL DRUGGISTS AND DEALERS
PRICE 25c. AND 50c. PER BOTTLE
THE DODDS MEDICINE CO.
TORONTO, ONT.

ROBERT STANFORD,
LADIES' AND GENTLENEN'S
Fine Tailoring.
154 and 156 HOLLIS STREET,
Halifax, N. S.

☞ My ladies' department is under the supervision of Mr Edward Dirmer, late cutter with Vorbornick, of Paris.
Nov. 29th, '95. 1 yr

Fruit Trees for Sale!
—AT—
Weston Nursery, Kings Co., N. S.
(BERWICK R. R. STATION.)

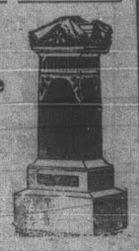
I have for sale a good stock of trees for planting, comprising Ben Davis, Spy, Blenheim Pippin, Fallawater, Nonsuch, Wagner, Pewaka, Banks Red Gravenstein, and the common Gravenstein, and Moores' Arctic Plum—fruited.

Persons ordering direct from the Nursery will get this stock at first cost—saving agent's profits.

ISAAC SHAW,
PROPRIETOR

WE DO NOT CLAIM TO SELL
House Finish, Doors, Sashes, Blinds, etc.
more cheaply than our competitors, but we do claim to use better Stock, and give you better value.
☞ Write for Catalogue.
HALEY BROS., & CO.,
ST. JOHN, N. B.
☞ F. W. WOODMAN, Wolfville, is our Agent.

MONUMENTS
In Red and Grey Polished Granite and Marble.



Strictly first-class Work.
GRIFFIN & KELTIE,
323 BARRINGTON ST., HALIFAX.

WARNING!
TO PIANO AND ORGAN PURCHASERS!

THE great popularity of the "BELL" PIANOS and ORGANS has created much jealousy among certain Piano dealers. Bear in mind that the latest improvements are not owned by and cannot be secured from any firm in Nova Scotia but the

Willis Piano and Organ Co.

Any other advertisers, therefore, who may claim in any way the agency for the Bell Pianos, or Bell Organs, do so under false pretences, to attract attention to goods sold in opposition to those renowned instruments.

The Willis Piano and Organ Co.,
STELLARTON,
SOLE AGENTS FOR N. S.

DAILY EXPECTED
FROM NEW YORK.
A Cargo of
Best Lackawanna Valley Hard Coal!
in Nut Sizes.
☞ Which I will sell at a discount of twenty-five cents a ton, from vessel.
TELEPHONE NO. 26. **F. W. WOODMAN,**
Wolfville, July 9th, 1896.

THE SLATER SHOE
"Parisian" Shape . . .

—tapers from average tread to long pointed, and stiffly boxed toe. Handsome perforated leather ornamentation at seams, facings, and toe caps, double stitched, and very dressy. Laced or Oxford only. Black—Tan—Seal Brown—Carmine—or Wine. Sizes, 5 to 11. Widths, A. to E. Goodyear Welt. $3, $4, $5. Stamped on sole.

CATALOGUE FREE
"The Slater Shoe"
MAKERS MONTREAL

For sale by C. H. Borden, sole agent for Wolfville.

What are you wearing On your feet this weather?
There is style in footwear as there is in hats. Each year the Granby Rubbers and Overshoes are modelled to fit all the fashionable shapes of boots. They are thin so as to prevent clumsy appearance and feeling and to make them so necessitates the use of the finest quality of rubber. While Granby Rubbers and Overshoes are up to date in Style, Fit and Finish, they retain their old enduring quality.
Granby Rubbers wear like Iron.

A simple disinfectant to use in a sick room is made by putting some ground coffee in a saucer and in the centre a small piece of camphor gum. Light the gum with a match. As the gum burns allow the coffee to burn with it. The perfume is refreshing and healthful as well as inexpensive.

Housekeeper—Half the things you wash are torn to pieces. Washerwoman—Yes, mum; but when a thing is torn in two or more pieces, mum, I count them as only one piece, mum, and only charge for one.

"Why do you say 'smart as a steel trap'?" asked the talkative boarder. "I never saw anything particularly intellectual in a steel trap."

"A steel trap is called smart," explained Mr Asbury Peppers, in his sweetest voice, "because it knows exactly the right time to shut up."

Minards Liniment relieves Neuralgia.

He—I set my face against that man.
She—He said he ran up against something hard.

DR. E. N. PAYZANT

Will continue the practice of Dentistry as formerly, at his residence near the station, Wolfville. Appointments can be made by letter or at residence. Special fees on lower sets of teeth.
March 20th, 1895. 29

W. W. HOWELL & CO.,
121 LOWER WATER ST.,
Halifax, - N. S.
Mechanical Engineers, Machinists,
Builders of Marine, Stationary and Hoisting Simple and Compound Engines. Mill and Mining Machinery. Steamship Repairs. 30

1896 1897. THE 1896 1887.
Yarmouth Steamship Co.
(LIMITED)

2 TRIPS A WEEK!
The Shortest and Most Direct Route between Nova Scotia and the United States.
THE QUICKEST TIME,
15 to 17 hours between Yarmouth and Boston!
Commencing Nov. 4th.
STEEL STEAMER
"BOSTON,"
UNTIL further notice, will leave Yarmouth for Boston every
Wed. and Sat. Ev'ng
after the arrival of the Express train from Halifax. Returning, leave Lewis' wharf, Boston, at 12 noon, every TUESDAY and FRIDAY, making close connections at Yarmouth with Dominion Atlantic Ry. and Coach Lines for all parts of Nova Scotia.

This is the fastest steamer plying between Nova Scotia and the United States and forms the most pleasing route between above points, combining safety comfort and speed.

Regular mail carried on steamer. Tickets sold to all points in Canada, via Central Vermont or Canadian Pacific Ry., and to New York via Fall River Line, Stonington Line, New York, Haven & Hartford and Boston and Albany R. R.

For all other information apply to Dominion Atlantic, I. C., and Central Railway Agents or to

W. A. CHASE, Secretary and Treas. L. E. BAKER, Manager.
Yarmouth, Nov. 1st, 1896.

NOTICE.

Having secured the Shop recently occupied by Mr W. Regan, I am now in a position to supply the public with all Goods in my line:
Custom Boots & Shoes.
Men's Women's and Children's Boots and Shoes made to order.
Repairing neatly and promptly done.
Thanking the public for past favors, and by close attention to business I hope to receive a fair share of patronage.
E. B. SHAW.
☞ Terms strictly cash on delivery of work.

Commencing July 13 & 14
LEWIS RICE & CO'S.
PHOTO STUDIO AT WOLFVILLE
will be open for business
Every Monday & Tuesday.
We thank you all for the many favors of the past and trust that our work will continue to merit your approbation, also that the new time-table will be found even more convenient than the old.
Yours sincerely,
Lewis Rice & Co.
45

For **Farm and Dairy Use**
E. B. EDDY'S
Indurated Fibreware
is always sweet and clean.
Made of impervious pressed wood pulp, it never water soaks, and is practically indestructible.
Milk Pails, Milk Pans, Butter Tubs, Stable Pails, Barrel Covers, etc., etc.
Sold by all first-class grocery stores.
The E. B. EDDY CO., Ltd.
Hull, Montreal, Toronto.

W. J. Balcom
has secured an Auctioneer's license and is prepared to sell all kinds of Real and Personal Property at a moderate rate.

Fred H. Christie
Painter and Paper Hanger.
Best attention given to Work Entrusted to us.
☞ Orders left at the store of G. H Wallace will be promptly attended to. 37
PATRONAGE SOLICITED.

Scraps for Odd Moments.

When silence rains it aint necessary to carry an umbrella.

Er woman throwing rocks at er hen is er poultry exhibition.

Better count your chickens before they are snatched—the darkies hour is just before the dawn.

Hall's Hair Renewer is pronounced the best preparation made for thickening the growth of the hair and restoring that which is gray to its original color.

"I had a terrible fall on the side walk to-day." "No! Did you lose your feet?" "Why, of course not. Here they are. I only lost my dignity and my breath."

"There's a man at the museum who has gone 60 days without water."
"That's nuthin'," sneered the Colonel, "I haven't tasted the stuff in twenty years, sah."

Minards Liniment Cures Burns, etc.

"Do you know, I believe that animals can laugh? I was once kicked by a mule, and I am sure I saw him laugh afterward." "That was because he struck something funny."

Minards Liniment Cures Dandruff.

Dolly—Mammy, do angels fly?
Mamma—Yes, darling. Why?
"'Cause pa kissed Sarah this morning, and called her an angel. Will she fly?"
"Yes, dear, first thing in the morning."

Sister—There, you have cindy all over your new suit. What will mamma say?
Little Brother—Well, mamma won't let me have any fun in these clothes until I get them spoiled.

Minards Liniment for sale everywhere.

"The Bluvvingtons keep up a very imposing establishment," remarked a gossipy man who had just moved in the neighborhood. "They do that, indeed," replied the corner grocer; "and my store's the one that's mostly been imposed on."

Don't worry. Don't run in debt. Don't trifle with your health. Don't try experiments with medicines. Don't waste time and money on worthless compounds. Don't be persuaded to take a substitute for Ayer's Sarsaparilla. It is the best of blood-purifiers.

The secret of success is to learn how to deny yourself. If you once learn to get the whiphand of yourself, that is the best educator. Prove to me that you can control yourself, and I'll say you're an educated man; and without this all other education is next to nothing.

The Tariff Commission

elicits some strange and curious facts but none more true than the good words spoken by both Free-Traders and Protectionists for MINARDS LINIMENT. They are our BEST ADVERTISEMENT, and we esteem them of more value than all the fences and barns in the country covered with posters.

The fortune teller did not recognize the young woman as a former visitor, and that was where she made a mistake.

"You will have quite a romance," predicted the fortune teller, after the usual preliminaries, which consist, principally of the transfer of a sum of money from one person to another, "and in the end you will marry a light gentleman and ever afterward live happily with him."

"How about the dark one that you said I was to marry when I consulted you last week?" asked the young woman with very natural curiosity.

"Yes, yes, of course," answered the fortune teller. "It seems a little conflicting, doesn't it? But it's easily explained. The gentleman is dark complexioned, but light hearted."—*Chicago Post.*

CURED OF SCIATICA.

Left Hip Affected—Suspected Kidney Trouble—Relieved and perfectly Cured by Dodd's Kidney Pills.

Toronto Junction, Jan. 18 (Special)—Mr H. Playter, is not a difficult man to find as everybody here knows that he is foreman at No. 1 Fire Hall. He was the picture of health when called upon by your correspondent and told his story thus:—

"In April 1896 I suffered from a severe attack of Sciatica affecting my left hip and the leg to the tip of the toes. I suspected it came from some form of kidney trouble and as they had been recommended I procured a box of Dodd's Kidney Pills.

"At the end of the fourth day I was entirely relieved but desiring a permanent cure I continued to use that and another box and am now perfectly cured and as well as ever in my life. A brother of mine living at Pine Orchard has been cured by Dodd's Kidney Pills."

Value of Good Manners.

Good manners ought to belong to all classes of society, to the child of the peasant as to the child of the peer, and, therefore, let no humble mother think that for her little ones they are of no importance, for they are of the greatest, not only because so much of a girl or boy's success in life depends on good manners, but also because the little acts of courtesy and words of kindness, and the refinement which we class together under this comprehensive title, are all important factors in increasing the happiness and peace of the home. Some children are naturally gentler and better mannered than others, but even the roughest diamonds may in time be polished, so if mothers do not succeed for a long time in raising the standard of manner to the desired level they should not be too much discouraged. We are creatures of habit, and the very making ourselves behave with unvarying gentleness and courtesy, in spite of natural irritability, will in time discipline us into being at heart more like the ideal we have set before ourselves as perfection.