

THE BLESSING OF A HEALTHY BODY

Has Not Had An Hour's Sickness Since Taking "FRUIT-A-LIVES".



MR. MARRIOTT
75 Lees Ave., Ottawa, Ont.,
August 9th, 1915.

"I think it my duty to tell you what 'Fruit-a-lives' has done for me. Three years ago, I began to feel run-down and tired, and suffered very much from *Liver and Kidney Troubles*. Having read of 'Fruit-a-lives', I thought I would try them. The result was surprising. During the 35 years past, I have taken them regularly and would not change for anything. I have not had an hour's sickness since I commenced using 'Fruit-a-lives', and I know now what I haven't known for good many years—that is, the blessing of a healthy body and clear thinking brain."

WALTER J. MARRIOTT.
Box 6, 6 for \$2.50, trial size, 25c. At 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.

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. Sheep.
1st Vice President—Mrs. J. Cullen.
2nd Vice President—Mrs. R. Bush.
3rd Vice President—Mrs. Geo. Fitch.
Recording Secy.—Mrs. W. O. Taylor.
Cor. Secretary—Mrs. L. E. Dunham.

Treasurer.—Mrs. H. Pines.

SUBSTITUTES.

Laborer Work—Mrs. Fielding.
Lamberton—Mrs. J. Kempton.
Willard Home—Mrs. M. Freeman.
Temperance in Sabbath-schools—Mrs. (Dr.) Brown.
Evangelist—Mrs. Purvis Smith.
Pious and Artistic—Mrs. J. Head.
Frost—Miss Margaret Barnes.
White Ribbon Bulletin—Mrs. Walter Mitchell.
Loyal Temperance Legion—Mrs. L. Head.

John Barleycorn, My Foe, John.

Al—'John Anderson, My Jo, John.'
John Barleycorn, my foe, John,
When we were first acquainted
I'd money in my pocket, John,
Which now you know there ain't,
I spent it all in treating, John,
Because I loved you so.
But mark me how you've treated me,
John Barleycorn, my foe,
John Barleycorn, my foe, John,
We've been too long together,
So you must take one road, John,
And I will take another,
For we may tumble down, John,
If I shall in hand we go,
And I hand you the bill to pay,
John Barleycorn, my foe.

John Barleycorn, my foe, John,
You've colored up my eye,
And lighted up my nose, John,
A fery sign between;
My hands with palsy shake, John,
My locks are like the snow,
You'll surely be the death of me,
John Barleycorn, my foe.

John Barleycorn, my foe, John,
I was loves of you, I ween,
That made me rise so early,
And all so late at e'en;
The best of friends must part, John,
It grieves me sore, you know,
But I'll go no more with you, John,
John Barleycorn, my foe.

Vested Interests and the Liquor Trade.

Both the saloon-keeper and the robber are enemies of their fellowmen. The highway robber robs men of their property. The liquor traffic robs men of their health, character and manhood; women of their happiness and welfare; children of their rightful prospects, and homes of kindness and comfort. It is an enemy of morality and religion, of the individual and the nation, of the body and soul, of man and God. Has it ever occurred to anyone that the highway robber should be compensated when his musk, his gun, his jimmy, and other portions of his equipment are confiscated, that he should receive compensation? Does it ever occur to the advocates of the liquor business that the saloon-keeper should make compensation for all of that which he has robbed men and women and

children through his iniquitous business?

Strange that some people of whom better things ought to be expected, have been led to express sympathy with this plan for compensation.—Word and Way.

Children Cry FOR FLETCHER'S CASTORIA

What a Woman's Vote Would Do.

HELP END WAR
The great majority of women are against war. They bear its burdens equally with men. Men go to battle but women stay at home to battle for bread for their children.

HELP BRING PEACE
There can never be universal peace until there is universal disarmament. Women's votes would hasten that day.

HELP END POVERTY
Women suffer equally with men from the ravages of poverty. Eighty per cent of the poverty in our land can be traced to the liquor traffic, and the only way to end the liquor traffic is by votes.

HELP BRING PROSPERITY
The liquor traffic has been voted out of Oregon, Colorado, Ariz. and Washington as a property means.

HELP END DISEASE
Women more than men battle with disease. To exterminate disease we make laws for the safeguarding of health. Women need the vote to pass and enforce health laws.

HELP BRING HEALTH
Pure food, milk supply, water supply and sanitation all have to do with health. Women need the vote to secure legislation concerning these interests; they are all home interests.

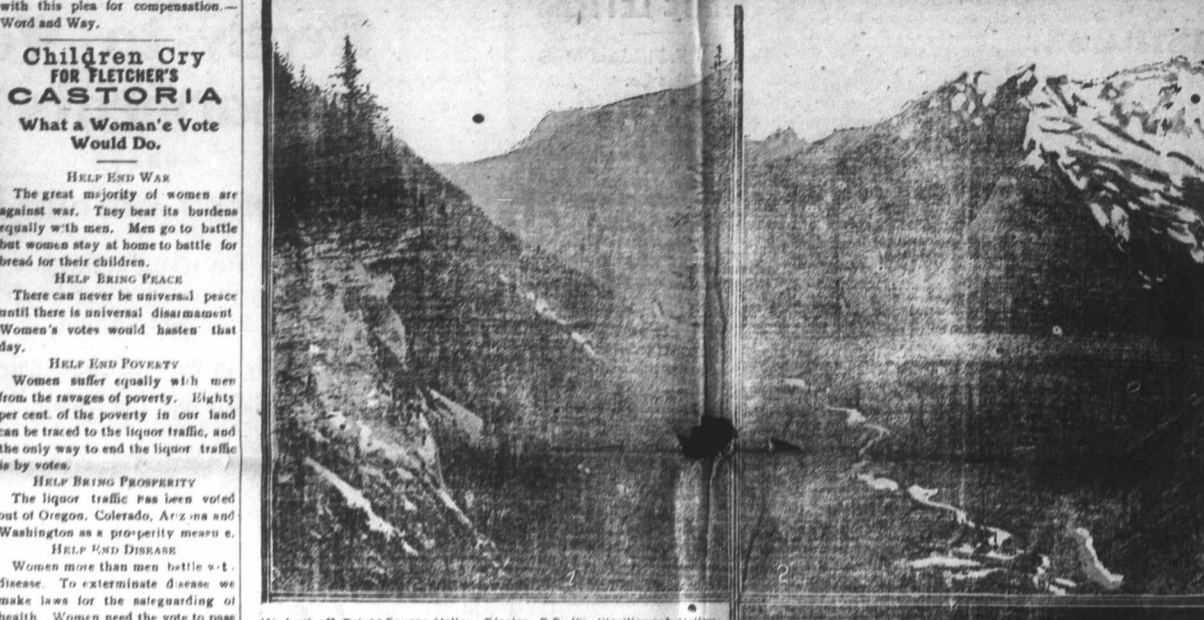
HELP END INDUSTRIAL WRONGS
Women are a large factor in the industrial world. They face the same problems of wages, hours of labor, sanitary conditions, accidents, etc. as do men. They should have the same weapon of power with which to fight for their rights as have men, namely the ballot.

HELP BRING BETTER ECONOMIC, SOCIAL, MORAL, AND POLITICAL CONDITIONS.

DR. A. W. CHASE'S CATARRH POWDER 25c.
Is sent direct to the diseased parts by the improved blow. Heals the throat, clears the air passages, stops drops, stops the flow of mucus, and relieves the nose, throat and eyes. Sold by all druggists. All dealers of Dr. Chase's Catarrh Powder, 25c. per box, 50c. per dozen, 10c. per box, 50c. per dozen, 10c. per box, 50c. per dozen.

WHAT CATARRH IS
It has been said that every third person has catarrh in some form. Science has shown that nasal catarrh often indicates a general weakness of the body and local treatments in the form of snuffs and vapors do little, if any good.
To correct catarrh you should treat its cause by entering your blood with the oil-fish in Scott's Emulsion which is a medicinal food and a building-up force from any harmful drugs.
Scott & Bowne, Toronto, Ont.

WONDERFUL SUGAR COUNTRY



(1) Look-off Point, Cougar Valley, Glacier, B.C. (2) Littlewall Valley, Glacier, B.C. (3) Entrance to Gaves of Nakimu.

HAVE you ever heard of the wonderful Cougar country? Wonder if it is in a score of ways, and few there is I imagine that have yet discovered the delectable region. The best way to find out about it is to go there, which will prove to be a trip off at glacier station of the C.P.R. in the Selkirk range with the Outfitter and his ponies to guide and carry you over the ten-mile trail to the Cougar, and there you are in the very heart of an alpine garden, enclosed with giant pines, glittering ice caps and snow fields, the extraordinary Nakimu caves, and rivers and streams and waterfalls unnumbered. There's a programme for you to feast your eyes upon and revel in!

The trail trip there is in itself an unique one, ever rising in grade until the eye can see a long sweep of the Littlewall valley, where an express train looks like a child's toy while Mt. Sir Donald looms higher and higher above his pinnacles. Across the beautiful valley at our feet rise the four summits of the Cougar mountain range, each one loftier than the next. I only crave for you the experience of traversing that mountain range, as I did, until the panorama was limited only by the power of the eye. On every hand great ice deposits cling to the mountain sides or slope in acute angles toward the Cougar river, racing through the valley bed. Hanging glaciers and titanic cornices of snow clothe the rugged rocks in their lines of white, with the lakelike and alpine meadows marking the lower levels.

But there is yet another sight. Yonder is a cabin with a guide in charge who will conduct you through Canada's cavern world, only discovered within recent years. Here one may ramble and scramble through weird underground streets, where the Cougar river has chiseled out its mysterious channels and where the imprisoned river is still at its task of cave-making as it has been for a trifle of forty thousand years. Guides enable one to descend into the softer depths, amid stygian darkness, except for the light one carries. The roar of the imprisoned stream, ever leaping from boulder to boulder, is awesomely deafening for the mountain holds within its honeycombed arteries a series of Niagara's cavern rooms of large dimensions and small. You may walk down the steps of Time, visit the Witches Dancing Hall and the Broken, gaze upon the hidden chamber, shrink back from the inferno and feel small in the Judgment Hall. Walls of limestone look like the shifting scenes of a theatre, corals, arches and windows pierce the upper walls, fluted columns and scalloped draperies mark nature's imaginations. In this vast chamber of dark, light one may hear the softest notes of a far away deep, torrential, later, standing there for the water that drowns the loudest effort of the human voice.

A slint of daylight through a cave roof told us we were near the outer chamber of mother earth, and last scramble over a mass of boulders brought us out the cave. I did not into the sunlit one, which I had more beautiful than ever.

Violent physical exertion of any kind quickens the heart. Excitement has the same effect. Intense anger may increase the heart's labor toward 150 pounds per minute to 225 pounds. Under such a strain the heart of an animal has been known to literally break, causing almost instant death.

Acute heart strain is practically impossible in the young, healthy, and well nourished adult, but quite likely in all others. Once the heart is incapable of extra work and fails when called upon to do it. The doctor argues, therefore, that one cannot be too careful to economize in the work laid upon the organ.

According to him, he who retires to bed at ten instead of twelve saves the heart 375,000 foot-pounds a year. Lying down one-half hour daily saves its labor in the same period by 219,000 foot-pounds. If our Sundays were spent in bed, the yearly relief to our hearts would amount to nearly 1,000,000 foot-pounds.

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USE SHELLS AGAIN

Hunters Can Reload One Hundred in Half Hour

Are you paying a high price for your cartridges? The abnormal demand for metallic cartridges, resulting from the European conflict, has raised the cost of materials and labor in the production of arms and ammunition, considerably, and the result is increased cost to the individual shooter—if he uses only new factory loaded cartridges. This brings up the question "Is there any practical way to reduce the high cost of shooting, and the practical answer is found in the experience of many thousands of shooters who are reloading their center-fire cartridges for rifles, pistol and shotguns.

The modern metallic cartridge is a remarkably well-made article—made apparently without regard for expense. The material used is of the highest grade; the workmanship is remarkably uniform and accurate—and the shell is so strong, and so perfectly designed for the chambers in which it is used, that it is just as perfect and serviceable as the first discharge of the cartridge as when new. Any good metallic shell can be reloaded from 10 to 15 times on the average—and by utilizing the empty fired shell in this way you are saving the cost of the one biggest item in the production of the cartridge.

Having the empty shell, it is a very simple matter to insert a new primer, insert the correct powder charge, place a bullet in the end of the shell and crimp the shell onto the bullet. This gives you a complete cartridge. The investment of a little spare time, with a moderate expense for primers, powder and bullets, has given you a new cartridge at about half the expense of the original factory load. And it's mighty interesting work. In its simplest form you simply buy the bullets ready made, buy the primer and powder—and with a simple, inexpensive reloading tool you can reload 100 in about half an hour.

HOW TO KEEP WELL

What to do and What to Avoid in Regulating Heart Action

Do not get angry. Any strong emotion adds to the labor of the heart, and a heart overworked means shortened life. So reasons Dr. J. H. Rickland Goodall in a recent paper on the prevention of heart strain. From before birth until a little after death the human heart beats from seventy to 150 times a minute, and each beat means work equivalent to raising a 3-pound weight through one foot. To form an idea of this work one has only to lift such a weight in his hand and lift it over that distance as many times in a minute as the heart beats.

Anything that quickens the heart's action increases its labor. Accurate tests have shown that a man riding a bicycle up a 10 per cent grade for 5,000 feet in four minutes adds an amount of labor to his heart that would lift a ton and an eighth one foot.

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FLOWER AS FOOD

The food value of flowers is a matter just beginning to interest the scientific world. Violets are said to contain considerable nourishment. They formed the basis of a refreshing drink, and in other forms figured conspicuously in the feasts of the ancient Greeks. The modern confectioner crystallizes them in sugar.

The old Turkish confections made of rose leaves are declared delicious by those who have eaten them. A number of cooks have discovered that a handful of rose petals imparts a flavor of unparalleled delicacy to desserts of many kinds.

For those who do not care for candy the gaily colored nasturtium offers delight to the palate. It may be used as a filling for sandwiches, mixed judiciously with other materials in salad. Its delicious pungency appeals to the epicure, while physicians say it aids digestion.

A favorite Italian dish consists of fried squash blossoms. When properly prepared this food is both appetizing and nourishing. The yellow blossoms of the common field pumpkin may be cooked in the same way, and to some tastes are even more pleasing.

Don't keep two or three different kinds of ducks. Choose one variety and breed for quality. Don't try to raise ducklings on wheat, cracked corn or commercial chick feeds. If used at all, these feeds should be well cooked for, ordinarily, ducks do not consume enough grain to get fat.

Don't try, by mixing it with their food, to force ducks to eat more grit than they want.

An Ancient Disease Generally regarded as a modern disease, appendicitis was known in Egypt 5,000 years ago and accurately described in still existing records.

E. B. SHAW

Repairing of Boots and Shoes of all Kinds

Has resumed business at the old stand in his new building.

Orders Solicited and Carefully Executed

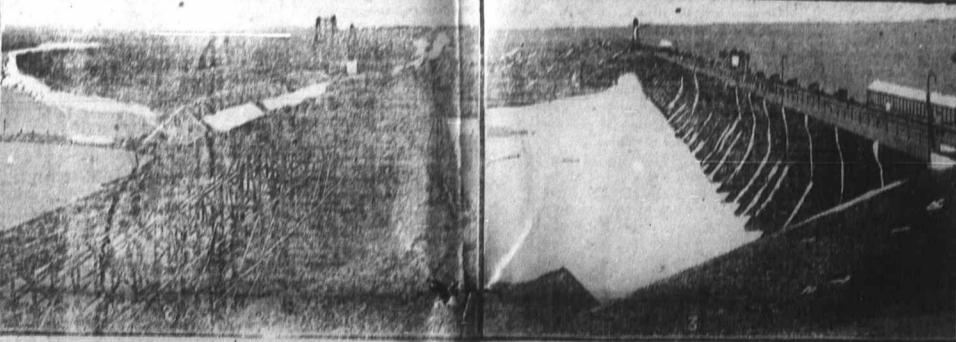
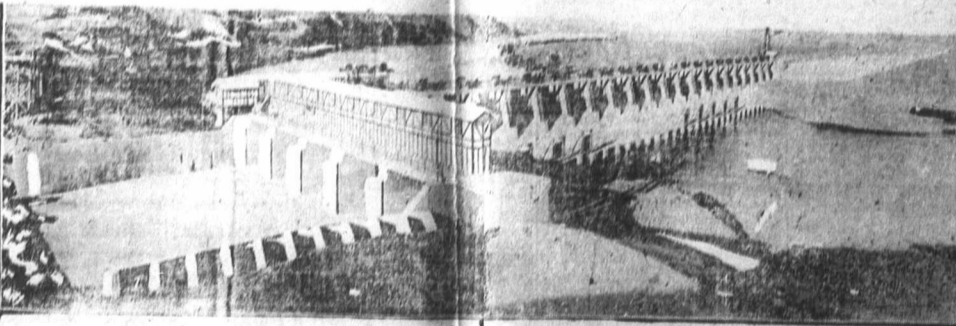
R. J. Whitten & Co.

HALIFAX

Receivers and Sellers of all kinds of Farm Produce.

Consignments Solicited. Prompt Returns.

TURNING DESERTS INTO GARDENS



(1) Bird's Eye View of the Basano Dam. (2) The Dam Under Construction. (3) The Sluice Gates Open. (4) Distributing the Water.

OUT on the prairies of Western Canada and along the mountain valleys of British Columbia, deserts are being turned into gardens by the application of life-giving water.

Every desert is a potential garden if this one chief necessity is met, though it is not fair to use the word desert or even an arid region, for Alberta is neither arid or desert. But nature may often be assisted in her great task of production, and this is what the irrigation systems of the Canadian West are doing.

In Alberta the Canadian Pacific Railway is developing the largest individual irrigation project on the American continent, with an area larger than that irrigated areas in either Colorado or California. Portions of a tract of three million acres will be included in this prosperous and fertile so-called "dry belt" region. The western section is already completed, including sixteen hundred miles of canals and ditches. The eastern section is in process of development where twenty-five hundred miles of canals and ditches will be required for the service.

On April 25, 1914, the great irrigation dam at Basano, Alberta, was opened. Built across the Bow River, eighty miles east of Calgary, the huge structure, 7,000 feet long, will conserve the water of the Bow for the eastern section. Another great engineering work, which will serve the same tract, is a giant aqueduct of 130 miles, thirty miles east, two miles in length, which carries the waters of a branch canal over a wide valley.

One has only to visit this great undertaking of the Canadian Pacific Railway to realize not only its magnitude but the results it will, indeed, be producing. Here is one of the smaller radiating ditches, filled with rippling water. On either bank there has responded with a luxuriant growth, and a garden of productivity is the result. The wheat fields extend in another direction, showing a thick head of grain after imbibing the water that quenches the thirst of the soil. Here the water is assisted generously in so many ways as to make a fourth of a bushel, for nature is helping a fourth of a bushel, for nature is helping a fourth of a bushel, for nature is helping a fourth of a bushel.

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Professional Cards.

DENTISTRY.

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

C. E. Avery deWitt
M.D., C.M. (McGill.)
One year post graduate study in Europe.
Office hours: 8-1 a.m.; 1-3, 7-9 p.m.
Throat work especially.
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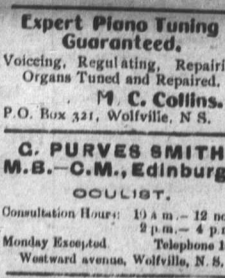
M. R. ELLIOTT
A.B., M.D. (Harvard)
Office at residence of late Dr. Bowles,
Telephone 23.
Office Hours—8-1 a.m., 1-3, 7-9 p.m.

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Voicing, Regulating, Repairing Organs Tuned and Repaired.
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Consultation Hours: 10 a.m.—12 noon
2 p.m.—4 p.m.
Monday Excepted.
Telephone 163.
Westward avenue, Wolfville, N.S.

"BE FIRST AT A FEAST AND LAST AT A FIGHT"



Join heartily in every effort to better our town and district. Avoid the complaining spirit. Be a "Booster" and not a "Knocker." Patronize the people who live here and contribute to all local improvements. Do not send your money away to mail order houses, until you make sure that our local merchants cannot do as well or better. Generally they can do better.

PUBLIC NOTICE.

The public are hereby forbidden the use of my property as a thoroughfare for teams between Main and Front Streets. Persons persisting in thus trespassing will be prosecuted without further notice.
EVANGELINE D. BOWLES,
Wolfville, Sept. 10th, 1915.

Yarmouth Line

SUMMER SERVICE.
Steamships Prince Arthur and Prince George

Leave Yarmouth every week-day at 5 P.M. American time. Return, leave Boston every day except Saturday at 3 P.M.

Connection made with trains of the Dominion Atlantic Ry. and Halifax and South Western Ry. to and from Yarmouth.

Tickets and Waterrooms at Wharf Office.

BOSTON & YARMOUTH STEAMSHIP CO. LTD.
A. S. WILSON, Agent,
Yarmouth, N.S.

Wolville Time Table

DOMINION ATLANTIC RY. & STEAMSHIP LINES
IN CONNECTION WITH THE C.P.R.

DOMINION ATLANTIC RY. & STEAMSHIP LINES
BOSTON-YARMOUTH STEAMSHIP CO. LTD.
YARMOUTH LINE
LAND OF EVANGELINE ROUTE

Effective July 1st, 1915
Service daily, except Sunday.

ARRIVING
Express from Kentville 6:15 a.m.
Express from Halifax 8:30 a.m.
Flying Bluenose from Halifax 9:30 a.m.
Accom. from Middleton 11:45 a.m.
Accom. from Windsor 1:35 p.m.
Flying Bluenose from Yarmouth 2:40 p.m.
Express from Yarmouth 4:15 p.m.
Express from Halifax 6:45 p.m.

LEAVING
Express for Halifax and Truro 6:15 a.m.
Express for St. John and Yarmouth 9:30 a.m.
Flying Bluenose for Yarmouth 11:11 a.m.
Accom. from Windsor 11:45 a.m.
Accom. from Middleton 1:35 p.m.
Flying Bluenose for Halifax 2:40 p.m.
Express for Halifax and Truro 4:15 p.m.
Express for Kentville 6:45 p.m.

Express trains leaving at 9:30 a.m. and 9:45 p.m. daily, except Sunday, connect at Kentville with C.V. Branch train for Kingsport.

ST. JOHN AND DIGBY
Daily Service (Sunday Excepted)
Canadian Pacific Railway 8.8. S. Express leaves St. John 7:00 a.m. arriving in Digby at 10:00 a.m. Leaves Digby 9:10 p.m. arriving St. John 5:00 p.m. making connection at St. John with train of Canadian Pacific Ry. for Montreal and the West.

Boston Service
Express train leaving at 9:30 a.m. and Flying Bluenose at 11:11 a.m. for Yarmouth connects with steamers of the Boston & Yarmouth S. S. Co., Ltd., sailing daily, except on Sunday, for Boston.

Buffet parlor cars run each way daily, except Sunday, on Flying Bluenose trains between Halifax and Yarmouth.

General Passenger Agent,
George E. Graham, General Manager
Kentville, N.S.