

## HIS HEALTH IN A TERRIBLE STATE

### "Fruit-a-tives" Healed His Kidneys and Cured Him

HAGERVILLE, Ont., Aug. 26th 1913.  
 "About two years ago, I found my health in a very bad state. My kidneys were not doing their work and I was all run down in condition. I felt the need of some good remedy, and having seen 'Fruit-a-tives' advertised, I decided to try them. Their effect, I found more than satisfactory. Their action was mild and the result all that could be expected. My kidneys resumed their normal action after I had taken upwards of a dozen boxes, and I regained my old-time vitality. Today, I am enjoying the best health I have ever had."

B. A. REELLY  
 "Fruit-a-tives" is the greatest Kidney remedy in the world. It acts on the bowels and skin as well as on the kidneys, and thereby soothes and cures any kidney soreness. "Fruit-a-tives" is sold by all dealers at 50c. a box, 6 for \$2.50, trial size 25c. or will be sent 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—Agiitate, educate, or organize.

### OFFICERS OF WOLFVILLE UNION.

President—Mrs. L. W. Sleep.  
 1st Vice President—Mrs. G. Bryant.  
 2nd Vice President—Mrs. J. D. Chamers.

3rd Vice President—Mrs. Geo. Fitch.  
 Recording Secy.—Mrs. W. Mitchell.  
 Cor. Secretary—Mrs. Geo. DeWitt.  
 Treasurer—Mrs. H. Puro.

### 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.

Luncheon—Mrs. J. Kington.  
 Willard Home—Mrs. M. Freeman.  
 U. B. Bulletin—Mrs. Langille.  
 Press Work—Miss Margaret Barse.  
 Parish Meetings—Mrs. J. Kaye.  
 L. T. L.—Mrs. Howe.

"Drink is the best stalking-horse the devil has got."—The late Archbishop of York.

### Work is not Vain.

No work is vain, if rightly done;  
 Each talent wisely used is blessed;  
 E'en though no glittering prize be won,  
 Toil gives to life a healthful zest,  
 And sweetens all the after-rest.

No work is vain, if rightly done;  
 Before each soul some task is placed;  
 If, heedless, we our duty shun,  
 And let the moments run to waste,  
 We miss the joy God's servants taste.

No work is vain if rightly done;  
 The seeming failure may not be  
 So deemed by heaven's thrice Holy One,  
 Whose goodness never fails to see,  
 Or recompense fidelity.

No work is vain if rightly done;  
 Since work is oft its own reward,  
 And God, though God, for aye works on,  
 And thus with Him, creation's Lord  
 Work brings us into grand accord.

No work is vain, if rightly done;  
 Each deed is nearest in its place,  
 And our poor work, in faith begun,  
 Before our heavenly Father's face,  
 May end in good, and shine with grace.

No work is vain, if rightly done;  
 The good is ne'er with good at strife;  
 But, linked to worlds beyond the sun—

## WOMAN SUFFERED TEN YEARS

### From Female Ills—Restored to Health by Lydia E. Pinkham's Vegetable Compound.

Belleville, N.S., Canada. "I doctored for ten years for female troubles and did not get well. I read in the paper about Lydia E. Pinkham's Vegetable Compound and decided to try it. I write now to tell you that I am cured. You can publish my letter as a testimonial."

—Mrs. BRYAN BARR, Belleville, Nova Scotia, Canada.

Another Woman Recovers.  
 Auburn, N.Y.—"I suffered from nervousness for ten years, and had such terrible pains that sometimes I would lie in bed four days at a time, could not eat or sleep and did not want anyone to talk to me or bother me at all. Sometimes I would suffer for seven hours at a time. Different doctors did the best they could for me until four months ago I began giving Lydia E. Pinkham's Vegetable Compound a trial and now I am in good health."

—Mrs. WILLIAM H. GILL, No. 15 Pleasant Street, Auburn, New York.

The above are only two of the thousands of grateful letters which are constantly being received by the Pinkham Medicine Company of Lynn, Mass., which show clearly what great things Lydia E. Pinkham's Vegetable Compound does for those who suffer from women's ills.

If you need special advice write to Lydia E. Pinkham, Boston, Mass., and your letter will be opened, read and answered by a woman who has been through all the same troubles.

Send for the book "Women's Ills" free of charge. It tells you all you need to know about your troubles.

Second Temp.—How low was my health! I used to dream of some true love. I used to dream about wear 'n' long pants, and now I guess I wear 'em longer than anyone else in the country.

First Temp.—How low was my health! I used to dream of some true love. I used to dream about wear 'n' long pants, and now I guess I wear 'em longer than anyone else in the country.

All honest worth, with blessings rife

Endures to everlasting life.

No work is vain, if rightly done;

Let men misjudge, as oft they may;

The Master's smile, while ages run,

Will all our labors overpay—

Be faithful, soul, in this thy day.

PASTOR J. CLARK,  
 Maitland, Hants Co., N. S.

### The Menace of Cocaine.

HOW THE HABIT IS OFTEN ACQUIRED.

It is generally acquired by accident, and sad to say, one of these accidents is the presence of cocaine in catarrh medicines. A physician tells a story of a young man who became a cocaine fiend quite innocently by taking a widely advertised 'catarrh cure,' that contained only a small percentage of cocaine, but, unfortunately, enough to establish the habit.

The young man sniffed this 'catarrh cure' up his nose, and after each sniffing experienced a characteristic sense of elation, a peculiar well being. He took more and more of the stuff, and soon discovered that his exhilaration came from cocaine in the powder. Now it was cocaine he wanted, not the catarrh cure; and presently he began to take the drug pure, sniffing it after the manner of adepts, and finally learning to use it in hypodermic injections.

Soon he learned that the sensations were not all pleasant. Far from it! Quick after each period of intoxication came the dread reaction that calls for more and always more cocaine. The characteristic physical and moral deterioration went on rapidly. The victim grew sallow faced, sunken-eyed, restless, irritable. He became a liar, a wreck, helpless and useless and within a year he was placed in an asylum.

Notice that all this came to pass because a perfectly well meaning young man bought at a reputable drug store what was advertised as an excellent cure for catarrh. And before he knew what he was doing and taking he had become a 'coke fiend' and his life was irretrievably ruined.

—W. C. Cry.

I was cured of Acute Rheumatism by MINARD'S LINIMENT.

J. M. CAMPBELL,  
 Bay of Islands.

I was cured of Facial Neuralgia by MINARD'S LINIMENT.

W. M. DENNISON,  
 Springhill, N. S.

I was cured of Chronic Rheumatism by MINARD'S LINIMENT.

GEO. TINGLEY,  
 Alberton, N. B.

### A Boy's Prayer.

Give me clean hands, clean words and clean thoughts.  
 Help me to stand for the right against the wrong.  
 Save me from the habits that harm.  
 Teach me to work hard and play as fair in Thy sight alone as if the world saw me.

Forgive me when I am wicked, and help me to forgive those who are unkind to me.  
 Keep me ready to help others at some cost to myself.  
 Send me chances to do a little good every day.

Delicate Young Girls, Pale, Tired Women

There is no beauty in pallor, but proof of plenty of weakness. Exercise makes your heart flutter, your back and limbs ache, and you sadly need something to put some ginger into your system. Try Dr. Hamilton's Pills; they make you feel alive, make you want to do things. They renew and purify the blood—then come strong nerves, rosy cheeks, laughing eyes, robust good health.

You'll be helped in a hundred ways by Dr. Hamilton's Pills, which are an old family remedy of great renown. Thousands use no other medicine and never have a day's sickness of any kind. Get a 25c. box today. Sold by all dealers.

The other day a black mith was arguing with a gardener as to which was the first trade in the world. The gardener said it was gardening, and quoted from Genesis, "Adam was put into the garden of Eden to till it."

"Ah," said Pat, who had stuck to his own trade, "who made the spade?"

Children Cry FOR FLETCHER'S CASTORIA

Coder—Can you spare a pore bloke a trifle, mister?  
 Minister—What a big able bodied man like you begging?

Coder—Well, yer got to be big an' strong ter beg these days without gettin' 'er!

The young postmistress, says Dr. Ayer's Magazine, was reading a postal card from the morning mail. Finally she turned it over to the address.

"Huh," she said in a disappointed tone, "this card is for me!"

Children Cry FOR FLETCHER'S CASTORIA

First Temp.—How low was my health! I used to dream of some true love. I used to dream about wear 'n' long pants, and now I guess I wear 'em longer than anyone else in the country.

Second Temp.—Oh, I dream, I remember I used to dream about wear 'n' long pants, and now I guess I wear 'em longer than anyone else in the country.

Third Temp.—How low was my health! I used to dream of some true love. I used to dream about wear 'n' long pants, and now I guess I wear 'em longer than anyone else in the country.

## DAINTY SANDWICHES HOW TO MAKE THEM

Delicate Fillings Nowadays Replace the Stab of Meat Used by the Titled Inventor.

It was the fourth Earl of Sandwich who, some hundred and fifty years ago, ate the first sandwich, and though that gaming card has long since shuffled his last deck of cards and taken his last trick, the ingenious article of diet which he invented has been in favor—increasingly so, in fact—ever since.

John Montagu, that was the earl's baptismal name, was an indefatigable card player. He played in the morning and he played in the afternoon, and he played in the evening, and then half through the night, and though he had a very good appetite he used to become so attached to his game that he actually refused to stop to eat.

So he ordered his servants to bring his meals to him and in order not to have to stop long enough to eat his meat and break his bread he had slices of bread, with thick slices of ham placed between them, which could be easily consumed between plays.

So sponsored by an earl, the sandwich came into favor in England and was speedily adopted as a convenient and tempting form in which to serve bread and meat at any time when the guests were not to be seated at the table. For refreshments at the card table, for receptions, for buffet breakfasts, for garden parties and for evening collations the sandwich came at once into prominence.

More Dainty Now

But what an evolution from the earl's coarse slices of bread and ham to the dainty layers of bread that we have nowadays, cut and rolled and tied into clever shape and put together with filling that taxes the ingenuity of the cleverest chef!

Although a sandwich is known by its filling, still the first thing to do in making a good sandwich is to make sure of satisfactory bread. Sandwich bread can be bought at almost all caterers or bakers. The task of cutting it with the bread knife, made very sharp, is heated before using. In cutting the bread it is also a good idea to butter each slice of bread on the loaf before cutting it. The butter should be softened, but under no circumstances allowed to become really hot.

As the slices are taken from the loaf care should be taken to keep adjoining slices in pairs so that after the filling is added the slices can be fitted exactly together again. Usually the butter is spread on one slice and the filling on the other.

Some Savory Fillings

Among the most appetizing sandwich fillings are the imported fish pastes. These pastes spread sparingly on the bread with a little shredded lettuce produce a delightful result.

Among other fillings that are always acceptable, though exceedingly usual, are those made from combinations of cream cheese, cream cheese and green peppers, cream cheese and olives, cream cheese and celery, and a dozen other tasteful combinations of cream cheese.

Among newer sandwich combinations are the following: Minced celery and mayonnaise dressing, with one slice of white bread and one slice of brown bread. Apple sauce, with lemon juice and grated lemon peel and whipped cream. These ingredients should be mixed thoroughly and spread on thin slices of whole wheat bread.

Dry broiled bacon and cooked chicken liver put through the meat chopper and mixed with mayonnaise dressing.

Minced celery, canned salmon and mayonnaise with shredded lettuce.

Raisins chopped and mixed with mayonnaise dressing, with or without the addition of chopped nuts.

For a heartier sandwich, chopped chicken livers with bacon and mayonnaise dressing and sliced tomatoes.

In making all dainty sandwiches the bread crust should be cut off after the slices of bread have been placed together. Then the sandwiches should be cut into dainty shapes. Triangles made by cutting a slice of bread diagonally into four pieces are easy to make. Narrow oblongs can be made by cutting the slice into lengthwise strips. With the use of fancy-shaped cutters more interesting effects can be gained.

Corks may be made airtight, and watertight by keeping them immersed in oil for five minutes.

'Catarrhzone' Prevents Bad Colds Strengthens Weak Irritable Throats.

Employ Nature's Own Methods and is Invariably Successful.

Few will escape a cold this winter, but alas many colds run into Catarrh. Neglected Catarrh is the straight gateway to consumption.

Catarrhzone is a germ killer—destroys microbes that cause Catarrh. It heats and soothes, relieves the cough, gives throat and lungs a chance, dispense the nostrils, cleans out the phlegm.

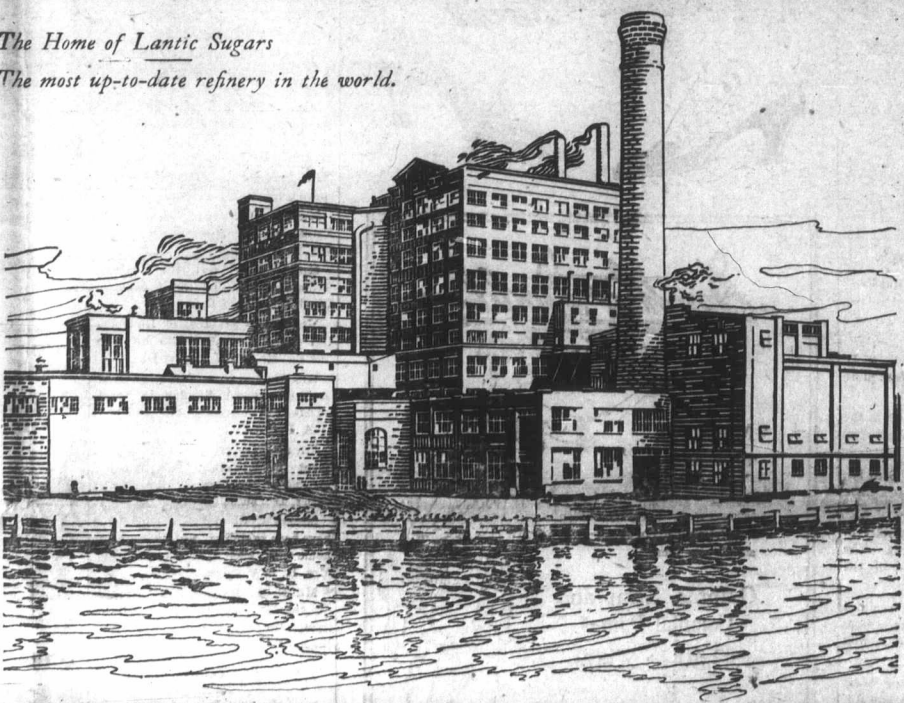
You feel better in an hour. In a day you're greatly relieved, and on goes the curing of Catarrh zone till you're well.

No treatment so direct. Catarrhzone goes right to the spot—acts quickly, cures thoroughly Catarrh, bronchitis and all throat affections.

"Nothing could kill a cold so fast as Catarrhzone," writes Avey E. Spring, from St. Johns. "Last month I had a frightful cold in my head, suffered from itching nose, running eyes and torturing headaches. Two minutes with 'Catarrhzone' inhaler gave relief and in one hour I was well as myself." Catarrhzone I consider a marvel.

Carry 'Catarrhzone' inhaler in your pocket or purse—take it to church—to the theatre—to work—use it in bed. It prevents and cures all manner of throat and nose troubles. Complete outfit, guaranteed, \$1.00. Small size 50c; sample size 25c, at dealers everywhere.

The Home of Lantic Sugars  
 The most up-to-date refinery in the world.



## This new Refinery gives to Canada the most up-to-date Sugar Refinery on the Continent

After a year and a half's work, we have completed and are now operating the most sanitary, up-to-date sugar refinery ever constructed. Every new and improved method of refining has been installed. No expense has been spared to make the sanitary conditions perfect.

Every step in the process of manufacture is one of care and patience for quality.

The result is that no hand touches the product from the time the raw sugar reaches the refinery until the perfectly refined sugar enters the home in the Original Packages.

Only cane sugar used in the refinery—no beets—no substitutes.

Tell your grocer to send you Lantic Sugar in original packages. This will ensure the purity and cleanliness of the sugar used in your home. Look for the Red Ball on every package.

# Lantic Sugar

## Atlantic Sugar Refineries Limited

MONTREAL, QUE. ST. JOHN, N. B.

**COAL COAL COAL**  
 Carefully Screened and Promptly Delivered.  
 Springhill, Albion and Old Sydney.  
**GIVE US A TRIAL**  
 Burgess & Co.

**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. ELDREIN,  
 '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  
 R. S. CRAWLEY,  
 Jan. 27, 1915.

**DOMINION ATLANTIC RY**  
 STEAMSHIP LINES  
 TO BRUNSWICK VIA  
 DOMINION ATLANTIC RY  
 STEAMSHIP LINES  
 VIA  
 VALDESVILLE LINE  
 — LAND OF EVANGELINE ROUTE  
 Wolfville Time Table  
 Corrected to Jan. 15th, 1915.

**DEPARTING.**  
 Express for Truro and Halifax 6.15 a.m.  
 Accom. for Halifax 12.30 p.m.  
 Express for Truro and Halifax 4.15 p.m.  
 Express for St. John and Yarmouth 9.51 a.m.  
 Accom. for Annapolis 1.50 p.m.  
 Express leaving at 9.51 a.m. connects at Kinsale with C. V. Branch train for Kingsport.

**ARRIVING.**  
 Express from Kentville 6.10 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 9.51 a.m.  
 Accom. from Halifax 1.50 p.m.  
 Express from Halifax 5.54 p.m.  
 These trains only run on week days.

**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 or new buildings.  
 Ask for our prices on soft and hardwood flooring, sashes, doors, verandah stock, sheeting, gutters, mouldings, frame stock, shingles and laths.  
 Ask for our Furniture Catalogue.  
**J. H. HICKS & SONS**  
 Furniture and Builders' Materials  
 Factory and Warerooms, BRIDGETOWN, N. S.