

INDIGESTION AND CONSTIPATION

Quickly Relieved By "Fruit-a-Lives"

Rochester, P. Q.
I suffered for many years with terrible indigestion and constipation. A neighbor advised me to try "Fruit-a-Lives". I did so and to the surprise of my doctor, I began to improve and he advised me to go on with "Fruit-a-Lives".

I consider that I owe my life to "Fruit-a-Lives" and I want to say to those who suffer from indigestion, constipation or headaches—try "Fruit-a-Lives" and you will be well!

COGNAC CAUDREAU
50c. a box, 6 for \$2.50, trial size 25c.
At all dealers or sent postpaid by Fruit-a-Lives Limited, Ottawa.

White Ribbon News.

Woman's Christian Temperance Union first organized in 1874.

Anti—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.

Badm—A knot of White Ribbon. Watchword—Agiates, educate, or seize.

Officers of Wolfville Union.

President—Mrs. B. O. Davidson.

1st Vice President—G. W. Miller

2nd Vice President—Mrs. McKenna

Recording Sec'y—Mrs. Ernest Rodden

Cos. Secretary—Mrs. W. O. Taylor

Treasurer—Mrs. H. Pines.

Substitutes.

Evangelistic—Mrs. George Bishop

Parlor Meetings—Mrs. Young

Laborer Work—Mrs. Fielding

Red Cross and Lumbermen—Mrs. J. W. Young

Press and Willard Hall—Mrs. M. P. Freeman.

White Ribbon Bulletin—Mrs. Hutchison.

Temperance in Sabbath-schools—Mrs. C. A. Patriquin.

Let us not therefore judge one another any more, but judge this rather, that no man put a stumbling block or an occasion to fall in his brother's way.—Rom. 14:13

Business meeting of the W. C. T. U. the last Friday of every month.

Here and There.

A cholera is a slow poison—slow but sure.

Abstain and be master; drink and be mastered.

Drowning one's grief in gin is not murder, it is suicide.

Abstinence is a virtue that can be practiced by all.

Some people say it is right to use liquor if you don't abuse it. No one abuses liquor, but the liquor user abuses himself.

Stop thinking; stop drinking.

Those who can take a drink and also do without it will soon have an opportunity to try the latter alternative.

A love for liquor means no love for liberty.

If a young man, as he takes his first drink, could see himself as he will be in a few years later, he would hesitate a long time before making the fatal start.

The world-wide war has now begun.

The war on rum must still go on.

The path to the saloon is often the road to ruin, but never the road to peace.

Master your appetite for liquor before liquor masters your appetite.

A glass of liquor has advanced in price, but the ultimate cost remains the same—Catholic Abstinence.

Anti-Narcotic Why?

A FEW "WHYS" TO ANSWER

If tobacco is not injurious, why is the cigarette the object of so much attention by temperance and anti-tobacco workers?

Why do honest smokers as a rule advise others not to smoke?

Why before giving an anesthetic do doctors ask if the patient smokes?

Why are prospective athletes forbidden to smoke?

Why are cigarette smokers an easy prey to diseases?

Why do not cigarette using students stand first in their classes?

Why do many countries prohibit cigarettes to minors? Japan leads in this respect. They protect the boys until 21.

One more "why" will do, while we might enumerate a great many more "whys."

If it does not hinder vocations, why do so many firms refuse to employ boys and young men who indulge in cigarettes?

Smoking a Cause of Cancer

Cancer of the mouth in civilized countries has been greatly reduced by good dentistry, 85 per cent of the cancers of the lip occur in smokers.

Formerly clay pipes which became very hot were much used, and there has been a notable reduction in the number of cancers of the lip since the clay pipe has gone out of fashion.

Smoking, however, is the cause of most cancer of the lip, the tongue and the floor of the mouth.—Major W. J. Mayo, U. S. War Department Lectures.

PROMPT RELIEF

for the acid-stomach, indigestion, flatulence, etc.

KI-MOIDS

after meals, dissolved in the tongue, keep your stomach sweet, KI-MOIDS—the new aid to digestion.

MADE BY SCOTT & BOWNE, MAKERS OF SCOTT'S EMULSION.

Why Cooks Leave Their Work.

From a suburban town where the domestic servant problem seemingly threatens soon to become insoluble—description fits too many suburban towns to be indicative of exact locality—comes a tale that deserves thoughtful attention.

As told it reveals a colored maid, not long acquired or particularly efficient, but highly paid and even more highly valued because so hard to replace, saying to her mistress the dreadfully familiar words, "I'm going to leave." Impassioned demands for explanation of this cruel purpose it last elicited the reply, "Because you have hurt my feelings," and then by further inquiries, still more impassioned, the maid's grievance was brought to light.

"Where your son came home from the war last night, you didn't introduce me to him. He has been fighting for me just as much as for you, and I wanted to talk to him."

To the thoughtful this is much more than an amusing story, and the wis: will not decide too hastily that the maid's grievance was not a real one or that her expectations were presumptuous.—New York Times.

General Debility Follows Influenza.

HEALTH CAN ONLY BE RESTORED THROUGH THE USE OF A BLOOD-MAKING TONIC.

Debility is a loss of vitality not affecting any one part of the body particularly, but the system generally. It is dangerous because it reduces the body's resistance to disease. When debility follows acute diseases, convalescence is slow, and one's strength does not return as it should. An attack of influenza often results in debility that persists for months. Everybody recognizes that the remedy for debility is to build up the blood, because the blood goes to every part of the body and any improvement in its condition is quickly felt throughout the system.

In cases of simple anemia, or debility following acute diseases, such as fevers or influenza, Dr. Williams' Pink Pills will be found valuable, because they really build up the blood and strengthen the nerves. There is no other medicine as valuable for growing children, and for men and women whose nervous energy has been overdrawn. They are worth a fair trial in every case where this blood and weak nerves have started the trouble. The value of Dr. Williams' Pink Pills has been proved in the home of Mrs. John Frank, of Orono, Me., who writes: "My daughter Mabel was troubled with a bad cough; she was pale, weak, and her appetite was poor, indeed I feared that she was going into a decline. A friend advised the use of Dr. Williams' Pink Pills and after taking eight boxes she was again enjoying the best of health. Again last autumn Spanish influenza attacked our home, and after the acute symptoms were past, both myself and another daughter were very much run down. My daughter was so weak that she could not walk to school and would tremble whenever she got upon her feet. I was so weak myself that I could not do my household work. Again we resorted to Dr. Williams' Pink Pills and in each case we took five boxes, when we were as well as ever we had been. I never enjoyed better health than I am now doing and am able again to do my household work. After our experience it is not possible for me to say too much in favor of Dr. Williams' Pink Pills."

You can get Dr. Williams' Pink Pills through any dealer in medicine, or by mail 15 cents a box or six boxes for \$1.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

Dolman and Cape.

As if the dolman were not a cape enough, this enviously chic expression of it must take on a cape supplement. It does that rather attractively, though you must allow, perhaps, just a bit one-sidedly too. But it is all the smarter on that account, says Milady Fashion.

To go into particulars, though, the wrap comes forth in the loveliest of uncolored, or colorless, with a delightful use of pleating to bring the smart irregularity of its hem line in to prominence. Don't miss that collar treatment, though in your interest for the pleating it rolls back gracefully and joins the cape at a yoke-line you see.

PILES

Do not suffer another day with this painful and humiliating ailment. Dr. Chase's Ointment will relieve you at once and is certain to cure you. Write for free literature to Dr. Chase, 1000 St. James St., Montreal, Quebec. Sample box free if you mention this paper and enclose 10c stamp to pay postage.

"What's the difference between valor and discretion?"

"Well, to go in a swell restaurant without tipping the waiter would be valor."

"I see. And discretion?"

"That would be to dine at a different restaurant the next day."

CASTORIA

For Infants and Children In Use For Over 30 Years

Always bears Signature of *Dr. J. C. Williams*

"Miss Willing, I'm going to propose to you."

"She—Really, Mr. Phox, it's so sudden."

"He—That we have seen her often."

"She—Oh, I shall be delighted."

"He—Some evening when the weather gets warm."

Empty compliments and senseless vows are on equal footing.

TEN TO ONE THEY'RE EDDY'S

When you are all out of matches, and you go to the nearest store for a fresh supply, 10 to 1 there's Eddy's.

The match box on the shelf above the kitchen stove, from which you help yourself so freely—10 to 1 it's Eddy's.

You strike a light—in the restaurant, the club or sleeping car—10 to 1 you'll find that Eddy's name is on the box.

EDDY'S MATCHES are practically universal in use throughout Canada. A match for every purpose, and every match fit for its purpose. The next time you buy matches, see that Eddy's name is on the box. It's your best guarantee of satisfaction.

The E. B. EDDY CO. Limited
HULL, CANADA
Also makes of Industrial Fibres and Paper Products.

The Importance of Cents.

No one should think lightly of the 25 cent Thrift Stamp as a means for gathering up the savings of the great mass of the people. If a cent Brits they have an opportunity for as low as 64. or 21 cents in the schools of New York State cities have recently been issued which enable the student to turn in one cent at a time and get credit for it. In other words, the more cents in the chest, the more the world does not hesitate to accept one cent that a child in his school desires to save.

I cured a horse of the Mange with MINARD'S LINIMENT.

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The Romance of Silver Islet

FIRST heard of Silver Islet when I was a child at school. It was one of the names in the list of "islands of the Great Lakes" with which our teacher dutifully plied us. Oddly enough that one remained in my memory. I recall wondering why we should have to learn about such a tiny spot on one of the lakes and why it was called "Silver Islet."

Some time later I heard its story. Back in the sixties before the Canadian Pacific Railway traversed Canada, Northern Ontario was little more than a name, a synonym for a wooded, rocky wilderness peopled by Indians. Yet even in those early days of pioneer work at Prince Arthur Landing—now Port Arthur—and the Hudson Bay trading post, on the banks of the Kaminiquia river, which was the embryo of the Port William, it was recognized for a geologist named MacFarlane to do the work of discovery which made that corner of the continent famous.

Mr. MacFarlane was employed by the Montreal Mining Co. to prospect on the company's locations around Thunder Bay in the summer of 1888. Deciding to make a geological map of the district, he sent his men to make a reconnaissance of the area. They were engaged in setting up pickets for this work, they came to a rocky ledge on a hillside where they noticed a vein worthy of reporting. Mr. MacFarlane visited the site and found it was a vein of chlorite diorite which cut through the native flagstones and shales. These flagstones were of geological value, but the prospecting's delight when he found the vein rich in silver. Nuggets of pure silver were picked up near the water's edge and the rich ore-bearing rock could be seen stretching far out under the water. The veins were quickly made, and in the fall the first shipments of ore were sent to Montreal. The location was called "Silver Islet."

How does a mine have such an ideal situation as Silver Islet? A little rocky dot in St. Peter's blue expanse, with the peaks of the north shore and the Sleeping Giant for a background, yet that which was charming in landscape proved to be a rich vein of silver. Lying outside Thunder Bay as it does, it has little shelter and hence is exposed to the heavy winter storms. Large stampmills were erected in the vicinity to take the expenditure of preparing for operation. So in the winter of 1890-91, the American capitalists, who began to settle on the mainland a busy settlement sprang up. The governor and officials occupied dwellings quite pretentious for the little mining camp. Large stampmills were erected and the addition of two churches and a prison gave a semblance of civilization to the little town.

For seventeen years the mine was operated with varying success. Yet to speak of the mine as a success is to speak of the little town as a success. It produced three million dollars worth of silver in the first seven years.

In the autumn of 1894 saw Lake Superior again swept by violent storms, which caused in this small town a great deal of suffering. The captain was forced to put into a southern port for shelter. When the ship returned, the captain was absent and he was unable to obtain another.

The miner let the failure of the coal supply cause the greatest consternation. Frank's efforts were made to keep the mine open, but finally the last embers died out in the firebox and the machinery stopped. Ready the workers withdrew, leaving the return of spring, and in the meantime the water and ice did their work. The water continued to rise and the mine was completely filled and all its passages and galleries submerged. The location was abandoned and water still renders its wealth inaccessible.

Today, the boats pass up and down the Thunder Bay, the attention of travelers is directed to a spot where a cluster of buildings, grey as the rock itself, mark the site of the mine. If one ventures upon the island, desolation and decaying ruins face him. The shaft buildings are falling in ruins, broken planks and loosened rafters make a treacherous footing. The furnaces are rusted, and the gigantic pumps are still, the ironbound ore buckets lie rotting on the ground. Water stands high in the shaft; it is dark, silent, covered with algae.

On the mainland summer residents delight in the calm, still water of the mining camp. The post office is a camper's supply store; the miners' cabins, which were once the summer homes for the holiday idlers, iron bars yet guard the windows of the prison. The houses are falling in ruins, broken planks and loosened rafters make a treacherous footing. The furnaces are rusted, and the gigantic pumps are still, the ironbound ore buckets lie rotting on the ground. Water stands high in the shaft; it is dark, silent, covered with algae.

Officers Promoted.

Brig-Gen. Alex. McDonald, 1st Canadian Division, has been promoted to the rank of major-general. Col. H. B. White, C.E.P., of Prince Edward County, Ont., who was second in command of the Forestry Corps, and Col. G. B. White, C.E.P., of North Renfrew, have both been given the rank of brigadier-general.

Let Nature Clear Your Blood

With pure, rich blood—a healthy system—the body is able to do its own work with ease and joy, and may have all three by taking

Dr. Wilson's HERBINE BITTERS

This splendid blood medicine—gives the system a regular "spring cleaning"—regulates liver and bowels—cleanses the blood of all poisonous matter—restores vitality and vigor—gives strength, vigor and a feeling of good cheer to the whole system.

At all stores, 25c. a bottle. Family size, 50c. a bottle.

The Bradley Drug Company, Limited, St. John, N.B.

Minard's Liniment Cures Diphtheria

Developing a New Clover Seed District

During the last three years Mr. Don H. Bark, Chief of the Irrigation Investigation Division of the Department of Natural Resources of the Canadian Pacific Railway, has been conducting a number of experiments in the growing of clover seed in Southern Alberta, and has met with surprising success. Before coming to Alberta in 1915, Mr. Bark was a farmer growing on farms, and was engaged in irrigation enterprises in Idaho. His experience in irrigation, ditch banks, and waste places in Alberta, from the boundary line to as far north as Edmonton, gave him a promise of good results. This promise was fully confirmed when he shelled hundreds of heads that he gathered. They revealed a large quantity of seed of unusually good quality.

The following year, therefore, he arranged for several plots to be planted in the various townships of the Canadian Pacific Railway situated in the irrigation block, east of Calgary, Alberta. The first year the yield from these plots was somewhat better, 200 pounds of seed of an equally good grade being produced. On the above basis, this represents a gross return of more than \$100 an acre.

One of the largest plots planted during the first year was three and a half acres, which were planted to alsike clover at Tilley, Alberta. This area produced the following year 3,815 pounds of an excellent quality of machine run seed per acre, an average yield of 748 pounds, or approximately twelve and a half bushels per acre. This seed could have been sold readily, without re-cleaning, to dealers at twenty cents a pound, which would have given a gross return of \$748 per acre. But such was the quality that after a thorough re-cleaning, there remained slightly over 200 bushels per acre of the seed, which is an excellent grade of seed. At this spring's retail prices each acre produced a gross revenue of upwards of \$240.

At the same place another plot, comprising almost an acre and a half, was planted to white Dutch clover in 1916. This crop had not yielded very well throughout the season, the stand having been thin and the growth rather indifferent, yet the total yield of 205 pounds of seed of an excellent kind were secured from this area in 1917. The average yield was 142 pounds per acre. As this seed was worth at least fifty cents a

head, the return secured was very satisfactory, despite the poor stand and indifferent growth of the clover. Last year the yield from this plot was somewhat better, 205 pounds of seed of an equally good grade being produced. On the above basis, this represents a gross return of more than \$100 an acre.

Mr. Bark shows the prolific nature of clover under conditions in Southern Alberta: In the fall of 1917, a one-acre lawn of Kentucky Blue Grass and White Clover at Castles, a small station west of Medicine Hat, on the main line of the Canadian Pacific Railway, appeared to contain enough ripe clover heads so that it would pay to harvest it. This accordingly was done, and the area threshed, 105 pounds of White Clover seed of an excellent grade and quality. This lawn, therefore, produced over 350 worth of seed, though it was not planted for seed production purposes.

Mr. Bark has gradually extended his experiments over a larger territory with equally favorable results. Three and a half acres planted to alsike clover at Rosemary, north of Brooks, Alberta, were harvested for seed in 1918, and although the stand was only fair, an average yield of 250 pounds of seed per acre was produced. Complete records were kept of the cost of handling this area, and at the rate of forty cents per bushel per man, and fifteen cents an hour per man, worked out at \$62.07, or \$17.75 per acre. The total seed produced was 865 pounds, which at twenty cents a pound, is worth \$177. The net profit from the three acres,

therefore, amounted to \$114.23, or \$36.31 per acre, not a bad return for one season from land that cost only fifty dollars an acre, although the crop was considered rather disappointing. But much better results were secured with white clover on the same farm. Of this, three acres produced 1,144 pounds of machine run seed, which when thoroughly re-cleaned weighed 1,033 pounds. White clover seed is now being sold on the Calgary and Winnipeg markets at sixty-five cents a pound. The gross return from the three acre plot would be no less than \$681.50. As in the case of the alsike clover, the actual cost of handling was carefully kept. It amounted to \$110.20 or \$36.73 an acre. It will be seen, therefore, that the actual net profit from these three acres was \$571.30, or over \$190 an acre. With such results it does not take many acres to provide a man with a good income.

Now that the possibilities of growing clover seed on the irrigated lands of Southern Alberta have been practically demonstrated, it will not be long before every farmer in the district is growing at least a few acres. The demand for high-class seed is so great and likely to be greater in the future, that the danger of causing a shortage of seed is very real, and the grower can rely on good prices. There is little doubt that within the next few years the industry will assume considerable proportions in Southern Alberta.

(1) Alsike clover at Carleton Place, Alberta.

(2) Field of alsike clover at Tilley, Alberta.

(3) Field of alsike clover at Carleton Place, Alberta.

(4) Field of alsike clover at Carleton Place, Alberta.

(5) Field of alsike clover at Carleton Place, Alberta.