

# 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!

**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.  
Bands—A knot of White Ribbon.  
Watchword—Agiates, educate, or amaze.  
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  
Cor. Secretary—Mrs. W. O. Taylor  
Treasurer—Mrs. H. Pines.  
SUPERVISORS.  
Evangelistic—Mrs. George Bishop  
Parlor Meetings—Mrs. Young  
Lambard Work—Mrs. Fielding  
Red Cross and Lumbermen—Mrs. J. W. Young  
Press and Willard Hall—Mrs. M. P. Freeman.  
White Ribbon Bulletin—Mrs. Hutchinson.  
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 Abstainer.

**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, try two or three  
**KI-MOIDS**  
after meals, dissolved in the tongue. Keep your stomach sweet—KI-MOIDS—the new acid 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 am 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 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 P. Ozer Sound, who says: "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 1.50 cents a box or six boxes for \$8.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

**DoIman and Cape.**  
As if the doIman were not a creature 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 multi-colored, or ecologues 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 annoying ailment. Dr. Chase's Ointment will relieve you at once and is certainly sure. Write for free literature, sample box and if you mention this paper send enclose 10c stamp to pay postage.

**Smoking a Cause of Cancer**  
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. Phoxxy, it's so sudden.  
—He—That we have seen her so often—  
—She—Oh, I shall be delighted.  
—He—Some evening when the weather gets warm—  
Empty compliments and senseless stunts 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 Fibers 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 Great Britain they have an impelling force as low as 64. or 71 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 one saves the more one saves.

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

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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 world 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 rough sketch of the great mass of the point. It was then they have an impelling force as low as 64. or 71 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 one saves the more one saves.

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## 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 Iowa, and was engaged in several years connected with various irrigation enterprises in Idaho. His experienced eye noticed that the clover growing on Iowa, ditch banks, and waste places in Alberta, from the boundary line to as far north as Edmonton, gave 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 a bushel 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 looked 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

pond, the return secured were 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 favourable 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 on the market is very remote, 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.

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 glut on the market is very remote, 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.

## A FARM PROFIT SHARING SCHEME

Profit-sharing is often heard of in connection with our industries, but a farm sharing scheme on this basis would altogether novel. Such a scheme has, however, been carried out with great success in Southern Alberta for a number of years. It is the hobby of a Mr. Noble, who has made a reputation all over the world by harvesting what was claimed to be a record crop of wheat on 1,900 acres the average yield per acre on this area working out at well over 110 bushels per acre. This is a record that has not been equalled anywhere outside of Alberta, though it is claimed that it was surpassed by another farmer in Alberta in that year of record grain crops.

Mr. Noble has devoted considerable study to the subject of profit-sharing, and has been successful in that he is entitled to a share of the wealth he creates, and in the Noble Foundation, the name under which his company is incorporated, and his associates have tried to put this theory into practice. This company owns and operates a farm property, stores, elevators to the value of over two million dollars.

Any employee who has been employed by the company to improve its value may become a shareholder in the scheme and the method of acquiring stock is very simple. The employee is required to pay ten per cent of his stock in cash and give a note for the balance at eight per cent interest. He then makes monthly payments of a certain amount to pay off the note, to which also his dividends are credited. In this manner his stock is paid off fairly rapidly.

Needless to say, many of the employees avail themselves of the opportunity to become shareholders. Last year they drew a dividend of fifteen per cent on their investment. The fact that last season was generally considered a dry one, by no means detracted from the fact that the company was paid, and in addition a considerable sum was placed in the reserve fund.

The results of the operations of this company are a striking example of the productive capacity of the soil in Southern Alberta and the kind of crops that may be expected if careful and proper farming methods are followed. It is questionable if the land they own is any better than millions of acres of other land in the province, yet last year, when the crop was generally considered a dry one, the average yield of wheat was twenty-four bushels of wheat per acre. Still more interesting is the average for the years 1913 to 1917, which was no less than thirty-eight

bushels of wheat and ninety-two bushels of oats—both such high average yields as these the big dividends need not cause any surprise.

As instances of the progressiveness of the Noble Foundation and its faith in the country was the purchase in the fall of 1917 of a large ranch of about 10,000 acres. On this property thirty-five miles of graded road have been constructed, sixty miles of electric line, twenty miles of well drilled and 15,000 acres broken. The profit-sharing scheme has been successful beyond expectation. Many employees have availed themselves of the opportunity to invest their savings in the company and are drawing dividends on their stock. Mr. Noble has proved that a large farm can be operated successfully in good years and bad under most modern methods, and the future of his profit-sharing scheme will be watched with great interest.

**Children Cry FOR FLETCHER'S CASTORIA**

The girl who is most popular with men in general is the most apt to make one man miserable for life.

## The Strain of Overwork

Your work is heavy, and sore, tired muscles are a common occurrence. Each time your back aches you blame it on your work, and just there the danger lies—for that pain in the back may not be from strain, as you suppose, but the forerunner of kidney or bladder trouble.

For your own interest, it is best to be particular and sure, as kidney troubles inevitably pull you down and destroy your earning power.

Take note of these symptoms. Do you get dizzy and have repeated headaches, painful urination, brick dust deposits, or feel drowsy and, generally, good for nothing? If so, it is your kidneys that are bothering you—not work—and Gills Pills are necessary.

No person can work properly when they feel sick, tired and dizzy all the time. The more they try, the more energy they use up, and this only tends to aggravate their condition, as the kidneys are already tired out with their over-work, and their congested state and perform their function properly.

The kidneys are vital organs, and when they become affected through any cause—you suffer until the congestion is relieved and the cause remedied.

Don't let your system become run down. A box or two of Gills Pills will relieve the kidney complaints and restore your old-time health and strength.

Your health is priceless. Don't risk losing it. Keep your kidneys in order always by taking Gills Pills.

Sold everywhere for 50c a box. Write for free sample to The National Drug & Chemical Co. of Canada, Limited, Toronto, Ont.

**Professional Office**  
**DENTISTRY.**  
**A. J. McKenna, D. D. S.**  
Graduate of Philadelphia Dental College. Office in McKenna Block, Wolfville.  
Telephone No. 45.

**M. R. ELLIOTT**  
A. S., M. D. (Harvard)  
Office at residence of late Dr. Beolas  
Telephone 23.  
Hours—8-10 a. m., 1-3, 7-9 p. m.

**D. S. HART,**  
Consulting Accountant and Auditor.  
Wolfville and Halifax.

**Chares Hogan, C. E.**  
Provincial Land Surveyor  
Surveyor, Plans, Levelling & Estimates.  
Church Street,  
Greenwich, Kings Co., N. S.  
Long distance telephone, Wolfville

**COAL!**  
**Acadia Lump,**  
**Albion Nut,**  
**Springhill**  
**Inverness**

**A. T. WHEATON**  
**PUBLIC NOTICE!**  
All persons having legal demands against the estate of Avar J. Woodman, late of Wolfville, merchant and undertaker, deceased, are requested to render the same duly attested within twelve months from the date hereof, and all persons indebted to said estate are requested to make immediate payment to:  
SELMA WOODMAN, Administratrix.  
OTTA FOSSA, Administrator.  
Wolfville, October 8, 1919

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

**TONIGHT**  
**Tomorrow Night**  
NR Tablets stop acid indigestion, relieve nervous strain, tone and regulate the eliminative organs, make you feel fine.  
"None But NR For Your Bill"  
A. V. Rand, Chemsand Druggist.

**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  
Subscriber to Mrs. Levy's Magazine, Canada's national magazine. Price 10c a year. H. P. Davidson, The Magazine Man.

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