

The Story of The Stairs

Every time you go up stairs you can test your state of health—the condition of your blood.

Do you arrive at the top of the stairs breathless and distressed? Does your heart palpitate violently? Do you have a pain in your side? Perhaps you even have to stop half way up with limbs trembling and head dizzy, too exhausted to go further without resting. These are unfailing signs of anemia. As soon as your blood becomes impoverished or impure the stair case becomes an instrument of torture. When this is so you are unfit for work; your blood is watery and your nerves exhausted; you are losing the joy of an active life and paving the way for a further break down and decline. In this condition only one thing can save you. You must put new, rich, red blood in to your veins without further delay and so build up your health anew. To get this new, rich blood give Dr. Williams' Pink Pills a fair trial, and they will give new vitality, sound health, and the power to resist and throw off disease. For more than a generation this favorite medicine has been in use throughout the world and has made many thousands of weak despondent men and women bright, active and strong.

You can get Dr. Williams' Pink Pills through any dealer in medicine or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

No Germans South of Marne Except Captives or Dead.

London, July 21.—No Germans remain south of the Marne except prisoners and dead. This message is sent from Reuter's correspondent at Headquarters and is timed Saturday.

COMPELLED TO RETREAT ACROSS MARNE RIVER.

Paris, July 20th.—The Germans, violently attacked on their right flank and south of the Marne, says the War Office tonight, have been compelled to retreat and recross the river. The French hold the entire southern bank of the Marne. More than 20,000 prisoners and 400 guns have been captured.

The text of the statement reads:—We have not had long to wait for the result of our victorious counter-offensive. The Germans violently attacked on their right flank and south of the Marne, have been compelled to retreat and recross the river.

We hold the whole south bank of the Marne.

Between the Aisne and the Marne, Franco-American troops continue to progress and have driven back the enemy, who is resisting stubbornly.

We have reached Ploisy and Percy Tigny and have passed beyond St. Remy—Blenzy and Rose—St. Ablin. Further south we hold the general line of the Priez Plateau, northeast of Courchamp.

The number of prisoners we have taken since July 18 exceeds 20,000. Over 400 guns have been captured.

AVIATORS BOMBED MARNE CROSSINGS

Our aviators, redoubling their activity in the day and night of the 19th, multiplied their raids and engaged in the severest battles against enemy forces. Franco British bombing squadrons, taking the Marne crossings as their principal objective have ceaselessly hampered, and at certain points, completely stopped the enemy supply service, thus playing an important role in the conflict which was about to provoke the retreat of the German troops.

Attacking with machine guns and bombs concentrations of troops which the enemy was preparing for counter attack, and on his columns of convoys, our aviators inflicted heavy losses on the enemy.

Minard's Liniment used by Physicians.

Peace on Allied Terms by Jan. 1st, Say Financiers.

(Boston Globe)

New York, July 15th.—It became known in Wall Street today that one of the leading exporting corporations in the United States had received a cable from its London agent advising it not to make marine insurance contracts at prevailing high rates on overseas tonnage beyond the first of the new year.

The correspondent informed his American principals that positive opinion was held in London banking and commercial circles that hostilities would cease before that date and the Allies would be victorious.

As this information was disclosed to certain financial interests in the greatest confidence, the name of the corporation was withheld.

Enemy Lost 3,856 Aircraft in Year.

During Same Period British Lost Only 1,994 Machines—Superiority Increasing.

London, July 15th.—In one year on the British western front the Royal Air Force has accounted for 3,233 enemy airplanes. In the same period the naval airmen shot down 623 a total of 3,856.

Summer Heat Hard on Baby.

No season of the year is so dangerous to the life of little ones as is the summer. The excessive heat throws the little stomach out of order so quickly that unless prompt aid is at hand, the baby may be beyond all human help before the mother realizes he is ill. Summer is the season when diarrhoea, cholera infantum, dysentery and colic are most prevalent. Any of these troubles may prove deadly if not promptly treated. During the summer the mother's best friend is Baby's Own Tablets. They regulate the bowels, sweeten the stomach and keep baby healthy. The Tablets are sold by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Former Czar Has Been Shot.

London, July 20th.—Former Emperor Nicholas of Russia has been shot, a Russian wireless statement today announces.

The former Emperor's correspondence including letters from the Monk Rasputin, who was killed shortly before the revolution, written to the then Emperor and his family, will be published in the near future, the wireless message declares.

A despatch from Ottawa dated July 15th states:—

Because of the limited supplies of substitutes for wheat flour at present available in Canada in comparison to the demand which would result from the operation of the recent order of the Canada Food Board requiring the use of substitutes in certain proportions by bakers, confectioners, public eating places and private houses, the Canada Food Board has deferred, until a date to be fixed, the operation of certain sections of that order.

Bakers, confectioners, public eating places and private households will not, for the present, have to use one pound of substitutes to every four pounds of wheat flour in baking. They must, however use one pound of substitutes to every nine pounds of wheat flour, as provided in the law now operative. Dealers in eastern Canada, as well as in western Canada, for the present will be required to sell one pound of substitutes with only every four pounds of standard flour.

Keep Minard's Liniment in the house.



MUSIC BY MAIL

We carry 25,000 Victor & Edison records. Will send by mail any number on approval. Send trial order or write for particulars.

N. H. PHINNEY & CO., Ltd.
HALIFAX, N. S.

News Must Not be Unnecessarily Lengthened.

In Europe the authorities have compelled newspapers to issue smaller pages or less in number on account of saving paper. This has also affected the United States and Canada where the large advertising issues of former years have been done away and more condensed news is now demanded by the public.

We find it necessary to make our war news and other items as brief as possible and ask everyone sending in news not to lengthen same by unnecessary adjectives or wordy paragraphs. When events are of sufficient importance we wish to have a full report.

Hereafter we are compelled to make all reports of marriages, deaths and reports of family functions quite brief. When same are sent us for publication they will be inserted free if they do not exceed five inches, over that length they will be charged for at our regular rate of fifty cents per inch.

We have so many things to report that are of some consequence and interest to our readers that long articles which may be of interest to but a few families may entirely crowd them out of our paper. When a list of wedding presents, floral offerings or family history are considered of sufficient importance we are willing to publish on the terms before mentioned.

Mr. W. C. Milner head of the Archives department is spending a vacation at Wolfville. He was in Kentville last week and while there obtained some important and valuable records for his archives department.

Dr. W. L. Archibald was home from Deep Brook for a while last week.

The Hershey-Wishman Co.

Entertainers at Chautauqua

Kentville, August 3rd.

Here are two well-known artists in two programs—afternoon and evening—of monologues, songs, impersonations and musical sketches. All quick and snappy. They will sing patriotic airs and never fail to delight their audience. The artistic presentations of Miss Janet Hershey will be a treat to Chautauqua audiences on the fourth day. Miss Ruth Wishman is a Boston girl and will easily hold up the reputation Boston has of producing good musicians.

Provincial Government Appointments.

His Honor the lieutenant-governor has been pleased to make the following appointments, viz:

To be a member of the executive council for Nova Scotia:—Robert Emmet Finn, of the city of Halifax, K. C.

To be a commissioner under section 1 of chapter 35 of the revised statutes of Nova Scotia, 1900:—Arthur H. Minshall, of Halifax, in the county of Halifax.

To be a stipendiary magistrate in and for the municipality of the county of Halifax—George Burris, of Upper Musquodoboit.

To be justices of the peace in and for the county of Halifax—Lieut. Raymond Watson Dill and Frederick J. Mahar, both of the city of Halifax.

To be a notary public—Lionel A. Forsyth, of the city of Halifax.

To be deputy attorney-general—Frederick Francis Mathers, in place of Stuart Jenks, resigned.

To be deputy provincial secretary and clerk of the executive council—Arthur S. Barnstead, of the city of Halifax, in place of Frederick Francis Mathers.

To be registrar of joint stock companies under the provisions of the Nova Scotia Companies act—Arthur S. Barnstead in place of Frederick Francis Mathers.

The Game Association at Yarmouth have received from the Government Hatcheries at Middleton, 200,000 salmon fry; 100,000 will be placed in Pearl Lake at Kempsville. The other 100,000 will be placed in Hooper's Lake, Deerfield.



Every 10c Packet of
WILSON'S FLY PADS
WILL KILL MORE FLIES THAN \$8.00 WORTH OF ANY STICKY FLY CATCHER

Clean to handle. Sold by all Drug

gists, Grocers and General Stores

First Enemy Shells to Land in America

Geaman U-Boat Operating Off Cape Cod.

Sank Three Barges, Set Tug on Fire and dropped Four Shells on Mainland.

Orleans, Mass., July 21st.—An enemy submarine attacked a tow off the easternmost point of Cape Cod today sank three barges, set a fourth and their tug on fire and dropped four shells on the mainland.

The action lasted an hour and was unchallenged except for two hydroplanes from the Chatham aviation station which circled over the U-boat causing her to submerge for a short time, only to reappear and resume firing. The crews of the tow, numbering forty-one and including three women and five children escaped amid the shell fire in life boats. Several were wounded but only one seriously. This happened to be John Btovich; an Australian of the crew of the tug. His right arm near the shoulder was torn away by a fragment of shell. The minor injuries of the others were from shell splinters. The one-sided fight took place three miles south of the Orleans coast guard station which is located midway between Chatham, at the elbow, and Highland light at the extreme tip of the Cape. The firing line was heard for miles and brought thousands to the beach from which the flashes of the guns and outline of the U-boat were plainly visible.

Possible danger to the onlookers was not thought of until a shell whizzed over their heads and splashed in a pond a mile inland. Three other shells buried themselves in the sands of the beach.

Air Raider Driven Back From Kent.

London, July 20.—A German airplane crossed the Kentish coast this morning and was driven back by the fire of anti-aircraft guns, according to an official announcement.

Tired Nervous Mothers Should Profit by the Experience of These Two Women



Buffalo, N. Y.—"I am the mother of four children, and for nearly three years I suffered from a female trouble with pains in my back and side, and a general weakness. I had professional attendance most of that time but did not seem to get well. As a last resort I decided to try Lydia E. Pinkham's Vegetable Compound which I had seen advertised in the newspapers, and in two weeks noticed a marked improvement. I continued its use and am now free from pain and able to do all my housework."—Mrs. B. B. ZIELINSKA, 202 Wells Street, Buffalo, N. Y.

Portland, Ind.—"I had a displacement and suffered so badly from it at times I could not be on my feet at all. I was all run down and so weak I could not do my housework, was nervous and could not lie down at night. I took treatments from a physician but they did not help me. My Aunt recommended Lydia E. Pinkham's Vegetable Compound. I tried it and now I am strong and well again and do my own work and I give Lydia E. Pinkham's Compound the credit."—Mrs. JOSEPHINE KIMBLE, 935 West Race Street, Portland, Ind.

Every Sick Woman Should Try

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

LYDIA E. PINKHAM MEDICINE CO. LYNN, MASS.