

AFRAID SHE WAS DYING

Suffered Terribly Until She Took "Fruit-a-tives"

ST. JEAN DE MATHA, JAN. 27th, 1914.
"After suffering for a long time with Dyspepsia, I have been cured by 'Fruit-a-tives'. I suffered so much that I would not dare eat for I was afraid of dying. Five years ago, I received samples of 'Fruit-a-tives'. I did not wish to try them for I had little confidence in them but, seeing my husband's anxiety, I decided to try and at once I felt relief. Then I sent for three boxes and I kept improving until I was cured. While sick, I lost several pounds, but after taking 'Fruit-a-tives', I quickly regained what I had lost. Now I eat, sleep and digest well—in a word, I am completely cured, thanks to 'Fruit-a-tives'."
MADAM M. CHARBONNEAU
'Fruit-a-tives' is the greatest stomach tonic in the world and will always cure Indigestion, Sour Stomach, Heartburn, Dyspepsia and other Stomach Troubles.
See a box, 6 for \$2.50, trial size, 25c. At all druggists or 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—Agiolate, educate, or gainze.

OFFICERS OF WOLFVILLE UNION.
President—Mrs. L. W. Sleep.
1st Vice President—Mrs. G. Bryant.
2nd Vice President—Mrs. J. D. Chalmers.
3rd Vice President—Mrs. Geo. Fitch.
Recording Secy—Mrs. W. Mitchell.
Cor. Secretary—Mrs. Geo. DeWitt.
Treasurer—Mrs. H. Pinno.

SUPERINTENDENTS.
Peace and Arbitration—Mrs. L. Reid.
Evangelistic—Mrs. Geo. Bishop.
Temperance in Sabbath-schools—Mrs. (Dr.) Brown.
Scientific Temperance in Schools—Mrs. G. Cullen.
Luncheon—Mrs. J. Kempton.
Willard Home—Mrs. M. Fineman.
U. B. Bulletin—Mrs. Langille.
Prose Work—Miss Margaret Barns.
Parlor Meetings—Mrs. J. Kaye.
L. T. L.—Mrs. Howe.

The Menace of Cocaine.

WHAT IS COCAINE?
Cocaine? What is it?
The 'Standard Dictionary' tells us: 'Cocaine, a white, bitter, crystalline alkaloid contained in coca leaves; used in medicine as a local anesthetic.'
And again, 'Coca, the dried leaves of a South American shrub of the flax family, used in medicine as a tonic, and chewed by the native Indians as a nerve stimulant.' Needless to add, there is no connection between the coca shrub and the cocoa palm tree that produces the cocoa nuts.
For years it has been known to English athletes, football players and others that by chewing leaves of the coca plant they could gain resistance against fatigue and indifference to blows and hurts. No particular harm comes from this chewing of the coca leaves in their natural state, but within a score of years, science, by concentrating their essence in the white powder or crystals of cocaine, has put into the hands of men, women and children a most terrible agency for evil.
Cocaine was unknown until about twenty-five years ago, but its abuse has grown so common and extensive that it has already invaded all classes of society and found its way into the ranks of school children.
The misuse of cocaine is undoubtedly the most threatening of the drug habits that has ever appeared on this continent. It is most terrible in its hold and effects of all drug habits. It destroys the moral sense, it wrecks the body. It is worse than morphine.

BAITED WITH SARDINES

German Soldier Could Not Resist—Was Fed and Made Prisoner
An important item on the menu of the French infantryman is tinned sardines.
At several points on the battle line, the French trenches are within 50 yards of the Germans, and not infrequently, in the intervals between active hostilities, and interchange of more or less complimentary remarks takes place.
At one such place a French soldier shouted across to the German opposite the information that he and his comrades were making a satisfying meal on a 'tinned grill' of cheese, sausage and sardines.
The German retorted that the Frenchman was a liar, whereupon an empty tin was thrown at him for evidence.
He admitted the weight of it, but suggested that it would have been better had the tin been a full one. A few seconds later a full tin fell a little way in advance of his trench, and a German, who was half-famished and careless of consequences, began to clamber after it, only to find that the Frenchman had tied a string to it, whereby they were able to keep it out of his reach.
A roar of laughter went up and a volley called to him that if he wanted sardines he must come to the French lines to eat them. The German hesitated, and then came and ate, after which he was taken to the commander.
Russia's rifle is of .3-inch calibre, and is similar in pattern to the Mauser.

Children Cry FOR FLETCHER'S CASTORIA

The Nazirite, during the term of his consecration, was bound to abstain from every kind of intoxicating drink and every product of the vine whether fermented or otherwise. Of the Nazirites mentioned in the Scriptures, the best known are Samson, Samuel, and John the Baptist.

AILING WOMEN OF MIDDLE AGE

Mrs. Doucette tells of her distressing symptoms during change of life and how she found relief.
Belleville, Nova Scotia, Can.—"Three years ago I was suffering badly with what the doctors called Change of Life. I was so bad that I had to stay in bed. Some friends told me to take E. P. Plunkham's Vegetable Compound and it helped me from the first. It is the only medicine I took that did help me and I recommend it. You don't know how thankful and grateful I am. I give you permission to publish what your good medicine has done for me."—Mrs. Susan Doucette, Belleville, Yarmouth Co., Nova Scotia, Canada.
Such warning symptoms as sense of suffocation, hot flashes, headaches, backache, faintness, nervousness, irritability, constipation, variable appetite, weakness and lassitude, and dizziness, are promptly relieved by intelligent women who are approaching the period in life when woman's great change may be expected.
Lydia E. Plunkham's Vegetable Compound irrigates and strengthens the female organs and builds up the weak nervous system. It has carried many women safely through this crisis.
If you want special advice write to E. P. Plunkham, Belleville, N.S., or to Mrs. J. W. Plunkham, 100 Front Street, Toronto, Ont., Canada. Send for a free copy of our book, 'How to Live and Stay Well'.

CASTORIA For Infants and Children. The Kind You Have Always Bought

Bears the Signature of *Dr. J. C. Hathcock*

Notes.

The truth sometimes hurts, but one hears so little of it that an anesthetic seldom is needed.
Next to adopting a set of resolutions, a mass meeting appears to be the most futile thing.
An optimist is a man on his way to enter his exit bit at a show. A pessimist is a man taking it away after the show is over.
No store ever failed if its newspaper advertising was good enough and big enough. No store ever succeeded if it was not.
Some people are always looking for trouble, while others complain that they can't get rid of it.
Orderly—If we please, general, the army wants to know how it kin get over the river.
Commandant—I'll think it over.
First Author—Have you heard that Soribrier has taken a wife?
Second Author—Yes, I suppose he wants to double his circle of readers.
Mildred's Linctum Cures Gargle in Gown.

Great-West Life Assurance Co.

Halifax Fire Insurance Co.
R. W. TUFTS Local Representative.
Get your Printing at this office.
Mildred's Linctum Cures Distemper.

If Catarrh Has Spoiled Your Hearing Get Cured To-day by 'Catarrhazone'

Don't Stay Deaf Any Longer—Follow the Progression—Use Catarrhazone.
Nine cases in ten of hard hearing are curable.
By curable we don't mean reliefable—we mean that the cause of hearing can be permanently brought back.
Catarrh usually causes the deafness. Cure the catarrhal condition and you remove the cause of your poor hearing.
If you were sure you had catarrhal deafness you would use a real cure at once—of course you would.
There is a cure for you—use that

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R. J. Whitten & Co. HALIFAX

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And we are well prepared to serve you in this line.
Our work is MEN'S CLOTHING OF ALL KINDS
In stitching a reputation. We use the best materials, employ the best workmanship and our styles are always right.
We guarantee every garment and shall be pleased to show goods and quote prices.
A. E. Regan, Wolfville

Leslie R. Fair, ARCHITECT.

ATTENBOROUGH, N. S.

THE WORK OF THE HUNS

Splendid Chateau of a Neutral American Completely Sacked
Mr. W. H. Payne, an American, who owns a chateau at Rosoy, on the Oise, but who was absent when the district in which it is situated was occupied first by British and then by German troops, pays eloquent tribute to the British and denounces the Germans with the utmost vigor for wholesale plundering. He states that the flag of the United States was flying from the chateau when the British retired, having done no harm, their officers not even using the bedrooms as sleeping apartments.
When the Huns arrived the American flag was torn down, and this is what happened to the chateau as related by its owner: "No words can describe the condition inside the chateau, of the lawns, the alleys and the wooded park after the Germans had left. In fact of the many thousands of dollars' worth of personal property there is not enough left of value to pay transport to Paris and commission on sale. All grannies, sideboards, vitrines, writing desks, and closets in bedrooms and elsewhere were opened by bayonets or heavy tools and all broken, torn up, destroyed or taken away. All objects d'art of value were taken away. All genuine silver, such as tea and coffee services, dining-room service, gold and silver dressing toilettes, silver mirrors and candlesticks were all taken away.
"All that remained were a gold glove stretcher, a silver nail brush cover (flattened out and destroyed) and a candlestick broken in three places and some plated silver. All table and other glassware and most of a porcelain table service, all of a large pharmac—stock, perfumery, etc., were taken or smashed into small bits. All ancient lace bedspreads, lace curtains, lace pillow cases and various pieces of ancient lace, as well as household linen of every sort, were used for the wounded, to wrap up the dead before burying, torn up or taken away.
"Nineteen bedrooms in the chateau and outbuildings were furnished complete. Not one blanket, sheet, pillowcase or eiderdown covering remains. All curtains were pulled down, linings torn out, destroyed or used for covering the wounded. All bed and lounge mattresses, pillows, springs and furniture were soaked with blood, medicine, etc. No clothing, shoes or hats were left belonging to my wife, self or my eight servants. Some dresses of my wife were slashed with knives and left hanging.
"Of over a thousand bottles of wine, including champagnes, port, very old red, white and Rhine wines, besides old cognac, liquors, whiskey, Benedictine, etc.—not one bottle remains. Only broken and empty bottles were found strewn all over the park."
Of the desolation left behind the German armies as they pass over the country this is a most striking picture. No wonder France resists to the death.

Help Lighten the Load.

Help lighten the load!
Humanity stumbles ahead on its road, Urged on o'er the deserts, beset by the good;
Men bend under burdens of hunger and care,
And women must suffer and toil and despair;
Yes, even the children astray in the strife,
Are bowed by the weight till they weary of life.
Hark! unto each soul that is here, not slave,
How clear sounds the call to arise and be brave.
Help lighten the load!
With all the strength that the heart can command,
With all the power of brain and of hand,
With will set to sacrifice, struggle and dare,
With love that seeks ever each burden to share,
With unflinching endeavor that stops not to ask
The length of the journey, the cost of the task.
Come, sons of the Kingdom! Come, children of God!
And along the dark path by the world's anguish trod,
Help lighten the load!

DR. A. W. CHASE'S CATARRH POWDER 25c.

It is sent direct to the diseased parts by the Improved Blower. Heals the ulcers, clears the air passages, stops discharges in the throat and permanently cures Catarrh and Hay Fever. See a box, blower free. Accept no substitutes. All druggists or Edmunds, Bates & Co. Limited, Toronto.

My Country.

I love my country love of its history and its traditions, and obedience to its laws.
I owe my country a patriot's heart; a citizen's interests and industry; a family's health and happiness.
And I owe my country one kindly helpful, tolerant, honest, happy, hard working, law-honoring human being.
My country owes me protection of life and property.
A sound elementary education; an honest and disinterested government in which I can place my trust.
Reliable public servants.
Preservation of the great natural resources of my land;
Wise expenditure of public funds.
A just system of taxation;
Opportunity to live and work and grow with high ideals of truth, probity and justice.

That Cold You Have

may bring sickness, doctors' bills and loss of work; you know that serious sickness usually starts with a cold, and a cold only exists where weakness exists. Remember that.
Overcome the weakness and nature cures the cold—that is the law of reason. Carefully avoid drugged pills, syrups or stimulants; they are only props and braces and whips.
It is the pure medicinal nourishment in Scott's Emulsion that quickly enriches the blood, strengthens the lungs and helps heal the air passages.
And mark this well—Scott's Emulsion generates body heat as protection against winter sickness. Get Scott's at your drug store to-day. It always strengthens and builds up.
14-1 Scott & Bowne, Toronto, Ontario.

Mother's Face.

Three little boys talked together.
One sunny summer day,
And I leaned out of the window,
To hear what they had to say.
'The prettiest thing I ever saw,'
One of the little boys said,
'Was a bird in Grandpa's garden,
All black and white and red.'
'The prettiest thing I ever saw,'
Said the second little lad,
'Was a pony at the circus—
I wanted him awful bad.'
'I think I saw the third little fellow
With a grave and gentle grace,
'That the prettiest thing in all the world
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When Hamilton's Pills are taken, they not only correct constipated bowels, but act upon the liver as well.
Quite unlike ordinary medicines, which purge and give temporary relief, Dr. Hamilton's Pills remove the conditions which cause biliousness and thus permanent cures are effected. No person who occasionally uses Dr. Hamilton's Pills ever suffers from the headache, bad stomach, or bilious complaint. Get a 25c box today.
One obtains success to day more by the noise that one makes than by the content that one has.

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WANTED.—Lime Sulphur and Oil Casks in good condition.

Melanson Mfg. Co., Ltd.

MELANSON, N. S. 24th St.
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. ELDERHIN, 'Broadview Farm', Wolfville.

Dairy Farm For Sale.

Fine Dairy Farm for sale near town of Wolfville, 28 acres of good land including hayland and pasture. Reduced 100 barrels apples last year. Milk route selling 70 quarts of milk per day in town. Seven quality dairy cows, 60 Hens and all farm machinery with farm. Part price may stand on mortgage if desired. Farm can be bought cheap.
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WANTED.—Lime Sulphur and Oil Casks in good condition.

Melanson Mfg. Co., Ltd.

MELANSON, N. S. 24th St.
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. ELDERHIN, 'Broadview Farm', Wolfville.

Dairy Farm For Sale.

Fine Dairy Farm for sale near town of Wolfville, 28 acres of good land including hayland and pasture. Reduced 100 barrels apples last year. Milk route selling 70 quarts of milk per day in town. Seven quality dairy cows, 60 Hens and all farm machinery with farm. Part price may stand on mortgage if desired. Farm can be bought cheap.
H. VANZOST, Wolfville.

Great-West Life Assurance Co.

Halifax Fire Insurance Co.
R. W. TUFTS Local Representative.
Get your Printing at this office.
Mildred's Linctum Cures Distemper.

Wm. Regan, HARNESS MAKER.

WANTED.
Beef Hides, Horse Hides, Veal Skins and Lamb Pelts.
Highest market prices paid.
Give us a call.
HENNIGER BROS. WOLFVILLE.
Military Wrist Watches Strong and Reliable \$5.00 up, Guaranteed
Ladies Wrist Watches
HERBIN'S SPECIAL for men and boys. A watch worth having. From \$2.50 to \$7.50. Sent under contract with the Waltham Watch Co.
J. F. HERBIN Repair Watchmaker and Optician.
Mildred's Linctum for sale every where.