Gleaned by the Way.

No amount of anxiety to save the folk can make up for unwillingness to save and serve folk.

'Can you keep anything on your stomach?' asked the ship's doctor.

'No, sir,' he returned feebly, 'nothing but my hand.'

Avoid alcoholic and capsicum tonics which burn hair and scalp. Use Bearine, a bear's grease pomade, which feeds the roots and makes hair grow.

Knicker—The cost of food has gone up.

Bocker—But it doesn't cost any more to pile the home plate with 200 pounds of beef.

We have to thank the Japanese for Menthol, which when applied in Davis' Menthol Salve is unequalled to soothe and heal insect bites and stings, sunburn, etc. 25c. a tin at druggists.

Him—But why not elope?

Her—We won't get any wedding presents.

Him—But think—we'll never have have to give any either.

Don't let anyone dictate to you, get what you ask for—the genuine 'D. & L.' Menthol Plaster, made for many years by Davis & Lawrence Co., for the quick relief of backache, headache, etc. Get the genuine.

In a jury trial last week, a lawyer, baiting a young country fellow, asked impetuously—'And what did you fill the cart with?' 'Wi' a shovel,' retorted the youth to the amusement of the court.

Your cough annoys you. Keep on hacking and tearing the delicate membranes of your throat if you want to be annoyed. But if you want relief, want to be cured, take Chamberlain's Cough Remedy. Sold by Rand's Drug Store.

Howard—When Dr. Incision operated on me he left a pair of surgical scissors in my anatomy. Can I sue him for damages?

Lawyer—Better just send him a large bill for storage.

You Can See It Work.

The beauty of Dr. Chase's Ointment as a healer of the skin in eczema, salt rheum, itching skin disease and old sores is that you can see from day to day exactly what it is doing. There is no guess work, no experimenting. It simply heals the skin and makes it soft, smooth and natural. It heals as if by magic. Prove this to your own satisfaction by trying it.

Owlett—I had an awful time thinking up an excuse to give my wife when I got home from the club last night.

Ascum—Did she demand one?

Owlett—Of course; I got home so early it piqued curiosity.

To Cure a Headache.

The experience of Mr. O. Barber, of Simcoe Ont., is of interest to all who suffer from headaches. He writes: "For a long time I was troubled with headaches, which came on about once a week with such violence that I could not eat or do my work. Headache powders and quick cures did no good. I then used six boxes of Dr. A. W. Chase's Nerve Food and have not been troubled with headache since. That was eight months ago."

'Sir,' began Lord Brokeleigh, pompously, 'I've called to request your daughter's hand in marriage.'

'That's out of the question, my man,' replied old Roxley. 'However, I don't want to seem altogther uncharitable, so here's $5 for you.'

PILES Dr. Chase's Ointment is a certain and guaranteed cure for each and every form of itching, bleeding and protruding piles. See testimonials in the press and ask your neighbors about it. You can use it and get your money back if not satisfied. 60c. at all dealers or EDMANSON, BATES & CO., Toronto.

DR. CHASE'S OINTMENT.

Ragson Tatters—Can't ye help a poor fellow wot's had an automobile pass over him? Kind gentleman—Certainly! Here's a quarter. How did it happen? Ragson Tatters—I wuz sleeping under a bridge last night when an automobile went across.—Chicago News.

Young girls frequently require a good invigorating and blood making tonic. For this purpose nothing equals Ferrovim, which is prepared from fresh lean beef, Citrate of Iron and pure old Spanish Sherry Wine. It soon brings color to the cheeks and strengthens the whole system. $1.00 a bottle.

'Let me leave you some of our booklets,' said the steamboat agent, 'they give illustrated descriptions of a number of our trips to the most remote parts of the world.'

'Take them away,' said the bank cashier, fearfully; 'if the directors saw 'em on my desk they would have my books overhauled sure.'

Baltimore, Md., Nov. 11, 1905.
MINARD'S LINIMENT CO., LIMITED.
GENTS,—I came across a bottle of your MINARD'S LINIMENT in the hands of one of the students of the University of Maryland, and he being so kind as to let me use it for a very bad sprain, which I obtained in training for foot races, and to say that it helped me would be putting it very mildly, and I therefore ask if you would let me know of one of your agents that is closest to Baltimore so that I may obtain some of it. Thanking you in advance I remain,
Yours truly,
W. C. MCCURAN.
14 St. Paul street,
Care Oliver Typewriter Co.
P. S.—Kindly answer at once.

Two Englishmen sat outside a cafe in a certain continental city, and one remarked to the other: 'Oh, the Emperor is a hopeless idiot!' Instantly a man who proved to be a policeman in mufti, rose from an adjacent seat and said: 'Sir, I arrest you for lese majestic. You say the Emperor is a hopeless idiot.' 'But my dear chap,' said the Englishman, 'I don't mean your Emperor. There are other Emperors in the world surely!' 'That may be,' replied the policeman, 'but ours is the only Emperor to whom that expression could apply. Come with me.'

Minard's Liniment Cures Dandruff.

Problems of Road Building.

Continued from Page 1.

keep the water out of the side ditches, so that there will be no chance whatever of seepage under the road. The engineer must study the topography of the country through which the road is passing and determine the amount of rainfall and thus the amount of water that he will have to take care of by means of his side ditches, culverts and bridges. I might say here that after the engineer has made his estimate regarding the amount of water that he must take care of at any certain point along his road it would be a very safe plan for him to double this estimate in making his calculation for the size of the culverts or bridges, for the reason that occasionally cloudbursts may take place, and more land may be cleared or burnt over, which will give him an excessive amount of water, a great deal more than he would have calculated from the topography of the country and the amount of rainfall. His road must be able to withstand such a flow of water, for if not it means a very heavy cost to the country or state for repairs. Wherever it is necessary to carry water from one side of the road to the other it should always be carried under the surface of the road, either through concrete, metallic or other special forms of culverts, which will prevent any of the water from coming into contact with the roadbed. As often as possible the water should be taken out of the side ditches and discharged into the adjoining fields in order to prevent the wearing action of an increased volume of water on the bottom of the ditches. The grade of the ditches should also be kept at a minimum in order to prevent the cutting action of swift running water. On the other hand, they should be given a sufficient grade so that the water can rapidly be carried out of the ditches, for otherwise there will be a tendency for water to seep under the road.

We may consider the wearing surface of the road as its roof, which must be kept as impervious to water as possible and be so constructed that the rainfall and melting snows will flow freely and quickly into the gutters on each side. On the other hand, however, the water must not flow so fast as to give it a cutting action and thus fill the surface of the road with slight depressions. Too much slope from the centre of the road to the side ditches is bad not only on account of the cutting action of the water, but it will also cause wagons to all travel in the same track, and there will also be a tendency for all vehicles to slide or skid. The road surface should have a gradual fall of about 1 to 30.

In preparing the roadbed careful attention should be paid to the character of the subsoil, as in many instances a soil will be encountered upon which it will be almost impossible to construct a satisfactory road without very careful surface and subsurface draining. After the surface has been brought to the right slope it should be thoroughly rolled, and any depressions that may be observed should be filled in with material of the same consistency and character as the balance of the roadbed. Any soft places that cannot be satisfactorily hardened by tamping should be cut out and filled in with the good material. This applies not only to the surface of a dirt road, whether it is to remain as such or is to be finally surfaced with macadam, sand clay or gravel, but it also applies to any weak places that may develop in the surface of any other materials.

No matter how carefully the roadbed may have been constructed, weak places are sometimes overlooked, and after the road has been in use for a short time these begin to develop. If they are repaired at once little or no damage will result to the road as a whole, and the repairing can be done at slight expense. On the other hand, if they are allowed to go for some time the cost of repairing them is not only increased, but they will permit water to seep down through them and begin to undermine the road.

The above four problems in regard to road construction apply to all classes of roads regardless of how they are to be surfaced, and the roadbed should be constructed just as carefully for a macadam, sand clay or gravel as a dirt road.

More Than Enough is Too Much.

To maintain health, a mature man or woman needs just enough food to repair the waste and supply energy and body heat. The habitual consumption of more food than is necessary for these purposes is the prime cause of stomach troubles, rheumatism and disorders of the kidneys. If troubled with indigestion, revise your diet, let reason and appetite control and take a few doses of Chamberlain's Stomach and Liver Tablets and you will soon be all right again. For sale by Rand's Drug Store.

In the short space of three hours, the other day, a dirt road across the great State of Iowa, reaching from the Mississippi to the Missouri, a distance of three hundred and eighty miles, was put in first class condition. By a prearranged plan, the whole distance had been divided into short sections, and at the given hour men and horses with the famous split-log highway drags did the work. The insident illustrates the popularity and the possibilities of the good roads movement.

For Chapped Hands.

Chapped skin whether on the hands or face may be cured in one night by applying Chamberlain's Salve. It is also unequaled for sore nipples, burns and scalds. For sale by Rand's Drug Store.

The olive tree produces alternate crops, a full yeild being generally followed by a scanty one the next year.

Red Rose Tea is so popular because "it's good tea" and because when you buy a package you have the comfortable feeling you're getting an article fully worth every cent you pay for it. 82

RED ROSE TEA "is good tea"

Prices: 30c., 35c., 40c., 50c. and 60c.

Exodus Not Yet at an End.

We hear a good deal about the tide of immigration which has set in from the American to the Canadian West. We do not hear so much about the exodus from Canada. This exodus is, however, still going on notwithstanding the fact that it is now overshadowed by the movement in the other way.

American returns show that during the twelve months ending with March while 103,789 Americans left the United States to settle in Canada 74,912 Canadians left Canada to settle in the United States. It is probable most of the Canadians going to the United States were from Quebec and the Maritime Provinces. The factories and cities of New England are nearer to that part of the Dominion, both geographically and in community of interest, than is the Canadian West.—Toronto Sun.

The pleasant purgative effect experienced by all who use Chamberlain's Stomach and Liver Tablets, and the healthy condition of the body and mind which they create, makes one feel joyful. Sold by Rand's Drug Store.

Eggs covered with boiling water and allowed to stand for five minutes are more nourishing and more easily digested than eggs placed in boiling water and allowed to boil furiously for three and a half minutes.

TUMOR OF YEARS GROWTH

Removed by Lydia E. Pinkham's Vegetable Compound

Winnipeg, Man.—"Eleven years ago I went to the Victoria Hospital, Montreal, suffering with a growth in the uterus. The doctors said it was a tumor, and could not be removed, as it would cause instant death. They found that other organs were affected and said I could not live more than six months in the condition I was in. After I came home I saw your advertisement in the paper and commenced taking Lydia E. Pinkham's Vegetable Compound, I took it constantly for two years, and still take it at times, and both my husband and myself claim that it was the means of saving my life. I highly recommend it to suffering women."—MRS. ORILLA BRADLEY, 284 Johnson Ave., Winnipeg, Manitoba.

One of the greatest triumphs of Lydia E. Pinkham's Vegetable Compound is the conquering of woman's dread enemy—tumor. If you have mysterious pains, inflammation, ulceration or displacement, don't wait for time to confirm your fears and go through the horrors of a hospital operation, but try Lydia E. Pinkham's Vegetable Compound at once.

For thirty years Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, has been the standard remedy for female ills.

FREEMAN'S NURSERY
WOLFVILLE.

Cut Flowers and Potted Plants.

Wedding Bouquets and Funeral designs made up at short notice.

W. A. Freeman,
Telephone No. 32. Proprietor.

MINARD'S FAMILY PILLS SUGAR COATED
FOR THE CURE OF BILIOUSNESS, SICK HEADACHE, COLIC, JAUNDICE, CONSTIPATION, NERVOUS DEBILITY, DYSPEPSIA, AND ALL DISORDERS OF THE STOMACH, LIVER AND KIDNEYS.
MADE BY MINARD'S LINIMENT CO.

H. LEOPOLD,
(Successor to Leopold & Schofield.)
Livery and Boarding Stable.
Stylish Single and Double Turnouts Furnished.
Teams meet all trains and boats.
All kinds of trucking and expressing attended to promptly.
Elm Avenue. (Next Royal Hotel.)
WOLFVILLE.

DOMINION ATLANTIC RAILWAY.
and Steamship Lines to
St. John via Digby, and Boston via Yarmouth.
"LAND OF EVANGELINE" ROUTE.

On and after Sept. 18, 1910, Steamship and Train Service of this railway will be as follows:

TRAINS WILL ARRIVE WOLFVILLE.
(Sunday excepted.)
Bluenose from Halifax Mon., Wed., Fri and Sat. ..... 12 45, p m
Express from Kentville ..... 6 15, a m
Express " Halifax ..... 9 58, a m
Express from Yarmouth ..... 4 13, p m
Express from Halifax ..... 5 39, p m
Bluenose from Yarmouth Mon., Wed., Fri and Sat. ..... 2 43, p m
Accom. from Richmond ..... 1 30, p m
Accom. from Annapolis Royal. 12 45, a m

TRAINS WILL LEAVE WOLFVILLE.
(Sunday excepted.)
Bluenose for Yarmouth Mon., Wed, Fri, and Sat. ..... 12 45, p m
Express for Halifax ..... 6 15, a m
Express for Yarmouth ..... 9 58, a m
Express for Halifax ..... 4 13, p m
Express for Kentville ..... 5 39, p m
Bluenose for Halifax Mon., Wed., Fri. and Sat. ..... 2 43, p m
Accom. for Annapolis Royal .. 1 30, p m
Accom. for Halifax ..... 12 45, p m

Midland Division.
Trains of the Midland Division leave Windsor daily (except Sunday) for Truro at 6.15 a. m., 7.05 a. m., and 5.10 p. m. and from Truro for Windsor at 6.55 a. m., 12.00 p. m. and 2.30 p. m., connecting at Truro with trains of the Intercolonial Railway and at Windsor with express trains to and from Halifax and Yarmouth.

Commencing Monday, Sept. 19th, the Royal and U. S. Mail Steamships
PRINCE ARTHUR AND **PRINCE GEORGE**
WILL LEAVE YARMOUTH
Mon., Wed., Fri. and Sat., on arrival of Bluenose trains from Halifax, arriving in Boston next morning. Returning, leave Long Wharf Sun., Tues., Thurs. and Fri. at 1 00 p. m.

Royal Mail Steamship Yarmouth St. John and Digby.
Daily Service (Sunday excepted) leaves St. John at 7.45 a. m., arrives in Digby 10 45 a. m.; leaves Digby same day on arrival of express train from Halifax.

Bluenose train from Halifax does not connect at Digby with S. S. Yarmouth for St. John.

S. S. Prince Albert makes daily trips (Sunday excepted) between Parrsboro and Wolfville, calling at Kingsport in both directions.

Buffet Parlor Cars run each way daily (except Sunday) on Bluenose trains between Halifax and Yarmouth.

Trains and Steamers are run on Atlantic Standard Time.

P. GIFKINS, General Manager.
Kentville, N. S.

Fred H. Christie
PAINTER
....AND....
PAPER HANGER.
Best Attention Given to Work Entrusted to Us.
Orders left at the store of L. W. Sleep will be promptly attended to.
PATRONAGE SOLICITED.

Bishop & Porter,
(Successors to J. C. Bishop.)
Carpenters and Builders,
Repairing and Shop Work a specialty.
Metalic Shingles and all kinds of Inside Metalic Fittings.
Agents for all kinds of outside and inside House Finish.
WOLFVILLE, N. S.

"PNEUMATICA"
The magic poultice. Stops pain in one night. For sprains, bruises, rheumatism, asthma, stomach trouble, cholera infantum, diphtheria, bronchitis, pneumonia, quinsy, lumbago and pains and aches of all descriptions.

PARRA-PHENIQUE
A perfect ointment prepared especially for physicians' use for chapped hands, salt rheum, eczema and all skin diseases. Use it for boils, bed sores, itch, ulcers, burns and scalds, insect bites, sore lips, etc. Introduced by Miss Emma Burgess, of Woodville. These goods at 50c. each, are for sale at the WOLFVILLE DRUG STORE.
They may be had of A. L. Hardy, Kentville and Albert Harris, Canning.
Try them and you will never be without them.

Property for Sale.
Centrally and pleasantly situated in the town of Wolfville, consisting of modern house of twelve rooms, barn and two acres in orchard. Yielded 100 barrels last year.
Apply to,
MRS. CHAS. STEWART.

Wolfville Real Estate Agency.
Persons wishing to buy or sell apply to
J. W. SELFRIDGE,
Manager.
Wolfville, April 27.

One Barrel of Flour Instead of Two

YES, in the old way there was one kind of flour for bread and another for pastry.

Now, OGILVIE'S ROYAL HOUSEHOLD FLOUR is an *all around* flour. It makes not only the very best bread but also the very best cakes, pies, biscuits, rolls, muffins, pop-overs, pancakes, dumplings, anything that you want to make or bake from flour.

"ROYAL HOUSEHOLD" saves *money* and *trouble*. Instead of having *two* barrels of flour in the house you can get along much better with *one*. And you can be certain that it is always uniform—will always come out right whether for Bread or Pastry.

ROYAL HOUSEHOLD is made from the finest grade of wheat in the world, Manitoba Red Fyfe wheat, and milled by the very finest machinery, in mills that are a model of cleanliness.

"ROYAL HOUSEHOLD" costs a trifle more by the barrel than ordinary flour but this trifle extra proves real economy when the loaves are counted. For "ROYAL HOUSEHOLD" goes farther than ordinary flour—farther in actual quantity of baked product.

Even if "ROYAL HOUSEHOLD" cost a *great deal* more than ordinary flour it would be well worth it for it is more *nourishing*.

You can't afford to buy *impoverished flour* at any price. You can't afford to skimp on *health*. And you *do* skimp on health when you buy flour just because it costs less than "ROYAL HOUSEHOLD". 25

OGILVIE'S ROYAL HOUSEHOLD

Hutchinson's Express & Livery
UP-TO DATE IN EVERY RESPECT.
Buckboards, Barouches, Single and Double Carriages. Good Horses; Careful Drivers; Fair Prices. Teams at all Trains and Boats. Baggage carefully transferred. Boarding Stables. Telephone No. 58.
T. E. HUTCHINSON, Prop., WOLFVILLE, N. S.

Hang Week's Wash in a Few Minutes on a Hill Clothes Dryer

Clean Compact
Why continue to fuss with unsightly, ungainly clothes lines and poles when you can get this neat, compact, convenient Hill Dryer.
Instead of being spread all over the yard and supported by numerous poles, every inch of every line on the Hill Dryer is within easy reach—so you can hang the whole wash without moving a step, without having to drag the heavy basket up and down the yard through snow or damp grass.

Capacious Convenient
Set up a Hill Dryer in a convenient spot near the house and see how many steps, how much time, work and bother it saves. Once use it and no one could ever coax you back to the old-fashioned clothesline method.
Hill Dryers are made in several sizes and styles for lawn, balcony and roof. Hold 100 to 150 feet of line—revolve so line comes to you—taken apart, folded up and put away, keeping your lawn entirely clear of obstructions.

Let us put one up in your yard ready for next wash-day. Or call and see it.
Quotations gladly furnished on application.
Illsley & Harvey Co., Ltd.
PORT WILLIAMS, N. S.

HARD COAL.
Schooner "Maple Leaf" is now on the way from New York. Give us your order now and save money.
BURGESS & CO.

SHEET MUSIC.
The CENTURY EDITION of sheet music (published in New York) is the most popular edition on the market.
Catalog prices run from 30c. to 75c. per sheet but by buying in large quantities from the publishers we are able to sell at 10c. per sheet or if sent by mail, 11c. per sheet.
Our sheet music catalog contains a list of over 1300 pieces. On request will send one to you, free.
N. H. PHINNEY & CO.
LAWRENCETOWN, N. S.
Five ware-rooms. Agencies throughout the Province.

To the Public:
The undersigned begs to notify the public that he is now prepared to undertake painting, paper-hanging, etc., of all kinds. Having had adequate experience he guarantees first-class work and entire satisfaction in every case. Orders may be left with Wolfville Decorating Co.
F. W. GODFREY.
Wolfville, Mar. 9, 1910. Phone 86.

Moir's Bread Rolls and Pound Cake.
Also all kind of temperate drinks and all lines of the best confectionery.
Try some and be convinced.
50 Sold at
A. J. PETER'S,
Main Street, Wolfville.

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—Agitate, educate, organize.

OFFICERS OF WOLFVILLE UNION.
President—Mrs. J. W. Brown.
1st Vice President—Mrs J. B. Hemmeon
2nd Vice President—Mrs. Chambers
3rd Vice President—Mrs R. V. Jones.
Cor. Secretary—Mrs Charlotte Murray.
Recording Secy—Mrs. W. Mitchell.
Treasurer—Mrs. T. W. Vaughn.
Auditor—Mrs. Wm. Robinson.

SUPERINTENDENTS.
Evangelistic—Mrs. G. Fitch.
Parlor Meetings—Mrs. L. Sleep.
Narcotics—Mrs. G. Bishop.
Press Work—Miss Margaret Barss.
Temperance in Sabbath-schools—Miss Annie Fitch.
Mothers' Meetings—Mrs. Prestwood.
Lumbermen—Mrs. J. Kempton.
Peace and Arbitration—Mrs. J. B. Hemmeon.
Flowers, Fruit and Delicacies—Mrs. L. Eaton.
Juvenile Work—Mrs. B. O. Davison.
Scientific Temperence, Instruction in Schools—Mrs. M. Freeman.
Aldershot Work—Mrs. L. Sleep.
To assist in Band of Hope—Mrs. L. Hutchinson.

Business Better.

'I have a thousand dollars less on my books the first of April 1909, than I had April 1. 1908. For the first three months of this year, under prohibition, I have done $1,100 more business than I did in the same three months of 1908, under license. Some of the saloon men circulated the statement that there was an increase in taxation, but upon investigation I found it was not so. There had been a very decided increase in the attendance of our public schools. I find an increase of 25 per cent. in my cash sales and collections, and in addition to 'hopeless' debts which are being paid up, I am selling more goods to reformed drunkards.'

This is the testimony of John D. Barnhart, a well-known hardware and furniture dealer of Decatur, Ill., which city of 25,000 voted 'dry' April 6, 1908

'This city (Decatur) cannot be beaten for business since the saloons were closed,' writes Ammann & Company, manufacturers of brick.

Despite the fact that there has not been too strict enforcement of Prohibition in Decatur for its first year by officials who were none too friendly to the law, 'there has been a steady increase in buildings, new houses going up every day,' writes Joseph Laphan, president of the Frank H. Cale Shoe Company. There has been less drunkenness, less carousing, a much more decent city than before, and arrests for drunkenness have fallen off 40 per cent. General business in the city is better.'—The National Advocate.

It is in time of sudden mishap or accident that Chamberlain's Liniment can be relied upon to take the place of the family doctor, who cannot always be found at the moment. Then it is that Chamberlain's Liniment is never found wanting. In cases of sprains, cuts, wounds and bruises Chamberlain's Liniment takes out the soreness and drives away the pain. Sold by Rand's Drug Store.

To keep a floor very white, scrub it with a mixture three parts of sand and one part of partly slacked lime. This will remove all grease spots and destroy all insect life.

Invest 25 cents in a box of Davis' Menthol Salve ("The D. & L.") and be prepared for a hundred ailments, which may not be dangerous but are very annoying and painful, like neuralgia, earache, sprains, burns, bruises, insect stings, cuts, piles, etc. It is a household remedy always useful for some trouble, and should be kept in the family medicine closet.

WILL MAKE HAIR GROW
BEARINE
Prepared from the grease of the Canadian Bear. Delicately perfumed.
The Standard Pomade for 40 Years.
All Dealers 50c. per Jar.
Davis & Lawrence Co., Montreal.

F. J. PORTER,
Licensed Auctioneer,
WOLFVILLE, N. S.
Will hereafter accept calls to sell in any part of the county.

H. PINEO,
EXPERT OPTICIAN,
WOLFVILLE.
Write if you wish an appointment either at your home or his.

$15.00 a week and Expenses
for man or lady to travel and appoint agents for established House. State age and previous employment. Permanent. E. McGARVEY, Mgr., 302 Wellington Street, West, Toronto.

McCalum's Lt'd.
McCallum's Ltd. beg to notify the public of Kings Co. that there will be a heavy rush of farm buyers from Great Britain through next March and April and all parties desiring to sell then should register their properties now with the Wolfville office.
F. J. Porter, Manager

WORLD'S DEBT TO CANADA

A Wonderful Achievement

Discovery of "Fruit-a-tives" has meant health for all

Canada's fame does not rest solely on her furs and wheat fields. Her rise in the esteem of the world is not due to her Cobalt mines. It is the work of her great men that has made her great. A graduate of McGill University has won lasting renown for his original researches in the realms of Physics.

Everyone knows that fruit is wholesome, when eaten judiciously. Physicians generally recognize the fact that fruit juices have a beneficial effect on the various organs of the body.

It remained for a Canadian physician to discover a process whereby the medicinal action of fruit could be so increased as to make the intensified juices a wonderful cure.

"Fruit-a-tives" is this combination of fruit juices and tonics. Since its introduction to the public, "Fruit-a-tives" has met with a success accorded to no other medicine in the world. The reason is plain. "Fruit-a-tives" is the one remedy that is actually made of fruit, and is the only remedy that naturally cures Constipation, Biliousness, Indigestion, Headaches, Rheumatism, Neuralgia, Backache, Kidney and Skin Troubles. At all dealers, 50c. a box, 6 for $2.50, or trial size, 25c., or from Fruit-a-tives Limited, Ottawa.

Walk.

There's nothing like it.

Getting in training is easy.

Loose, comfortable clothing is necessary.

To begin with, one may walk a quarter mile.

The following day a half mile should be walked.

Then add a quarter of a mile every day until the four mile point.

Some find it an advantage to go up the scale a bit more slowly.

It may be well in many cases to take the half mile, one-mile, two-mile and three-mile walks several days before attempting an increase.

Chamberlain's Cough Remedy has become famous for its cures of coughs, colds, croup and influenza. Try it when in need. It contains no harmful substance and always gives prompt relief. Sold by Rand's Drug Store.

Spots on a polished table caused by setting a glass thereon may be removed by the application of camphor to the discolorering. A second treatment is sometimes necessary.

ANOTHER CASE OF CHRONIC RHEUMATISM
Cured by Father Morriscy's No. 7.

Green Hill, N.B., Nov. 28th, 1909.
Father Morriscy Med. Co., Ltd.
It affords me great pleasure to be able to add my testimonial to those of the many hundreds for whom Father Morriscy's Medicine has wrought wonders.
For several years I was a great sufferer from Rheumatism; I tried many remedies but they proved unavailing, until in the fall of 1906 I tried Father Morriscy's No. 7 for Rheumatism, and after using it a short time I was cured. I shall be glad to answer any enquiries from the suffering ones.
MISS PHOEBE MACNEILL.

Father Morriscy's No. 7 removes the cause of the trouble—the uric acid in the blood—and strengthens the kidneys so that they can keep the blood filtered and pure. When No. 7 drives out the rheumatic pains it drives them out to stay.
No. 7 Tablets are put up in 50c. boxes. At your dealer's or from Father Morriscy Medicine Co., Ltd., Chatham, N.B. 87

If You Ride Horseback,
or drive in a carriage, see before you make a start that the Trappings or
HARNESS
are in good order.
Repairs executed promptly. All work will prove highly satisfactory.
We carry a full line of Harness Dressing, Axle Grease, Whips, etc
Also Buckles, Straps, Rivets, Punches, You'll not find our prices too high.
Wm. Regan,
HARNESS MAKER.

WANTED
A Representative for Wolfville, N. S. This is the time to sell nursery stock.
We pay liberally and offer steady employment. Our list of Specialties embraces a rare and choice list of ready sellers in both Fruit and Ornamental stock, Seed Potatoes, &c.
Write for terms and catalogue.
STONE & WELLINGTON
The Fonthill Nurseries (Established 1837)
TORONTO - ONTARIO

This May Interest You.
Last year the sale of Pelham's Peerless Fruit and ornamental trees increased 46 per cent in Nova Scotia because we deliver standard trees and to contract grade. Our agents made money in proportion to the increase in sales. We want now a reliable agent for Kings county.
Pay Weekly. Exclusive Territory.
Write for best terms.
PELHAM NURSERY CO.
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