CONSTANT PAIN AFTER EATING

The Tortures of Dyspepsia Corrected by "Fruit-a-tives"

ST. MARTIN'S, N.B.

"For two years, I suffered tortures from *Severe Dyspepsia*. I had constant pains after eating; pains down the sides and back; and horrible bitter stuff often came up in my mouth.

I tried doctors, but they did not help me. But as soon as I started taking '*Fruit-a-tives*', I began to improve and this medicine, made of fruit juices, relieved me when everything else failed."

MRS. HUDSON MARSHBANK.

50c. a box, 6 for $2.50, trial size 25c. At all dealers or sent postpaid 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—Agitate, educate, or anize.

OFFICERS OF WOLFVILLE UNION.

President—Mrs. B. O. Davidson.
1st Vice President—Mrs. G. W. Miller
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Red Cross and Lumbermen—Mrs. J. W. Vaughn.
Press and Willard Hall—Mrs. M. P. Freeman.
White Ribbon Bulletin—Mrs. Hutchinson.
Temperance in Sabbath-scobols—Mr. C. A. Patriquin.

Let us not therefore judge one another any more, but judge this rather, that no man put a stumbling block or a occasion to fall in his brother's way.—RM. 14: 31

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

Peterkin's Problem.

He had been called Peterkins ever since he was a baby in long dresses. The nickname distinguished him from big Peter, who was his father. But when dignified Aunt Julia came to visit in the little boy's home, she declared it was a shame to continue to call him Peterkins when he had arrived at the mature age of seven years. However, the loved nickname seemed to cling to him and no doubt he will be known as Peterkins to the end of the chapter.

Aunt Julia was a woman of great wealth and so she decided to use her money and influence to help her nephew's family socially. Accordingly, she arranged a big lawn party and invited all the well-known people in the little town where Peterkins had been born and reared. The little boy was very much excited over the approaching festivity. Wonderful awning tents had been stretched where there were no trees to sheltee the guests and pretty little green tables with chairs that just fitted under them were grouped in convenient places. Great tubs of ferns and palms boxes of flowers, candy baskets and icecream frozen in the shape of peaches, cherries and other fruits appeared quite miraculously from the city where Aunt Julia lived in a stately brown stone house. There was a fountain almost hidden in a network of green vines and flowers where punch was to be served by some pretty girls.

Peterkins stood watching the servants squeeze lemons, oranges and other fruit juices into a mammoth tub. Then Aunt Julia came to taste the punch when it had been sweetened.

'There is a case of champagne on ice, Thomas,' Peterkins heard her say to the grave old butler whom she had brought from the city for the occasion. 'Pour in about six bottles directly after the first guests arrive and then add the champagne as you need it. The people down here are not accustomed to liquor, so you had better use it moderately. It may fly to their heads and cause complications.' Aunt Julia laughed knowingly and Thomas answered deferentially, 'Yes, ma'am.'

Peterkins was astonished. All his pretty air castles went tumbling about his ears. The wonderful, wonderful garden party was to be a failure. Aunt Julia expected to serve champagne. Peterkins knew that half the guests would leave as soon as they found it out, for the people there were strong for prohibition, and he also knew that his beloved Sunday school teacher, who was the leader of the temperance union, would think that he and his mother were traitors to the good cause they had promised to assist.

Peterkins was genuinely troubled. He remembered hearing his father say that if it had not been for the good influence and love of Peterkin's mother, he would have been a drunkard himself. And now Aunt Julia was preparing unconsciously to tempt that same dear father. Peterkins tried to make up his mind just what was the right thing and the best thing to do under the circumstances. It was already eleven o'clock and the time set for the party was only four hours away. He determined to go to Aunt Julia and explain matters to her. But what if she resented his plea! Suppose he should make her mad and she would leave suddenly, thereby hurting his father and mother! It was a very complicated state of affairs, but Peterkins was no coward, so he decided to mention his trouble to Aunt Julia. She was the cause of it, so of course she was the very person to remedy it.

She was in the hands of her trim little white-capped maid when, after knocking, Peterkins was admitted to her room.

'Well, little boy, are you almost ready for the party, and have you invited all your nice little friends to come and eat icecream with you?' asked Aunt Julia, smiling.

'I—I was going to, but—but I haven't, that is not yet,' stammered Peterkins.

'Why, what's the matter? Have you quarrelled with all the girls and boys around here?'

'No ma'am. All of us belong to a temperance society and they wouldn't come if they knew you were going to have wine in the punch, so I just did not ask anybody.'

(To be continued)

PILES Do not suffer another day with Itching, Blind, or Bleeding Piles. No surgical operation required. Dr. Chase's Ointment will relieve you at once and as certainly cure you. 60c. a box; all dealers, or Edmanson, Bates & Co., Limited, Toronto. Sample box free if you mention this paper and enclose 2c. stamp to pay postage.

Ford to Build Gasoline Street Cars.

Prophesying that street railway traffic would be doubled at least if short headways and low graduated fares went hand in hand, Henry Ford proposes to build a gasoline driven street car that shall be to other street cars what the Ford is to automobiles. Mr. Ford said he considered that if railway men saw to it that the service was so good and so cheap that the owner of an automobile would use the street cars habitually instead of occasionally, the number of street cars would speedily increase a hundred thousand to a quarter of a million.

This car, according to his idea, will be so light that its fuel consumption on rails will be extremely low, and furthermore, it would not require heavy expense for track construction and upkeep.

Be Ready For Emergencies.

The best way is to always keep a bottle of Dr. Chase's Syrup of Linseed and Turpentine in the house, ready for emergencies. Then when croup or colds come suddenly they can be promptly cured before they have time to reach an acute and dangerous stage. To meet this requirement we have put the syrup up in family size bottles which contain nearly three times as much as the 25 cent bottle and sell at 60 cents.

Fruit Worms That Destroy Apples.

In eastern Canada several different kinds of fruit worms cause serious losses in apple orchards. The Entomological Branch of the Dominion Department of Agriculture has specially investigated this injury and the results of such investigation are published in Entomological Bulletin No. 17 entitled "The Fruit Worms of the Apple in Nova Scotia", prepared by G. E. Sanders and A. G. Dustan. Fruit growers in the maritime provinces will find this bulletin of 16 pages very useful. The general life-histories of the injurious fruit worms are given, with popular descriptions of the insects in their different stages. The injury effected by these caterpillars is discussed and important recommendations for their control made. Nine illustrations appear in the bulletin. These show young apples bitten into by fruit worms, as other feeding habits of the caterpillars, and in addition some of the species are shown in various stages. Copies of the bulletin may be had free of charge on application to the Publications Branch, Department of Agriculture, Ottawa. A technical edition of the bulletin contains scientific descriptions of fruit worms, and is of special value to economic workers. Enquiries regarding insects in general should be addressed to 'The Dominion Entomologist, Department of Agriculture, Ottawa, Ont.'

Used For Shaving.

Many men are troubled, more particularly in the cold weather, with a sort of roughness of the skin or eczema, caused by shaving. The application of Dr. Chase's Ointment after each shave soon cures the trouble and by using it after each shave you keep the skin soft and prevent irritation and soreness. Because of its antiseptic qualities this ointment prevents and cures Barber's Itch.

When a man gets into trouble the majority of those who call to sympathize with him are only after the particulars.

Help the Y.M.C.A. Finish its Work For Soldiers

Help the "Y" Construct the Manhood that will Re-construct Canada

The Y.M.C.A. will keep its chain of Service unbroken till the end.

ALL the world now knows that the Red Triangle of the Y.M.C.A. was the "Sign of Friendship" to thousands of your brothers, sons, nephews, cousins and neighbours' boys in the last four and a half years. Wherever the Canadian Soldiers went, the "Good old 'Y'" went too. And now it is coming back home with them!

For the support which has made possible the war work of the Y.M.C.A. we thank you. Your money has been well expended. We have rendered full account.

We ask now your continued sympathy and support for Red Triangle Service for our Soldiers during demobilization, and for Y.M.C.A. work for Canada generally during the Reconstruction period. The Annual Red Triangle campaign will be held throughout Canada May 5th to 9th, 1919. The objective is $1,100,000.

For Our Men Returning

For the soldiers and their dependents, returning from Overseas, we have provided as follows:—

1. A Red Triangle man on board every ship when it leaves Great Britain, with a full equipment of games, gramophones and records, magic lantern, literature and writing materials. Where possible, also a piano or an organ. Lectures, concerts, sing songs, instruction re Government repatriation plans, and Sunday Services.

2. Red Triangle comforts and facilities for the men on arrival at Halifax, St. John, Quebec and Montreal, including coffee stalls, with free drinks, free eatables, cigarettes, candies, etc.

3. Red Triangle men on every troop train to provide regularly free drinks, eatables and cigarettes, organize games and sing songs, and furnish information.

4. Red Triangle free canteen service, information bureau, etc., at each of the 22 Dispersal centres in Canada.

5. Red Triangle Clubs in the principal cities of Canada in the shape of large Y.M.C.A. hostels to furnish bed and board at low rates and to be a rendezvous for soldiers.

6. Seventy-five Secretaries to superintend Red Triangle service in Military Hospitals, Camps and Barracks throughout Canada.

7. Tickets entitling soldiers to full Y.M.C.A. privileges for six months at any local Y.M.C.A. furnished.

In addition to our work for the returning soldiers, we have to maintain the Red Triangle service to the full for the soldiers in Siberia, as well as the work of special secretaries in Northern Russia, Palestine and Poland.

For Canada's Manhood

The Reconstruction program of the *Y. M. C. A.* includes the following vitally important developments:—

1. An increased service to 300,000 teen-age boys in the Dominion—the development of Canadian Standard Efficiency training; Bible Study groups; summer camps; conferences; service for High School boys, for working boys, in the towns and cities; for boys on the farm and for boys everywhere, who have lacked opportunity for mental, moral, physical or social development.

2. Inauguration of Y.M.C.A. work in the country, and the smaller towns and villages lacking Association buildings and equipment, on a plan of county organizations. This will include the establishment of Red Triangle centres for social, recreational and educational work among boys and men, in co-operation with the churches.

3. The promotion of Y.M.C.A. work among Canada's army of workers in industrial plants, both in Y.M.C.A. buildings and in the factory buildings, organizing the social spirit among the industrial workers of our cities by meetings, entertainments, games and sports.

4. The establishment of the Red Triangle in isolated districts where lumbermen, miners and other workers hold the front trenches of industry.

5. Besides these main fields of increased activity for 1919, we have to provide for enlarged work among railway men, college students and for our campaign to encourage physical and sex education. Under all our work we place the fundamental foundation of manly Christianity.

Canadian Y.M.C.A. Red Triangle Campaign $1,100,000 May 5 to 9 Canada-Wide Appeal

Y.W.C.A.

For the wives and children Overseas, dependent upon Canadian soldiers, and for Y.W.C.A. work in Canada generally, a sum of $175,000 from the Red Triangle Fund will be set aside for the Dominion Council of the Y.W.C.A., which is caring for the soldiers' women folk, and their little ones on the long journey, from Liverpool to Canada, and is also extending its work for Canadian girls.

For their sake also be generous when you make your contribution.

FOR the sake of our victorious soldiers and their dependents, and the happiness of their home-coming; for the sake of our future citizens, our teen age boys; for the sake of rural life in Canada; for the sake of the social betterment of the toilers in factory and workshop; for the sake of lonely men and boys in our mines and forests; for the sake of Christian Society and Canadian manhood—we appeal to you. Give us your contribution, little or big. Be as generous as you can.

Hand your contribution to the canvasser when he calls, or if you live where it is difficult for him to call, send it by check, money order or registered letter to the National Treasurer, Red Triangle Campaign, 120 Bay Street, Toronto.

Please Note:

We are not asking for money to carry on our work Overseas, with the Army in Great Britain, France or Belgium. That work will continue at its maximum for some months, financially provided for by the liquidation of our assets Overseas, and will not terminate till the last man has sailed for home.

National Council, Young Men's Christian Associations of Canada

The Red Triangle Campaign is being conducted under the distinguished patronage of His Excellency, the Duke of Devonshire, K.G., G.C.M.G., G.C.V.O., P.C.

Hon. Campaign Chairman: JOHN W. ROSS, Montreal
Campaign Chairman: G. HERBERT WOOD, Toronto
Campaign Treasurer: THOMAS BRADSHAW, Toronto
Campaign Director: CHAS. W. BISHOP, Toronto 150

Dried Fish.

The Lunenburg fleet has returned home from what is known as the frozen bait trap and reports an average catch of about 500 quintals which is satisfactory. The fleet was larger this year than usual, totaling about 60 vessels; the catch would approximate about 30,000 quintals, and probably half would be cod and half would be haddock, worth approximately $13.00 and $10.00 per quintal respectively. The amount of fish taken is considerably more than at this time last year because of the fact that so many vessels went out. It is doubtful, however, if the trip would be exceedingly profitable as the expenses of outfitting are higher today than ever before. The fleet will not remain long in port; in fact it will be getting away as quickly as possible to make a start on what is known as the regular spring trip.—Maritime Merchant.

All knowledge is lost which ends in the knowing, for every truth we know is a candle given us to work by. Gain all the knowledge you can, and then use it for the highest purpose.

There are two kinds of freedom—the false, where a man is free to do what he likes; the true, where a man is free to do what he ought.

Minard's Liniment Co., Limited

I was very sick with Quinsy and thought I would strangle. I used MINARD'S LINIMENT and it cured me at once. I am never without it now.

Yours gratefully,
MRS C D PRINCE
Nauwigewauk, Oct. 21st.

And, having thus chosen our course, let us renew our trust in God and go forward without fear and with manly hearts.—Abraham Lincoln.

Children Cry
FOR FLETCHER'S
CASTORIA

Life is no idle dream but a solemn reality, based upon eternity. Find out your task; stand to it, the night cometh when no man can work.

Help Your Digestion

When acid-distressed, relieve the indigestion with

KI-MOIDS

Dissolve easily on tongue—as pleasant to take as candy. Keep your stomach sweet, try Ki-moids

MADE BY SCOTT & BOWNE
MAKERS OF SCOTT'S EMULSION

Halifax & South Western RAILWAY

Trains Leave Bridgewater:

6:30 Accom. daily except Sunday for Halifax and intermediate stations.

5:20 Accom. Tuesdays, Thursdays and Saturday for Liverpool and intermediate stations.

7:35 Accom. daily except Sunday for Middleton and intermediate stations.

10:15 Accom. daily except Sunday for Mahone Jct. and Lunenburg.

12.15 Accom. daily except Sunday for Yarmouth and intermediate stations.

15:40 Accom. daily except Sunday for Halifax and intermediate stations.

17.00 Accom. daily except Sunday for New Germany, Caledonia and intermediate Stations.

17.20 Accom. daily except Sunday and Wednesday for Mahone Jct. and Lunenburg.

21.30 Accom. Wednesday only for Mahone Jct. and Lunenburg.

Connection at Middleton on Wednesday for Port Wade.

CUNNINGHAM,
Div. P. & P. Agent, Halifax.

It is a chance that makes brothers but a heart that makes friends.

Children Cry
FOR FLETCHER'S
CASTORIA

The 25th Battalion will be home in June.

A Quick Relief for Headache

A headache is frequently caused by badly digested food; the gases and acids resulting therefrom are absorbed by the blood which in turn irritates the nerves and causes painful symptoms called headache, neuralgia, rheumatism, etc. 15 to 30 drops of Mother Seigel's Syrup will correct faulty digestion and afford relief.

CASTORIA

For Infants and Children

In Use For Over 30 Years

Always bears the Signature of Chas. H. Fletcher

Prosperity is not without many fears and distastes; and adversity is not without comfort and hopes.

FIRST SERIES (1919)
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CANADA WAR SAVINGS STAMP
WHEN AFFIXED TO A WAR SAVINGS CERTIFICATE AND PRESENTED TO THE DOMINION
PRINTED THEREON FIVE DOLLARS WILL BE PAID ON JANUARY 1, 1924
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W-S-S Buy W-S-S Where You See This Sign

Read the Figures

Notice how the cost—and the cash value—of the stamp advances each month until, on the 1st day of January, 1924, the Dominion of Canada is pledged to pay $5.00 for each W.S.S.

ACTUAL SIZE OF W-S-S

26

HUTCHINSON'S

Livery and Automobile Service

WOLFVILLE, N. S.

Teams or Autos always ready for a drive through the Evangeline Land.
Teams at all trains and boats.
Weddings carefully attended to by Auto or team.
Give us a call. Telephone 58.

T. E. HUTCHINSON, - Proprietor

SONGS OF THE WAR.

Cruelty of the Hun Silenced the Singers.

The great war has given to the world many poems of striking beauty and power, poems which for their own sake, as well as for their associations, will long remain enshrined in the hearts of the liberty-loving people of the world; but of lyrics, in singable verse, there has been, as compared with other wars, a remarkable dearth. This is a fact widely recognized and as widely discussed.

Various theories have been advanced to account for it, and among them none has seemed more reasonable than that which traces the cause to the methods which Germany introduced, almost from the beginning, into the conflict.

In the ranks of "The First Hundred Thousand," British lads, taught to believe in and to practice fair fighting, went as gaily as knights of old into the fray, marching to the lilt of "Tipperary," only to find that they were confronted by an enemy acting more like savages than like civilized men. Canadian lads, coming later, blithely singing their native airs, made a similar discovery. They, too, had been educated to believe that chivalry on the part of a foe might be expected, even in the tumult and heat of battle. Like their brothers from the British Isles, they were doomed to disappointment and to a terrible surprise. The foe had resorted to the cruelest, foulest manner of warfare the world had ever known. Ypres, Ridge disillusioned them with regard to the character of the enemy. Poison gas changed their mood. While buoyancy continued, from first to last, to characterize the temperament of the Canadian soldiers at the front, and while songs continued to go around, the character of the situation, in the war zone and in the homelands, was not as to inspire the composer or the singer.

It was noticeable that while "Tipperary" took with the recruits it gradually faded into a lyric memory with the more seasoned of the troops. They had seen that which made them thoughtful and determined, where they had been lighthearted and careless. This war was different. "Keep the Home Fires Burning," a song of higher appeal, came nearer meeting the heart-need of the majority.

The mood of the soldier found reflection in the attitude of the song writer and the singer. Many of the war songs failed less from lack of intrinsic merit than because of the indisposition of people not only touched personally, but horrified by the turn which German militarism had given to war. One may search far through the literature of the period without finding anything, in prose or verse, which will give a better idea of the soldierly sentiment shocked into protest by German methods of fighting than that which, strange to say, may be obtained from the closing lines of one of the most impressive songs of the war, "In Flanders Fields," by the Canadian officer, Lt.-Col. John McCrae, who himself became a victim of a treacherous enemy. These lines were in the nature of a summons to the still hesitating, and ran:

Take up our quarrel with the foe,
To you from falling hands we throw
The torch—be yours to hold it high,
If ye break faith with us who die,
We shall not sleep, though poppies grow
In Flanders' fields.

This was the mood, this the sentiment, which made it hard for soldier or civilian to sing as people sang in other wars. When the British, with the French, had faced odds in the Crimean War they could, nevertheless, sing in heartiness the rousing "Heights of Alma." In the darkest hours of the Sepoy Rebellion the whole British world joined in "The Campbells Are Coming." In the Civil War in the United States, the South sang with cheeriness "Dixie" and the "Bonnie Blue Flag," in defeat as well as in victory; and, whether going forward or retreating, the North had "John Brown," "Tramp, Tramp, Tramp," "The Old Camp Ground," "When Johnny Comes Marching Home," "The Battle Cry of Freedom" and other songs, to lighten the weary four years. In all wars, save this latest, and let it be hoped last one, there has been inspiration for a multitude of melodists, minstrels, and composers; in this conflict, while poets have been moved, perhaps, to greater effort than ever before, with results that will be more fully appreciated as the years go by, it seems to have been, on the whole, a time for deep meditation and earnest resolution, rather than for singing.—Christian Science Monitor.

Berlin's Narrow Escape.

Gen. Trenchard, in his report on the work of the Independent Air Force, makes an interesting revelation how Berlin narrowly escaped being bombed by a squadron under the famous airman, Commander R. H. Mulock of Winnipeg.

"The 27th group was established in England," says Gen. Trenchard, "under the command of Commander Mulock for the purpose of bombing Berlin and other centres. This group only received machines capable of carrying out this work at the end of October. Although all ranks had worked night and day to get the machines ready for attacking Berlin, they only completed the work three days before the signing of the armistice."

Commander Mulock received the D.S.O. in 1916, the Chevalier of the Legion of Honor in 1918, and was twice mentioned in despatches.

Banks in Paris.

The example of the Bank of Montreal in opening a branch in Paris is to be followed shortly, it is expected, by not only one, but several other Canadian banks. The importance of this in the development of Canadian trade with France is too obvious to need explanation, especially in view of the share which Canada may justifiably hope to take in repairing the ravages of war.

Conserve Your Health

CANADA needs her men in field and factory.

No one can afford to be too sick to work. Kidney trouble often keeps men ailing around the house, but

Dr. Wilson's HERBINE BITTERS

will quickly relieve pain in the back, take away the burning in bladder, restore healthy action to the kidneys, and make a tired, worn-out, pain-plagued man feel as if he had been born anew.

Dr. Wilson's Herbine Bitters are made from simple herbs and are Nature's own remedy for Kidney troubles, indigestion, constipation, bilious headaches, general rundown condition.

At most stores. 50c. a bottle; Family size, five times as large, $1.

The Brayley Drug Company, Limited
St. John, N.B. 40

Minard's Liniment Cures Diphtheria.

Chronic Diseases Take Hold Slowly

Kidney and Bladder Troubles don't attack you suddenly. Chronic diseases of these organs are generally the results of neglect. Nature gives you plenty of warning when your Kidneys are out of order and need assistance; you notice a dull pain in the back; you are dizzy, have headaches, feel languid, tired and lifeless.

There is no mistaking the symptoms, and when Nature warns you—obey—or later you will regret it.

Putting off never cures. Gin Pills do. At the first sign of Kidney or Bladder Trouble, buy a box of Gin Pills and take them. They will help your Kidneys to perform their proper function and renew your previous strength and vigor.

Among our hundreds of testimonials is one from Mr. B. C. David, King's Co., N.S. Mr. David writes:

"I was suffering from a dreadful lame back and hips, so much so that I could hardly straighten up. I got a box of Gin Pills and they helped me immediately. I have continued to take Gin Pills, and now the pains in both hips and back are gone. I shall always recommend Gin Pills to my friends and other sufferers."

Mr. David's case is only one of the many to which Gin Pills have brought immediate relief. Sufferers from Kidney or Bladder trouble should heed what has been done in such cases and try Gin Pills.

Sold almost everywhere throughout Canada—50c a box. A free sample will be sent you if you write to The National Drug & Chemical Co. of Canada, Limited, Toronto, Ont. U. S. residents should address Na-Dru-Co., Inc., 202 Main St., Buffalo, N.Y. 154

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Office at residence of late Dr. Bowles
Telephone 23
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COAL!

Acadia Lump,
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Inverness

A. M. WHEATON

PUBLIC NOTICE!

All persons having legal demands against the estate of Avard 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:

SELINA WOODMAN, Administratrix.
OTTA FOSHAY, Administrator.

Wolfville, October 5, 1919

COAL! COAL! COAL!

Carefully Screened and Promptly Delivered.

Springhill, Albion Nut and Old Sydney.

GIVE US A TRIAL.

Burgess & Co.

Better Than Pills For Liver Ills.

NR Tablets tone and strengthen organs of digestion and elimination, improve appetite, stop sick headaches, relieve biliousness, correct constipation. They act promptly, pleasantly, mildly, yet thoroughly.

NR Tonight, Tomorrow Alright

Get a 25c. Box.

A. V. Rand, Chemist and 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.

Children Cry
FOR FLETCHER'S
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