## When You Feel Played Out

There comes a time when your grip on things weakens. Your nerves are unstrung, the vital forces low, the stomach is weak and the blood impoverished. You feel old age creeping over you. Be careful of yourself. Take

# SOMETHING OF INTEREST TO ALL ORCHARDISTS

Expert on Apples Writes Interesting Paper on Production in the United States-There's History in it-Bigger Crop is Urged.

fast trunk line from Canada feeding a subsidiary line in the West Indies. He also repeated that the statement that the amount of freight offering from St. John would not warrant a line from that port. "Halifax is the natural home of the West India trade. It has been thus in the past, and still is so. We cannot compete with St. John in lumber, but they cannot meet us in the West Indies on fish and other products."

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