STRICKEN IN THE STREET

Completely Restored To Health By "Fruit-a-tives"

382 St. Valier St., Montreal.

"In 1912, I was taken suddenly ill with Acute *Stomach Trouble* and dropped in the street. I was treated by several physicians for nearly two years, and my weight dropped from 225 pounds to 160 pounds. Then several of my friends advised me to try "Fruit-a-tives". *I began to improve almost with the first dose*, and by using them, I recovered from the distressing Stomach Trouble—and all pain and Constipation were cured. Now I weigh 208 pounds. I cannot praise "Fruit-a-tives" enough". H. WHITMAN.

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, organize.

Officers of Wolfville Union.

President—Mrs. L. W. Sleep.
1st Vice President—Mrs. J. Cutten.
2nd Vice President—Mrs. R. Reid.
3rd Vice President—Mrs. Geo. Fitch.
Recording Secy—Mrs. W. O. Taylor.
Cor. Secretary—Mrs. L. E Duncanson
Treasurer—Mrs. H. Pineo.

SUPERINTENDENTS.

Labrador Work—Mrs. Fielding.
Lumbermen—Mrs. J. Kempton.
Willard Home—Mrs. M. Freeman.
Temperance in Sabbath-schools—Mrs. (Dr.) Brown.
Evangelistic—Mrs. Purves Smith.
Peace and Arbitration—Mrs. J. Read.
Press—Miss Margaret Bates.
White Ribbon Bulletin—Mrs. Walter Mitchell.
Loyal Temperance Legion—Miss Esson.

New Brunswick's Law for Prohibition on May 1st.

The New Brunswick Prohibition law goes into effect May 1st. Under the new law no liquor s all be sold to any person for other than medicinal, sacrmental, scientific and mechanical purposes, and every sale must be recorded. Wholesale dealers must also record all liquors sold within the province. Nothing in the Act prevents brewers licensed by the Dominion Government from selling liquor from their establishments to holders of wholesale licenses or from shipping their products to persons in another province where such sale may lawfully be made, or to foreign countries.

It will be necessary for any person who may desire liquor for personal use as a beverage to obtain the same outside the province and drink it in his own home.

The inspectors and police have authority to cause to appear before the courts any person seen in an intoxicated condition or apparently under the influence of liquor. If the person taken into custody refuses to tell where he procured such liquor, or to answer the questions put to him by the magistrate, such person shall be imprisoned for 24 hours.

The Act is a tentative measure. After the declaration of peace, consequent upon the termination of the war, it shall be lawful for the Governor-in-Council to appoint a day for the holding of an election for or against the retention of the Act.

Prohibition in Newfoundland.

The ancient Colony's annual drink bill was estimated at about $1,000,000. A little over three months ago a prohibitory law came in force, and Newfoundland is now dry and the consumption of liquor lessened. A feature of the enactment shows how rigid it is. A long list of patent medicines are under the ban. Instead of the druggists keeping a stock of liquor and dispensing them on the perscription of doctors, a public controller has been appointed by the government through whom medical prescriptions will be filled. Provision is also made so that the varied churches can have their own agencies for importing wine for sacramental use. This prohibitory enactment introduced a new era in the history of the ancient Colony.

A new style of life preserver, recently patented, and described in the December Popular Mechanics Magazine, is designed to keep the wearer in an upright position in the water under all circumstances. It consists of an ordinary cork lifebelt to which is attached a combination breast piece and chin rest. These, like the belt, are made of cork, in sections, covered and hinged together by canvas. The chin piece is so attached to the upper part of the breast that it serves as a headrest and at the same time allows the wearer to bend forward or backward.

VIRGINIA GIRL

Gained 15 Pounds By Taking Vinol

Norfolk, Va.—"I suffered from nervousness, had no appetite and was very thin. Nothing I took seemed to help me until one day a friend told me about Vinol. I have now taken six bottles and have gained fifteen pounds; have a good appetite and can eat anything."—Martie Denning, Norfolk, Va.

Vinol is a constitutional remedy with its formula on every bottle. It creates an appetite, aids digestion and makes pure, healthy blood. Try it on our guarantee.

A. V. Rand, Druggist, Wolfville, also at the best druggists in all Nova Scotia.

Flying Good for Complexion

A slip of a girl, Miss Ruth Law, who is at present visiting England with the object of buying one of the fast English aeroplanes, which she says have a great reputation in America, looks quite unlike the strenuous type of sportswoman. And yet it was she who set America talking about her prowess as a flying woman last November when she made a record for cross-country flying.

Her longest flight on that occasion, when she was attempting to make for New York from Chicago, without a decent, was 590 miles, the previous record held by an American flyer being 452 miles.

Miss Law has set out on her quest for the swiftest aeroplane, built for cross-country flying, which money can buy, with her eye on the great American Air Derby which is to be set flown this year. The course set is from San Francisco to New York, a distance of 3,050 miles and Miss Law hopes to fly 1,000 miles, 'at a jump' as she picturesquely says.

While watching naval officers flying five years ago, Miss Law thought she would like to fly too. She bought an aeroplane, engaged a pilot to teach her, and in a month's time made her first independent flight at a height of 1,000 feet. Now Miss Law holds the world's altitude record for women, with a height of 12,800 feet.

It is the opinion of this intrepid young lady that flying is as easy as driving a car and is 'good for the complexion.'

DR. A. W. CHASE'S CATARRH POWDER 25c. is sent direct to the diseased parts by the Improved Blower. Heals the ulcers, clears the air passages, stops dropings in the throat and permanently cures Catarrh and Hay Fever. 25c. a box; blower free. Accept no substitutes. All dealers or Edmanson, Bates & Co., Limited, Toronto.

Care for Lawns in Spring.

With the opening of spring many people find their lawns in poor condition, due to the winter killing and the heaving caused by freezing and thawing throughout the winter months. The trouble may be easily remedied if taken in time.

When the ground is first free from snow it will contain a considerable amount of moisture, and at this time it should be thoroughly raked to remove all the dead grass and refuse from it. The grass seed may then be sown over the bare spaces, or as many people prefer, spread a little over the whole area. The seed should then be rolled in.

Doing this work early is essential as it requires moisture. Any light snows that we have from then on will in no way injure the seed.

A good lawn mixture may be purchased separately and mixed. A good mixture is one part white clover to three parts of Kentucky bluegrass.

CASTORIA
For Infants and Children.
The Kind You Have Always Bought
Bears the Signature of Chas. H. Fletcher

Doctor (hurriedly called in)—Your husband appears to be sleeping quietly at the present moment. Water favorable symptoms have you noticed? Wife—Why he went to the football match this afternoon, and the local club was badly beaten. When he got home, he did not say a single word against the referee!

Doctor—Hum, that looks very bad.—Tid Bits.

One evening last week a five-passenger Studebaker, met its fate on the Bog Road. The roads were exceedingly heavy and the auto got mired. It is supposed the engine became overheated as the owner made several fruitless efforts to extract his machine. The heat ignited the gas, and flames within a few seconds consumed everything inflammable about the car.—Hants Journal.

Children Cry
FOR FLETCHER'S
CASTORIA

Hints For Housewives.

A little salt rubbed on earthenware pudding dishes will take away brown stain.

A new clothesline, if boiled for a short time, will become tougher will last longer, and will not tangle

Renovate patent leather by rubbing with a linen cloth soaked in milk.

To remove ink from white clothes soak spot in sour milk, then wash as usual.

Remove fresh coffee stains by pouring boiling water through the fabric.

Polish mirrors with a cloth soaked in alcohol, followed by a soft, dry cloth.

Children Cry
FOR FLETCHER'S
CASTORIA

The editor was pretty mad.

'Are you the chump who wrote up that recruiting bill?' he said to the quaking reporter. 'Oh, you are? Well, look here. 'Among the prettiest girls in the room was Colonel Oldgut.' Dire rubbish, that is. The Colonel's a man, I suppose, isn't he?

'That may be,' said the reporter brazenly, 'but there's where he was.'

Dr. John Helman, of St. George's United Free Church, Edinburgh, who was urged to go to the United States to give his impressions of the war as he saw it in France, has arrived in New York.

LEARN HOW TO SWIM

Good swimmers are drowned now and then, but most of the victims lose their lives because they are not able to swim. As between the swimmer and the non-swimmer the chances for escape in an emergency are as ten to one. The point of the important lesson is driven home with emphasis every summer, and still it apparently needs urging as much as it did twenty years ago. Most people seem to regard swimming not as an important accomplishment, but merely as an optional recreation, like golf, tennis or china painting. And yet any of us may be confronted at any time with a crisis that makes swimming an art more important for the moment than that of walking. The folly of the common neglect is heightened by the fact that it is an art as easily acquired as the ability to walk. And once acquired it is never lost.

AUTO MOTOR NOT ALL

Other Parts That Owners Need to Understand

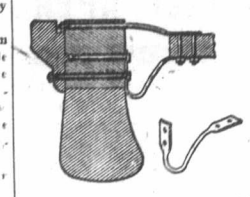
A writer on motor cars says: It has often been said that owners know too much about the motor, and their knowledge of it tends to remove their attention from the clutch gearset and the remainder of the power transmission system. We all like to work around machinery we know something about, but in the case of motor car owners, they should endeavor to learn more about the running gear and its care.

Universals, brakes, wheel bearings and many other parts not as accessible as the spark plugs, seem to be forgotten until something goes wrong with them. The owner does not wait for a bearing cap to fall off before he fills the crankcase with oil, and similarly he should not wait until there is excess play in the universal before it gets its supply of grease or graphite. It is difficult to keep universals well-lubricated, even when the housing is periodically filled. These parts are just as important as the motor, and should receive just as much attention and at frequent intervals. There will be no buckling, due to end play in the propellor shaft assembly or clutch, if the parts are properly lubricated and kept.

ABSORBS SHOCK OF AXE

Device is Really a Shock Absorber For Axe Handles

A shock absorber for an ax has been designed, to minimize the vibrations which are felt in an ax handle when one is engaged in vigorous chopping. The handle of the implement fitted



with this device does not extend into the head but is fastened to it by means of two short spring-steel rods. One of these is bolted to the upper edge of the wooden member and the other to the lower edge. The former extends through the head and is fastened by a nut; the latter describes a downward curve and is fastened to the head by two bolts. This gives the handle a resilient connection with the head without lessening the force of the latter's blow when it strikes into the wood.—Popular Mechanics.

"SPRING ONIONS": POET

Famous Police Court Rhymster of London, England

"Spring Onions," or to give him his full title, Mr. William "Spring" Onions, the police court poet, and a well known character in East London, died at Ratcliff. Mr. Onions, after making police court history with a "record" of 500 appearances, came under the influence of the Church Army, and from that time onward chose to appear periodically before a magistrate to "report progress," and record his spiritual pilgrimage in strange verse—a kind of spring song—of his own composition.

Waste in Potatoes

Enormous waste is caused both in material and nutritive value by the peeling of potatoes before cooking them. There are thousands of pounds of potatoes wasted every day through the peelings. To be convinced of this it is only necessary to note the bulk of the peelings when you peel the potatoes before cooking. But this is not the only waste. When peeled potatoes are boiled in the ordinary way, there is a loss of nitrogenous and saline matter by extraction into the water, which does not occur when potatoes are boiled in their skins, or baked.

Northern Potato Seed Best

Authorities agree that northern-grown seed will give the best results in old Ontario and that immature seed does better than mature seed. "In parts of Scotland," said Professor Zavitz of Guelph, speaking on this point, "they grow an early crop of potatoes and then plant a later crop for seed purposes, and they find that the immature potatoes make the best seed, and the same result has been found at the college; potatoes not fully matured make better seed than a well matured potato."

Arm is For Food

A rather curious fact is that the bones of the arm are arranged primarily for the purpose of carrying the hand to the mouth—food being, of course, the first necessity of life. If you do not believe it, try it for yourself, and see how much more naturally, when your arm is bent, your hand moves in that direction than in any other.

McCallums, L'td

The largest dealers in Improved Farm Properties in Canada.

Halifax, N.S., Canada.

Are now offering the property of the Wolfville Fruit Land Improvement Co. Ninety acres of Orchards fully improved. In whole or part. Price exceptionally low. 25

C. A. Porter, Local Agent.
Offices: Wolfville and Kentville.

E. C. BISHOP
Licensed Auctioneer for Town of Wolfville and Kings County.
Wolfville, N. S. 14—3m pd.

Mrs. Gnags—'Mighty few men can govern themselves.' Mr. Gnags—'I suppose that's the reason so many of us get married.'

Take it from the hearse driver, a man may be a dead one and still have a large following.

FOUND SNOW BRIDE

Startling Experience of an Artist Who Met Strange Girl in Blizzard.

By GEORGE MUNSON.

Lawrence Harned had put the finishing touches to his picture, and yet he was not satisfied. For four months he had painted it, retouching here and there until at last all was complete except the woman who stood with outstretched arms among the drifting snowflakes. Her face, a type of Southern beauty, Spanish or Italian, had never symbolized the thought of the designer; now, staring unhappily at it, he felt that he could never attain to what he sought.

Harned occupied an attic in Washington square, a huge room which served at once for studio and bedroom. Adjoining this was a smaller furnished room, but he never occupied this. He slept among his paintings, and often in the middle of the night he would spring from his bed to portray the idea which had come to him in the stretches of sleeplessness. Now he looked out at the falling snow, whitening the roofs around him. With a sudden impulse he put on his hat and overcoat and strode down the stairs and into the darkness without.

Then suddenly his heart beat wildly. For there, approaching slowly and uncertainly through the night, was the woman of his dream. She was a girl of perhaps seventeen, slight, wonderful in figure and poise, an Italian, he thought.

"What is the matter?" he asked her. "Are you ill?" But she only shook her head and the tears streamed down her face. He tried her in French, in his unskilled Italian, but in vain.

Harned stared at her in dismay. Then it occurred to him that his duty was to offer her warmth and perhaps food, and, in doing so, he would paint

Suddenly His Heart Beat Wildly.

her. This was the model that he had sought so long. Afterward, late that night, undoubtedly he could succeed in ascertaining where she lived and take her home.

She had no fear of him. She seemed like a tremulous, innocent child when he escorted her into the house, up the dim passage and stairs, to his attic at the top of the house.

She seemed naively interested in the pictures that stood round the room, and went from one to another, clapping her hands with delight. But he could not understand a word she said. She was certainly not a European girl. Perhaps she was a Syrian. He took his brush and platette and began deftly changing the face of the woman in the picture. It was midnight before he had finished, and even then he was not satisfied.

"Now you must go home," he said, and pointed toward the door. He put on his hat and overcoat again. But when he made his object evident she began weeping and clung to him, looking up imploringly into his face.

Well, there was nothing but to offer her hospitality. She understood at once and assented eagerly.

Harned was awake betimes the following morning, but when he was dressed and ready to begin breakfast there came a tap at the door and the unknown stood there, beaming upon him. So he prepared breakfast for two and then painted her again.

And he did not telephone for the police. For by this time the novel companionship, and a sense, too, that destiny had sent her to him, had stolen away his judgment. And so for days he painted until at last the picture was completed.

Harned had always lived a very lonely life. It had been one of intense struggles and hardships, too, until, a year before, his pictures had begun to attract the notice of a small group of connoisseurs and had secured him purchasers at a little more than the scanty price which he had hitherto commanded. Now the gentle influence of the strange girl stole into his heart.

He had a mother living in a small town up-state. He resolved to write to her, to ask her counsel, with a view to sending the girl home to learn English and to be put through an elementary schooling. He would not take advantage of her helplessness until she was in a position to marry him of her will. And he knew that only his mother would understand.

He had finished writing the letter on the tenth morning after her arrival. She was preparing lunch over the little gas stove in a corner of the studio.

"I shall be back soon," he said as he put on his overcoat, and she smiled and nodded, just as though she understood. He took the letter to mail and one of his pictures under his arm. This he designed for a certain dealer who purchased his work at a ridiculously low price; nevertheless, it would provide him with food for a month, and, possibly, if he were sharp at a bargain, with enough over for their fares to Hicksville, his mother's town.

As he crossed the street Harned became aware of a swarthy, sinister-looking man who, leaning against the rail which surrounded the park, watched him with a sort of malignant stare that struck him cold with apprehension. Harned hesitated, then, ridiculing his fears, he continued on his way, but more quickly. At the end of the street he paused. The man was still leaning against the rail. Harned now laughed at his terror. Obviously this was some Italian laborer out of a job; but the nervousness which the incident had produced revealed to him the abyss over which his happiness hung suspended. He resolved to get the girl to Hicksville as soon as possible. He was lucky enough to sell his picture at a satisfactory price, and departed homeward, blissfully ignorant that the dealer, who was accumulating Harned's work against the day of his fame, would glady have paid him three times the price he had demanded.

The man was no longer leaning against the rail. Harned hurried into the house. As he did so he became aware that he was still clutching the unopened letter in his hand. He would have turned back to post it, but his fears had awakened again and he hastened up the stairs to his studio, unlocked the door, and ran in. The studio was empty.

He rushed into the bedroom. The girl was not there. She was not anywhere. She had gone as mysteriously as she had come. He called her, ran down the corridors and shouted. A fellow artist came out of his room and looked at Harned with an amused smile.

"Have you seen a girl—my model—dark, with black hair—disappeared!" Harned gasped.

The other's eyelids fluttered upon his cheek. "No, old man," he replied. "Say, if I were you, I wouldn't make such a confounded noise about it, anyway."

All that night it snowed, and all that night Harned paced the streets in a frenzy, looking for her in every woman's figure that hurried by. There were stout and lean women, old and young, some with dark, tousled hair, some frizzled blondes—there was none whom he could have mistaken for his love as far as he could have seen her.

Toward morning he was back in his studio again. He had torn his letter to his mother into fragments, and he was painting again.

Harned's picture, "The Snow Bride," was the sensation of the year at the Exposition of American Painters. In a single day he leaped into celebrity. Bent, the shrewd little dealer who had some 20 of his pictures stored away, now brought them forth and held a Harned exhibition, which netted him nearly $12,000.

One day a knock came at the door, and Harned opened it to find a lithe tan-colored gentleman at the door, dressed in a well-fitting frock coat and carrying a silk hat in his hand. He introduced himself with a smile and a bow as the Persian consul.

"Mr. Harned, I am looking for an artist to paint my wife," he said. "I was much struck by your painting, 'The Snow Bride.' In fact, I am the purchaser of it, if you will permit me. The price is, I understand, $2,000?"

He went on to speak frankly. He had long wanted a portrait of Mme. Nouriddian, but unfortunately, his means were limited. He hoped that Mr. Harned would not demand an excessive price; he was sure that some day the picture would become a valued heirloom in his family. Harned drank in the man's praise with the thirst of one whose long struggle had at last been rewarded with success. He agreed to be at the consul's apartment the following Thursday at noon, in order to meet Mme. Nouriddian and make that acquaintance which must precede the sitting.

Harned must have arrived too soon, for the consul was not yet home from his office, and Mme. Nouriddian was also out. He was shown into a modest reception room; he was conscious that a young woman was seated there. Next moment the blood rushed to his head. There before him, smiling and tremulous, was the woman he loved.

It seemed like a dream to Harned. A mist swam before his eyes and a dizzy faintness overcame him. He tried to stare out through the encompassing clouds, and, trying in vain, sank into a chair. And then—then she was kneeling at his side and her arms were round him, and her cheek was pressed against his own.

At luncheon Harned, with his sweetheart seated beside him, and the consul and Mme. Nouriddian beaming at him across the table, learned the meaning of his inexplicable adventures. The girl was an adopted daughter of his wife, of a good family in Teheran, who had come to America in charge of a relative who sought his fortune in the new world. Unfortunately this man had proved false to his trust, and had obtained admission for her in the guise of his wife.

I met Harned and his bride in Paris last spring. They are supremely happy. The "Snow Bride" has blossomed into a rose.

(Copyright, 1913, by W. G. Chapman.)

TASTEFUL SATISFYING

You'll Like the Flavor

Advertise in "THE ACADIAN."

How to avoid Operations

These Three Women Tell How They Escaped the Dreadful Ordeal of Surgical Operations.

Hospitals are great and necessary institutions, but they should be the last resort for women who suffer with ills peculiar to their sex. Many letters on file in the Pinkham Laboratory at Lynn, Mass., prove that a great number of women after they have been recommended to submit to an operation have been made well by Lydia E. Pinkham's Vegetable Compound. Here are three such letters. All sick women should read them.

Marinette, Wis.—"I went to the doctor and he told me I must have an operation for a female trouble, and I hated to have it done as I had been married only a short time. I would have terrible pains and my hands and feet were cold all the time. I took Lydia E. Pinkham's Vegetable Compound and was cured, and I feel better in every way. I give you permission to publish my name because I am so thankful that I feel well again."—Mrs. Fred Behnke, Marinette, Wis.

Detroit, Mich.—"When I first took Lydia E. Pinkham's Vegetable Compound I was so run down with female troubles that I could not do anything, and our doctor said I would have to undergo an operation. I could hardly walk without help so when I read about the Vegetable Compound and what it had done for others I thought I would try it. I got a bottle of Lydia E. Pinkham's Vegetable Compound and a package of Lydia E. Pinkham's Sanative Wash and used them according to directions. They helped me and today I am able to do all my work and I am well."—Mrs. Thos. Dwyer, 969 Milwaukee Ave., East, Detroit, Mich.

Bellevue, Pa.—"I suffered more than tongue can tell with terrible bearing down pains and inflammation. I tried several doctors and they all told me the same story, that I never could get well without an operation and I just dreaded the thought of that. I also tried a good many other medicines that were recommended to me and none of them helped me until a friend advised me to give Lydia E. Pinkham's Vegetable Compound a trial. The first bottle helped, I kept taking it and now I don't know what it is to be sick any more and I am picking up in weight. I am 20 years old and weigh 145 pounds. It will be the greatest pleasure to me if I can have the opportunity to recommend it to any other suffering woman."—Miss Irene Froelicher, 1923 Manhattan St., North Side, Bellevue, Pa.

If you would like special advice write to Lydia E. Pinkham Med. Co. (confidential), Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

FILL THE CARS

A LITTLE more co-operation between the merchants and the railways will do much to relieve the present freight situation. The railways are not trying to shift the responsibility on to the public, but are asking the public's help. Much more tonnage, for instance, could be handled with the existing locomotive power and terminal facilities if cars were loaded to capacity instead of being so often only two-thirds full. In the old days when traffic was lighter, it mattered less to the railways if a shipper did not use all the space he paid for—that was the shipper's loss. But now it is realized that the extravagance of one shipper may cause delay to others owing to the limited amount of locomotive power and terminal facilities. The shortage is not so much in equipment as in train crews, and labor in the yards and roundhouses. Anything which can help to secure quicker clearance and freer movement in the yards, helps to speed up the movement of freight. Another drawback to the economical movement of freight is that a great many consignees order not the full carload of freight, but merely the minimum allowed under the classification. It would materially help to solve the problem if in placing orders consignees would order enough to fill a car to capacity instead of the minimum, which very often does not represent more than half a carload.

Measuring Depth of Grain in Car.

The question of the capacity of cars is itself the subject of investigation. The standard of loading grain, for instance, has remained the same for many years, but improvement in the engineering of cars has gone on steadily, so that the modern freight car can bear stresses greatly in excess of what was possible twenty years ago. The result is that there is prospect of considerably increasing the load line on quite a large proportion of freight equipment, thus increasing the train capacity without requiring additional train crews. Grain cars rated for 80,000 lbs. are found capable of carrying over 90,000.

It has been figured that if the average load could be increased on Canadian railways in 1917 by five times over that of 1915, this would be equivalent to 54,800 additional cars, requiring no additional locomotives or man-power.

Canadian business men are, therefore, being urged to co-operate with the railways in their endeavor to increase the existing carrying capacity, by using to better advantage the present available rolling stock. Light bulky commodities, of which there are many, should be loaded to the full cubic capacity of cars. Heavier freight should be loaded to the full carrying capacity which is 10% in excess of their stenciled capacity.

The following figures are taken from the Railway Statistics of the Dominion of Canada, issued by the Deputy Minister of the Department of Railways and Canals, and cover all the railways of Canada:

Note.—1907 is the first and 1915 the last year for which figures are available.

	1907	1915	Increase
Total tons freight carried 1 mile	11,687,711,830	17,661,309,723	51.1%
Aggregate capacity of freight cars (in tons)	2,908,903	6,731,265	131.4%
Total freight cars	105,540	201,690	91.1%

The 1907 average car — Capacity 17.6 Tons — Contents 15.4 Tons

The 1915 average car — Capacity 23.4 Tons — Contents 18.4 Tons

The car capacity increased 5.8 tons. The contents increased 3.0 tons. 48% of the additional capacity provided was not used.

The public is asked to co-operate with the railways in an endeavor to remedy the existing car shortage.

It can be done by utilizing to better advantage the present available rolling stock.

By increasing the average car load to 23.4 tons or 5 tons more than during 1915 would be equivalent to the placing of 54,800 additional cars in service

Light bulky commodities, of which there are many, should be loaded to the full cubic capacity of cars. Heavier freight should be loaded to the maximum carrying capacity authorized.

WOMEN'S NERVES

Women, more than men, have excitable nerves, because tiring work and physical strain tax their more delicate nervous systems and bring premature age and chronic weakness—unless treated intelligently.

Drug-laden pills and alcoholic concoctions cannot build up a woman's strength, but the concentrated medicinal food properties in

SCOTT'S EMULSION

build strength from its very source and are helping thousands of women to gain control of their nerve power—overcome tiredness, nervousness, impatience and irritability.

SCOTT'S is a liquid-food—free from drugs.

Scott & Bowne, Toronto, Ont. 10-7

Alexander MacKay, Supervisor of the Halifax schools for the last thirty five years, died on the 8th inst. He was guide, philosopher and friend to scores of teachers and thousands of boys and girls who passed through the public schools of the city.

Minard's Liniment for sale everywhere.

A soldier returned to Canada sick or wounded after service abroad, when he is pronounced well by the medical officers, is given a suit of civilian clothes, transportation to his home, and fifteen days' pay, besides any back or deferred pay that may be due to him.

Minard's Liniment Cures Dandruff.

Wolville Time Table

DOMINION ATLANTIC RY
& STEAMSHIP LINES
TO ST. JOHN VIA DIGBY,
AND TO BOSTON VIA
DOMINION ATLANTIC RY AND
YARMOUTH (Twice Steamers of the
BOSTON & YARMOUTH STEAMSHIP Co.)
— YARMOUTH LINE —
LAND OF EVANGELINE ROUTE

Effective March 1st, 1917.

Service daily, except Sunday.

ARRIVING

Express from Kentville	6.15 a m
Express from Halifax & Truro	9.58 a m
Accom. from Middleton	11.55 a m
Accom. from Windsor	1.30 p m
Express from Yarmouth	4.20 p m
Express from Halifax	5.59 p m

LEAVING.

Express for Halifax and Truro	6.15 a m
Express for St. John and Yarmouth	9.58 a m
Accom. for Windsor	11.55 a m
Accom. for Middleton	1.30 p m
Express for Halifax and Truro	4.20 p m
Express for Kentville	5.59 p m

ST. JOHN AND DIGBY

Daily Service (Sunday Excepted)

Canadian Pacific Railway S. S. 'Empress' leaves St. John 7.00 a. m. arriving in Digby at 10.00 a.m. Leaves Digby 2.00 p. m. arriving St John 5.00 p m., making connection at St. John with trains of Canadian Pacific Ry. for Montreal and the West.

Boston Service

Express train leaving at 9.58 a. m. for Yarmouth connects with steamers of the Boston & Yarmouth S S. Co., Ltd., sailing on Wednesday and Saturday for Boston.

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PUBLIC NOTICE.

The public are hereby forbidden the use of my property as a thoroughfare for teams between Main and Front Streets. Persons persisting in thus trespassing will be prosecuted without further notice.

EVANGELINE D. BOWLES.
Wolfville, Sept 10th., 1915.

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Those interested in building lots at the west end, would do well to confer with E. C. Johnson, as he is now offering for sale the only available lots at this centre.