

NO MORE KIDNEY TROUBLE

Since He Commenced to Take "Fruit-a-lives"

33 LANS AVENUE, OTTAWA, ONT.
"Three years ago, I began to feel unwell and tired, and suffered very much from Liver and Kidney trouble. Having read of 'Fruit-a-lives', I thought I would try them. The result was surprising. I have not had an hour's sickness since I commenced using 'Fruit-a-lives', and I know now what I have not known for a good many years—that is, the blessing of a healthy body and clear thinking brain."
WALTER J. MARRIOTT.
50c. a box, 6 for \$2.50, trial size 25c.
At all dealers or sent postpaid on receipt of price by Fruit-a-lives Limited, Ottawa.

TRAVELLERS' GUIDE

DOMINION ATLANTIC RAILWAY

Change of Time
January 7th, 1918

For information and new holders apply at nearest ticket office.

R. U. PARKER,
Gen'l Passenger Agent

M. & S. W. RAILWAY

ACCOMMODATION	TIME TABLE	ACCOMMODATION
Wednesdays only	IN EFFECT March 10, 1918	Wednesdays only
Read up	Read up	Read up
10 a.m. Lv. Middleton	5:00 p.m. Ar. Middleton	
11 a.m. Lv. Middleton	4:28 p.m. Ar. Middleton	
12 p.m. Lv. Middleton	4:10 p.m. Ar. Middleton	
12:30 p.m. Lv. Middleton	3:43 p.m. Ar. Middleton	
1:30 p.m. Lv. Middleton	3:25 p.m. Ar. Middleton	
2:30 p.m. Lv. Middleton	3:05 p.m. Ar. Middleton	
3:30 p.m. Lv. Middleton	2:45 p.m. Ar. Middleton	

Connection at Middleton with all trains on H. & S. W. Railway and Dominion Atlantic Railway.
W. A. CUNNINGHAM,
Div. F. & P. Agent.

The Safest Matches in the World Also the Cheapest

Eddy's "Silent 500's"

SAFEST, because they are impregnated with a chemical solution which renders the stick "dead" immediately the match is extinguished.

CHEAPEST, because there are more perfect matches to the sized box than in any other box on the market.

War time economy and your own good sense will urge the necessity of buying none but EDDY'S MATCHES.

THIRTEEN WEEKS

In either our Business or Shortland Departments or for an elective course from each for \$35 is what we offer. You cannot combine your training in any other school in this city. We have many more calls for help than we can supply.

Enter any day at
MARITIME BUSINESS COLLEGE
HALIFAX, N. S.
E. KAULBACH, C. A.

NOTICE!

All persons having legal demands against the estate of Freeman Beardsley, late of Port Lorne, in the County of Annapolis, Merchant, deceased, are requested to render the same duly attested within twelve months from the date hereof; and all persons indebted to said estate are required to make immediate payment to

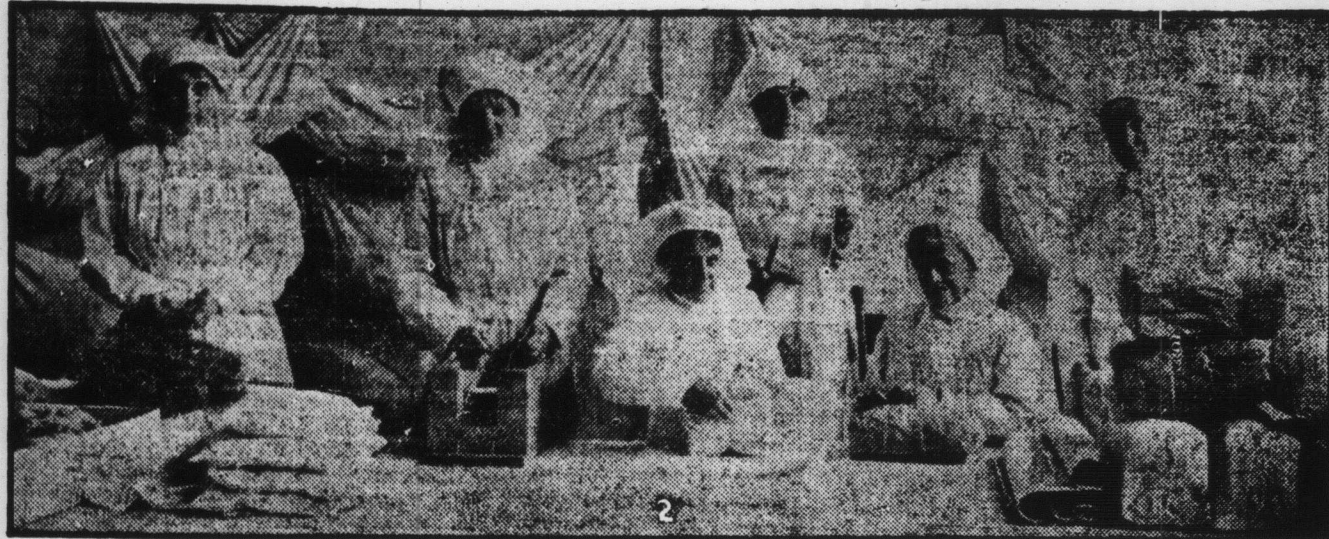
SUSAN BEARDSLEY, Executrix.
Probate granted the 8th day of March, A. D. 1918.
Port Lorne, N.S., March 11th, 1918.
43-101

Canadian Ladies Helping The Allies



Ladies of McGill University Women's Union making surgical dressings of Sphagnum Moss.

(Reading from Left to Right)—Mrs. E. Fairman, Mrs. A. Stevenson, Mrs. C. MacFarlane, Mrs. McLaughlin, Mrs. R. Starks, Mrs. E. Brown, Miss Neilson, Mrs. Willey, Miss Gairdner, Mrs. A. McGowan, Mrs. Nicholson, Miss Lamb, Mrs. Thornton.



(Reading from Right to Left)—Mrs. Arthur Willey, Mrs. C. E. Moyee, Mrs. A. McGowan, Mrs. J. B. Porter, Mrs. J. W. Ross, Mrs. E. Brown.

SPHAGNUM Moss, to which attention has been drawn by the fatal accident to Mr. Harry James Smith, the American Sphagnum Moss expert, is one of Canada's natural resources, one of great value of which has been brought to light by the war. The use of mosses in surgical dressings dates at least as far back as the Napoleonic wars, but the demand for and extensive use of Sphagnum Moss did not materialize until 1915, and even in the Spring of 1916 its use was in the experimental stage. So great has become the demand that Great Britain is no longer able to fill it, and Canada and the United States are now being actively exploited for this highly absorbent dressing.

The first effective work on this side of the Atlantic was initiated by Prof. Porter of McGill University, who secured samples of various qualities of moss from the British authorities early in 1916 and then explored the bogs of Eastern Nova Scotia until he was able to locate supplies of material which the same authorities accepted as "perfect." The first sphagnum dressings sent overseas were made up from this moss in the autumn of 1916 by the Junior Red Cross of Gaysboro, Nova Scotia.

Since then the industry has developed steadily. The McGill University Women's Union established a sphagnum department in a large laboratory very generously placed at their disposal by the University Medical School in the autumn of 1916, and from that day until this has been preparing moss and shipping dressings. Another important function of this organization has been to make up experimental sphagnum dressings of many sorts to try out the different grades of Canadian material under varying conditions.

During the winter of 1917 another work room was started at Dalhousie University, Halifax, and the Canadian Red Cross definitely adopted sphagnum for hospital dressings and prepared to open working centres on a large scale. Unfortunately the changes in the Atlantic shipping situation which resulted from unrestricted submarine warfare necessitated a temporary check; but the work of exploration and development was continued.

The late Mr. Harry James Smith of New York became interested in the possibilities of sphagnum last spring, and after spending some time with

Dr. Porter to familiarize himself with the technology of the subject, established a sphagnum organization at his own expense at Arichat, Cape Breton, and collected and prepared a large amount of moss. Success in the use of this material led to the adoption of sphagnum by the American Red Cross and to the formation of a department which was placed under the control of Mr. Smith as organizer and Dr. J. A. Hartwell of New York as technical advisor.

During the last two or three months developments have been very rapid. The demand for dressings has increased to such an extent that the Canadian Red Cross has decided to start production on a large scale, and the Americans are organizing for an immense output for the use of their own and the French hospitals.

No moss can of course be procured in the east until the snow melts, and the bogs thaw out; but excellent sphagnum is also found on the Pacific coast. Mr. Smith, with the help of the Canadian Sphagnum Committee, procured a car of Vancouver Island moss early in the winter, and this carload (which Mr. Smith paid for out of his own pocket) proved so satisfactory that he went to Seattle early in March to organize the industry in the north-western States, and incidentally to look into the situation in British Columbia for Professor Porter, who was unable to go west at the time. As a matter of fact Mr. Smith met his death while searching for moss for the Canadian Red Cross, and thus set the seal to a life of exceptional generosity and nobility.

Sphagnum grows in moist and boggy places, and can be found in almost all parts of the country; but the moss to be useful must have exceptionally full and soft foliage, and the stems while tough and elastic must be flexible, as otherwise the dressing would be liable to cause irritation.

First class material has been found coast, and equally good moss grows plentifully in the far West—as, for example, on the west coast of Vancouver Island—but little or no first class surgical material has been found far from the sea, although there are immense areas of Sphagnum bog in the interior both of Canada and the United States. The best qualities of moss are likely to be found close to the margins of the ponds, and sometimes considerable areas of clean high-grade material fill what was once a

small pond. Before any attempt is made to collect moss in quantities all of the bogs in the district should be examined with a view to locating the largest supplies of good material, and this preliminary examination should be made by persons who have had previous experience in collecting Sphagnum.

Owing to the great variations in usefulness of different kinds of Sphagnum, and the fact that different species grow very much intermixed, the material has to be collected by people who have been trained to know good moss from bad, and even an experienced collector will often have difficulty in deciding just what to take and what to leave when he first visits a new locality.

The accompanying photographs show the work of the McGill Women's Union. No. 1 illustrates the preparation and drying of sphagnum and the manufacture of dressings. No. 2, the general soldiers' comforts work. The Union was organized during the first weeks of the war from among the families of the Governors and staff of the University. Its original purpose was to help provide "soldiers' comforts" for McGill graduates and students on active service, and as these now number over 2,200, the possibilities of its work may be imagined. During the three and a half years of its existence the Union has expended nearly \$8,000 on the purchase of high grade materials, which have been made up by its members into socks, caps, mufflers, pyjamas, shirts, etc., to a total of about 8,000 articles of clothing alone, to say nothing of an immense number of sphagnum dressings, etc.

The organizer and first president of the Union was Mrs. H. Walter; since then the chair has been filled successively by Mrs. E. E. Howard, Mrs. J. B. Porter and Mrs. J. W. Ross, the present President. The Sphagnum Committee of the Union was organized in 1916 under the chairmanship of Lady Gordon, and its present Chairman is Mrs. Porter. The Treasurer of the Union is Mrs. A. McGowan and the Secretary Mrs. A. Willey. Any correspondence regarding the work of the Union should be addressed to the late Mrs. H. Walter, or to the Secretary, Mrs. A. Willey, or to the Sphagnum Dressings, Canadian Red Cross Society, care McGill University, Montreal.

U. S. Ten Commandments

President Wilson is about to sign a bill, which takes its place in history as the most liberal legislation in protection of a nation's fighters ever known. It is good enough, strong enough, to be called the National Ten Commandments, and is, in effect, thus:

Thou shalt not evict, for nonpayment of rent, a soldier's dependents, under penalty of \$10,000 fine.

Thou shalt not cut off a soldier's life insurance because of delayed premiums.

Thou shalt not foreclose a mortgage on a soldier's property.

Thou shalt not take away a soldier's home on which he has made part payment.

Thou shalt not sell a soldier's property because of his failure to pay the taxes, national, State or local.

Thou shalt not settle a lawsuit against a soldier during his absence.

If a soldier sue, the courts shall postpone action until he can attend to it.

It a soldier have a mile, or timber or farm claim, assessments on which are overdue, it shall be held for him.

Honor thy soldier and thy sailor, that thy days may be long in the land of Liberty.

No man hath greater love than he that offereth his life for the world's sake, and it is commanded that neither lawyers, nor the loan sharks, nor

RENNIES Big Crop SEEDS

FOOD production—that is the big cry for 1918. Everyone must produce as much as possible—which means every available square yard under cultivation, and the widespread use of Rennie's seeds.

LOOK FOR THE STARS

Every item in the Rennie 1918 catalogue represents unexcelled value, but the items in star borders are simply wonderful.

BEANS—Rennie's Stringless	Pkt.	oz.	1/4 lb.	1 lb.	5 lbs.
Green Pod	.10		.18	.55	2.50
BEET—Rennie's Spinach Beet	.10	.35	1.00	3.00	
CABBAGE—Rennie's Worldbeater	.10	.75	2.25		
CARROT—Rennie's Market Garden	.10	.40	1.20	3.50	
CORN—Rennie's Golden Bantam	.10	.25	.55	2.50	
CUCUMBER—White Wonder	.10	.30	.90	3.00	
LETTUCE—Rennie's Selected Nonpareil	.05	.30	.90	2.75	
MUSKMELON—Delicious Gold	.10	.40	1.20	3.50	
PARSLEY—Champion Moss Curled	.05	.25	.75	2.25	
PEAS—Little Marvel	.10	.15	.45	2.00	
Improved Stratagem	.10	.15	.45	2.00	
RADISH—Cooper's Sparkler	.05	.20	.65	2.20	
TOMATO—Bonny Best	.10	.80	1.75		
Early Detroit	.10	.80	1.75		
TURNIP—Golden Ball (Orange Jelly)	.05	.25	.75	2.50	

Prepaid Not Prepaid
lb. 5 lbs. lb. 5 lbs.

ONION SETS—Yellow Sets—Selected. .35 1.70 .25 1.20

FLOWER SEEDS Pkt.
Lavender Gem Aster .15
Early Blooming Cosmos—Mixed .10
Giant Yellow Tulip Poppy—California .10
New Red Sunflower .25
Rennie's XXX Mammoth Flowering Hollyhock—Mixture .20
Mastodon Pansy—Mixture .25
Rennie's XXX Select Shirley Mixture—Single .10

When buying from dealers, insist on Rennie's. If your dealer hasn't them, we will ship direct.

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KING & MARKET STS. TORONTO
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the gatherers of tithes, shall fatten on him.

Congress is content to call this bill the Civil Rights Bill. Intellectual sloth. It's the Divine Rights Bill.

Entertainment of the 5th Battery

[St. John Telegraph]

W. C. Archibald, landscape architect of Wolfville (N. S.) is in the city. He has a son in the 5th Battery in France. A number of soldiers attached to this battery returned home wounded a few days ago and Mr. Archibald took the opportunity presented to make them his guests at a social held at the home of Miss Brand, 7 Dorchester street. By so doing, he desired to show his personal appreciation and gratitude for their many deeds of valor in battles at Moquet Farm, Sugar Refinery, at Courcellette and Paschendale. Gunner Archibald was a graduate of Acadia University in Wolfville (N. S.) and was a medical student at McGill University, when he enlisted and crossed overseas.

Mr. Archibald gave an eloquent address to the assemblage in which he pointed out that the gathering was for two purposes, to honor the 5th Battery overseas and the wounded men who have returned, after upholding the traditions of their forefathers by deeds of valor on the blood-stained fields of France. He told how the war had deeply stirred both the principles of right and defence of our loved ones. He pointed out that it was not what men said but what they did that counts. In conclusion, Mr. Archibald gave a sketch of the life of his son and told of his youthful hobbies as a small boy and later his life as a student. His remarks called forth hearty applause.

Addresses were given by a number of the returned officers and men and also by F. J. Dykeman, whose son recently returned from overseas. Musical numbers were rendered after which a bounteous repast was served.

They Win the One That Counts

"They always lose all the battles but the last," was Napoleon's comment on the British. Napoleon knew and the Kaiser will find out.

Youth Living to Youth Dead

Our day has passed us by! Alone we stand, In exile from our comrades, who are dead, They gave their youth with joy, their lips to death, Life clings to us, having denied this bread.

O you who faced the morning, who in calling, Across death's magic spaces got reply, Who reached your hands for stars—to find the crown you: Bless us but once, before you pass us by.

True all the treasures of your sweet endeavor Lie heaped before us in a carven chest, Scathed with your deeds of beauty and of suffering, Your gifts to England, ere you marched on "West."

What if the key to all this flaming splendor, Lies in its glittering beauty in our hand? How shall your million, million tales enchant us, Tipping our thoughts with fire, when we must stand.

Alone, among a newer people risen, To strange new ways, reaping what you did sow? See—Life has kept us from you. Yet O Brethren, Bless us but once, bless us before you go.

Then if these newer years, down their new roadways, Draw our reluctant feet, we'll fling each deed, With which you jeweled the noble name of England, High as those far invisible stars which breed.

The web of splendid light, We'll crest the morning, With all the utter glory of you name, Till England, that new England, which you died for, Shall shine effulgent, married to your fame!

NICHOLAS FAGAN

Tom, Tom, the Spearman's son, Stole a Wrigley box and away he ran! Each stick he chewed his health renewed And helped his appetite for food.

But his father said, "The boy is wise, I let him do it to advertise! Since I quit my piping and bought this store I'm selling Wrigley's gum galore!"

TASTEFUL SATISFYING



You'll Like the Flavor