DANGER LURKS IN EVERY ONE OF US

We Are As Full of Deadly Poisons As A Germ Laboratory.

AUTO-INTOXICATION OR SELF-POISONING

"FRUIT-A-TIVES" Absolutely Prevents This Dangerous Condition.

The chief cause of poor health is our neglect of the bowels. Waste matter, instead of passing from the lower intestine regularly every day, is allowed to remain there, generating poisons which are absorbed by the blood.

In other words, a person who is habitually constipated, is poisoning himself. We know now that *Auto-intoxication*, due to non-action of the bowels, is *directly responsible* for serious Kidney and Bladder Troubles; that it upsets the Stomach, causes Indigestion, Loss of Appetite and Sleeplessness; that chronic Rheumatism, Gout, Pain In The Back, are relieved as soon as the bowels become regular; and that Pimples, Rashes, Eczema and other Skin Affections disappear when "Fruit-a-tives" are taken to correct Constipation.

"Fruit-a-tives" will protect you against Auto-intoxication because this wonderful fruit medicine acts directly on all the eliminating organs.

50c. a box, 6 for $2.50, trial size 25c. At all dealers or sent on receipt of price 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. B. O. Davidson.
1st Vice President—Mrs. G. W. Miller
2nd Vice President—Mrs McKenna
Recording Sec'y—Mrs. Ernest Redden
Cor. Secretary—Mrs. W. O. Taylor
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Parlor Meetings—Mrs. Young
Labrador Work—Mrs. Fielding.
Red Cross and Lumbermen—Mrs. J. W. Vaughn.
Press and Willard Hall—Mrs. M. P. Freeman.
White Ribbon Bulletin—Mrs. Hutchinson.
Temperance in Sabbath-scohols—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 an 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.

The W.C.T.U. In Reconstruction.

By C. Spofford, Victoria, B. C.

It is surprising how a single phrase or term grips the popular mind until in a very short space of time it becomes a national slogan. Four years ago the word was 'Preparedness'; this was the expression on every tongue, the thought which dominated the general mind, the purpose behind all national organization and effort. After four years of intensified carnage on the fields of battle, years which bore witness to horrors unspeakable and to suffering inconceivable, the red wrath of the war god has been spent, its fury has subsided, and on the ruins of war the nations today are setting themselves to the task of rebuilding.

During these years governments been overthrown, creeds and dogmas crumbled, the whole social system has undergone change, and the one word which today represents the thought and the purpose of the world is 'Reconstruction.' In view of the innumerable and radical changes which the war has brought about, the task of bringing a clarified vision to bear on the work of reconstructing the political, economic, industrial, and social life of the nation is by no means a light one.

Why must women share in the task of reconstructing? Because in the final analysis whether it be the political, economic, industrial or social life of the country, these, one and all, have direct bearing on the interest of the home, and the women of Canada are mightily concerned in the homes of Canada; women must therefore make their contribution in the plans for rebuilding, in order that everything pertaining to this acknowledged 'Foundation of the nation' is made to conform to the plumb line of righteousness, which alone will ensure national greatness.

Indeed woman herself is a very real problem to be taken into consideration in the task of reconstruction. In the earlier days of the war, when women by the thousands were being called out of the home to go into workshop, factory, field and elsewhere, in order to release men for fighting, a prominent writer made the statement that when the fighting was done the great problem would be 'not what would the Allies do with Germany, or what would Germany do with the Allies, but what would the nations do with their women.' Whether or not this writer exaggerates the situation, the fact remains that woman's occupancy of industry is a serious problem, the solution which lies largely in the hands of the women themselves. Having proved to her own satisfaction, and beyond dispute her ability to enter almost every field of industry hitherto held to be the exclusive right of man to occupy, will women be willing to relinquish the more lucrative positions, to forego the independence and freedom which these have afforded her, and go back to the old life? Thousands of them never will; they have outgrown the conditions which surrounded their former life.

To judge where to begin in the solution of the many problems which confront us, is like finding the first link in an endless chain. But if the women of Canada would set themselves to the task of elevating 'home making' to the level of other professions, such as nursing or teaching, so that self-respecting young women could go into Canadian homes as 'home helpers' without losing their social standing, and consequently their self-respect, we believe that this would at least open the way for solving this problem in the task of reconstruction; furthermore they would help to solve the problems which confronts the mothers of Canada today in their endeavor to render the service which the state demands of them without the assistance in the home which that service requires. The day has gone by when educated and capable young women will occupy a position which offers inadequate pay to the long hours of service required combined with social ostracism; there are too many open doors before them.

As an organization of the W C T U has held the interests of the home as the objective of all its activities; which should not the W.C.T.U. as a nationally organized body of women, take the initiative in seeking to solve the problem of the return of women to the home, as its contribution in the great task of 'Reconstruction?'

Do You Want Pink Cheeks?

THEY CAN BE HAD BY KEEPING THE BLOOD RICH, RED AND PURE.

Every woman—every girl—wants pink cheeks. They mean not only beauty but good health. When a woman's blood is scanty or anaemic, her color fades, she looks debilitated, is short of breath and her heart palpitates after slight exertion. Sometimes this trouble is accompanied by severe headaches, or pains in the back or sides. This condition is entirely due to weak, watery blood, and can only be cured by making the blood rich, red and pure. For this purpose there is nothing can equal Dr. Williams' Pink Pills, which act directly upon the blood, and in this way bring new health and strength to weak, ailing people. Mrs. Anderson, Hearst, Ont. says:—'Before coming to Canada from England, I was a sufferer from anaemia for upwards of a year. I had been gradually getting paler and weaker. I did not realize that I was sick, but felt constantly tired and worn out. I had no ambition for anything, and grew so white that my brothers used to call me 'snowball.' At this stage my mother decided that she would get Dr. Williams' Pink Pills, which are a favorite medicine in England as well as in Canada. On the day I commenced taking them I fainted on getting out of bed and mother urged me to stay in bed for a few days. I really felt so weak that I was glad to take her advice. I looked more like a corpse than a living person. I remained in bed for a week, taking the pills regularly, and then I felt that I was able to get up, though not able to go about. From that on, however, I gained strength daily, and in a little more than a month I was feeling as well as ever I did. The color returned to my cheeks and lips, and my friends were all surprised at my rapid recovery. I took no medicine but Dr. Williams' Pills, so that they deserve all the credit for my restoration to health.'

You can get Dr. Williams' Pink Pills through any dealer in medicine, or by mail at 50 cents a box or six boxes for $2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

A clergyman who was not disinclined toward an occasional game, says London Tit-Bits, hired an Irishman to clean out his cellar. He brought out a number of empty whisky bottles, and as he lifted each one looked to see if there was anything in it. The clergyman, who was walking on the lawn, noticed him and said: 'They are all dead ones, Mike.'

'They are,' answered Mike. 'But there is one good thing about it they all had the minister with them when they passed away.'

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 dropping 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.

Two Englishmen were walking in Dublin street a short time ago, when an Irish soldier was seen approaching in the distance. One of the Englishmen, who considered himself witty, thought he would have a little fun with the son of Erin. He walked up to him and remarked:

'Pat, I hear the devil's dead.'

The Irishman said never a word, but put his hand in his pocket and brought forth twopence and handed it to the Englishman.

'What's that for?' asked the astonished jester.

'Oh, nothing,' said Pat, 'only it's a custom in our country to be poor orphans along when their parents die.'

A Cure for Pimples

"You don't need mercury, potash or any other strong mineral to cure pimples caused by poor blood. Take Extract of Roots—druggist calls it "Mother Seigel's Curative Syrup"—and your skin will clear up as fresh as a baby's. It will sweeten your stomach and regulate your bowels." Get the genuine. 50c. and $1.00 Bottles. At drug stores. 5

1919 MATING LIST

Evangeline Poultry Yards

WOLFVILLE, N. S.

H. K. PIERCE - MANAGER

WHITE WYANDOTTS

PEN ONE—A grand collection of First Class birds, including our two best last years' breeding hens, the mothers of nine winners at the leading shows in Nova Scotia, also three pullets of sterling quality. This pen headed by an excellent cock bird from Martin's best Dorcas strain. These should produce winners at the best shows and also prove great layers.

PEN TWO—Ten grand pullets, including the first and third at the King's County Poultry Show, which was the largest competition of White Wyandotte ever shown in Nova Scotia, also eight other pullets, two of which can easily win over the first and third. All the remainder are show birds which can stand strong competition. This pen is headed by the third cock bird at the Halifax Winter Show and should produce winners and strong layers.

PEN THREE—This pen is made up of our best tried layers and some of our best Dorcas strain pullets, headed by our best laying strain cockerel, he being from Martin's Dorcas pen No. 26 (his best special Dorcas pen) and is a 232 egg strain bird. This mating is sure to produce great layers.

PEN FOUR—Made up from the balance of our 200 egg strain Dorcas pullets, headed by two Dorcas cockerels hatched from eggs coming from two of Martin's special Dorcas pens (No. 26 and 27), the hens of which have records of 200 up to 255.

BARRED PLYMOUTH ROCKS

PEN FIVE—Made up of ten good layers, yearlings of 200 egg strain, mated to a fine dark cockerel, nicely barred with a splendid shape. These hens produced the pullets in pen No. Eight. This pen will produce great layers.

PEN SIX—Consisting of pullets from a 267 egg strain mated to a splendid pullet mating yearling cock bird, being of W. J. Johnson's heavy egg strain. This pen will produce show pullets and heavy layers.

PEN SEVEN—Consisting of pullets as in pen Six, mated to a good laying strain cockerel which is well shaped and barred.

PEDIGREED BARRED PLYMOUTH ROCKS

PEN EIGHT—A pen of pullets coming from the hens in pen No. Five, mated to three Pedigreed Cock Birds purchased from W. J. Johnson. Their records are 225, 230, 235. We took 773 eggs from these 50 pullets in the month of January.

PEN NINE AND TEN—RHODE ISLAND REDS—Birds of splendid color and shape. Pen Ten, headed by second cockerel at King's County Poultry Show, with eight pullets, including second at above show. Pen eleven headed by a cockerel from Budd's famous laying strain; he also has grand color and shape and has never been shown.

PEN ELEVEN—A pen of Partridge Wyandotts—nice shaped pretty birds.

PRICE LIST

1 & 2	$5.00
3	3.00
4 (a bargain)	1.50
5	3.00
6	2.00
7	1.50
8 (Pedigreed)	2.50
9 & 10	2.50
11	2.00
White Wyandott eggs as they run	3.00
Barred P. Rock eggs as they run	2.00

Prices quoted on large quantities upon application.

Our stock is much better than we have ever possessed before and our dual purpose White Wyandotts will produce winners in the show room and will also produce as many eggs as any other White Wyandotts in Nova Scotia. We have placed our prices within the reach of all in order to get our birds before the breeders.

Cash must accompany all orders. Give the Evangeline Poultry Yards your order and be confident of satisfaction.

Keep this Mating List for reference.

After about May 15th we are offering some of our breeding pens for sale. This will be an excellent opportunity to procure some good stock at low rates.

If you know anyone who is interested in raising good stock you will be doing them a favour as well as us by dropping us a post card bearing their name.

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

COAL! COAL! COAL!

Carefully Screened and Promptly Delivered.

Springhill, Albion Nut and Old Sydney.

GIVE US A TRIAL

Burgess & Co.

For Sale

Lime Sulphur. $8.75 per Cask, F. O. B. Canning, N. S.

Apply to

The Supply Co., Ltd.

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:

BELINA WOODMAN, Administratrix,
OTTA FOSHAY, Administrator.

Wolfville, October 5, 1919

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

COAL!

Acadia Lump, Albion Nut, Springhill, Inverness

A. M. WHEATON

WANTED!

Experienced Farm Help.

Two young married men and two single, who understand orcharding, can drive a team, and general farm work.

Apply to

The Supply Co., Ltd., Canning, N. S.

It's all right to pray for the things we want, but it's a good idea to work for the things we really need.

Children Cry
FOR FLETCHER'S
CASTORIA

Irrigation as a source of wealth

FEW agricultural districts have grown to prosperity more quickly and founded it more substantially than the country tributary to Lethbridge in Southern Alberta. Driving through this territory towards the end of last summer, a prominent official of the Dominion Government at Ottawa, who had been making an extensive tour of Western Canada, remarked that here were the most prosperous agricultural communities he had seen during the whole of his trip. Now this remark is relative. All over Western Canada there are very prosperous districts, where modern homes, spacious barns, well filled granaries, good sized herds of live-stock and many other signs reflect the welfare of their owners, reason may be given in one word—irrigation.

Driving into one of these districts from the east, one cannot help but be immediately impressed. The more compact settlement, the deep green fields of settlement, the deep green fields of alfalfa, in which hogs, sheep or cattle are pasturing, the substantial farm buildings, mostly surrounded by trees, the well fenced farms all these are evidence of a prosperity which is being built up on sound lines. A measure of the fast development of the whole of the territory east of Lethbridge is the village of Coaldale, for this village has grown with the district. But a very short time ago a railway siding only, Coaldale is now an active business centre, with a lumber yard, hardware business, general stores, hay market, elevator facilities, bank and other businesses. The community is also served by one of the best and most up-to-date consolidated schools in the West.

Probably no other community in Canada has received more settlers who have purchased lands at the high average price which has been paid by those who have settled among the Coaldale community during the last two years. Many of these settlers have come from the irrigated districts of the States, particularly from Washington, Idaho and California. An illustration will serve to show the value placed by them on the land in this territory. A settler who purchased a farm four miles west of Coaldale at $102 an acre, recently bought the quarter section adjoining him for $100 an acre. This was without any improvements except a timothy meadow. But the property could not be bought from its purchaser now for less than $150 an acre, and he has been heard to remark he would not care to sell at that price.

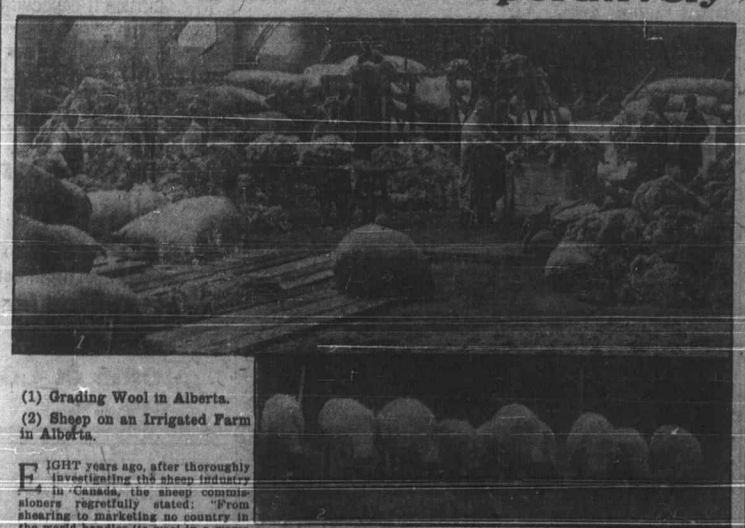
The number of tenant farmers throughout the Lethbridge district who are purchasing irrigated land at similar prices is a good illustration of its productive value. Men who have farmed land here for a year or two on a rental basis are purchasing it now at ninety and a hundred dollars an acre. Instances of such purchases during the last year or two are becoming numerous and the inference is that the buyers have made sufficient money out of their crops to be able to purchase the land on which they were grown. This is probably one of the most striking facts in connection with the development of the district, for the men who have bought these lands knew what they were capable of producing.

As for renting, the demand for land by tenants is unprecedented, notwithstanding the fact that rents have doubled in many cases during the last three years. Whereas at that time irrigated land was being rented at $5 and $6 an acre, as much as $10 and $12 an acre was paid in 1918; while owners who rented their land on the crop plan received much more than this in many instances.

The district has been favored by the arrival and settlement there of a large number of settlers of high average intelligence. Most of them have had experience with irrigation elsewhere and are able to make comparisons with other districts. The consensus of opinion of these men is that the facilities for irrigation in Southern Alberta equal or are superior to those to which they have been accustomed. A farmer who came from one of the irrigated districts in Idaho early this season was at first somewhat discouraged with conditions in Alberta. But business matters requiring his return to Idaho later in the season he had an opportunity to compare conditions and crops in his old community with those in the Lethbridge district, and he came back highly elated. "Conditions in Alberta are ever so much better," he said.

These facts about the Lethbridge district are interesting because they reflect the enormous possibilities of the other irrigable areas of Southern Alberta. From like conditions like results may be expected. And what is being accomplished at Lethbridge can be accomplished in other parts of Southern Alberta where similar conditions prevail. It is only during the last few years that people have begun to appreciate at their proper value the irrigable lands near Lethbridge, but since they have begun to realize their worth development of the country has gone on apace. The effect of this development has been an awakening of interest in other irrigable areas in the the province and a more rapid settlement of them. As these areas are considerably larger than the Lethbridge district the effect of their development on the prosperity of the province is incalculable.

Handling Wool Co-operatively



(1) Grading Wool in Alberta.
(2) Sheep on an Irrigated Farm in Alberta.

EIGHT years ago, after thoroughly investigating the sheep industry in Canada, the sheep commissioners regretfully stated: "From shearing to marketing no country in the world handles its wool in a worse manner than Canada. As far as the wool of mutton breeds and cross breeds go, we do not know of any country where it is handled in such an unsatisfactory way and delivered in such bad condition."

Having reached this conclusion, the commission intimated that the way was open to find a remedy for the trouble. It was soon after this that the Canadian Department of Agriculture was organized, and by 1914 the work of applying the remedy had begun. This consisted of the organization of wool growers associations throughout Canada, the direction of their efforts in producing good wool, and in classifying it. During 1914, the first year of the work, 266,129 pounds were graded for societies organized in Quebec, Ontario, Manitoba and Alberta. The following year, through 19 organizations distributed over Canada, 430,000 pounds were classified and offered for co-operative sale. The season of 1916 saw 1,712,596 pounds, while in 1917 this was increased to 2,097,909 pounds.

It was early in 1917, because of peculiar war conditions, that Martin Burrell, then Minister of Agriculture, recognizing the importance of centralizing the sale of wool, and the advantages that must accrue from having one centre of operation, sanctioned the rental of suitable premises in Toronto, for the storage of the wool of the various associations where clips would be graded by the wool experts of the live stock branch, and shipped out when purchased. This led to the further step of 1919 in the organization of the Co-Operative Wool Growers' Limited as the central agency for the disposal of wool shipped in and collected from all parts of Canada.

Whereas, when the central warehouse was first established, it was estimated that as much as 2,000,000 pounds of wool might be handled during 1919, no less than 2,500,000 pounds of wool had been sold up to the end of August, 1919, due to the associations in the various provinces pulling together. After that amount had been sold a considerable quantity of wool remained in storage, but it was anticipated that all would be disposed of at favorable prices, which was later proved true.

Thus co-operation in a few years actual service proved the revolutionizing factor in the wool industry in Canada. Breeder and farmer have been quick to learn the oft-repeated lesson that to get the best prices the best must be produced. Formerly the wool was sold in bulk for what it would bring. To-day, under the team-work plan, the wool is sorted and inspected, grade values becoming apparent, and sheepraisers are learning more and more to recognize the importance of care in selection, industry in keeping and the exercise of intelligence in shearing, packing and shipping.

In Manitoba there has been a decided increase in the number of sheepowners who market their wool through the co-operative system. In 1915, 59,000 pounds reached the warehouse; in 1916, 154,000 pounds; 1917, 170,000 pounds, and in 1918, 365,000 pounds were received. In 1917 there were 465 sheepowners who participated in the work, while in 1918 this number increased to 917. The grading system has had a market effect on the quality of the wool, and graders as well as grades uphold the belief that the education work in this connection is doing an incalculable amount of good, and increasing the revenue derived by the sheepowner from the sale of his wool. In former years, when wool was sold at a flat rate, the importance of keeping the wool in a clean condition and avoiding tying with binder twine, as well as mixing the black and tan with the white and tags, locks and pieces, seedy and dead, with higher grade wool, was not appreciated, and resulted in a serious loss in revenue to farmers and a serious wastage of a product much in demand.

It cannot be gainsaid that wool sold under the co-operative system has on the average brought a much higher price than could have been obtained by farmers selling to local buyers. This fact is evident to the sheep raiser, as evidenced by the increasing number of Manitoba patrons.

How the fire of co-operation is spreading over Saskatchewan is best evidenced by a few figures, showing the development of the industry since 1914, as follows:

Year	No. consignments	Pounds	Average price per lb. cents
1914	179	65,104	17½
1915	318	150,998	26
1916	482	179,590	32½
1917	621	233,445	35
1918	815	594,065	40

It will be noted that the 1918 business was 80 per cent over the 1917 wool shipments. The Southern Saskatchewan Wool Growers Association handled eight and one-half carloads, besides the amount mentioned, the province being too large for one organization to handle at present. In Alberta, likewise too large a territory for one agency to handle, there are three organizations mentioned in the 1918 report, each revealing a large increase in territory and volume of business. These associations are the Provincial Sheep Breeders' Association, the Alberta Live Stock Association, and the Pincher Creek Wool Growers' Association. These three agencies did by far the greatest business of any provincial system in Canada in 1918, when they collected, graded and shipped 1,300,000 pounds of wool of various grades. Earl W. Gage, (Breeder's Gazette).

Children Cry
FOR FLETCHER'S
CASTORIA

Minard's Liniment Cures Diphtheria

Toronto firemen are going on strike themselves. They want a 44 hour week, $15 a week of a salary and perquisites. We thought this would be a part of the new world we were promised after the war, as ye the Hamilton Times.

Children Cry
FOR FLETCHER'S
CASTORIA

Rich Red Blood

means health—means mental vigor and physical strength.

What women in particular need to purify and enrich the blood—build up and invigorate the system, and clear the complexion—is

Dr. Wilson's HERBINE BITTERS

It is a true blood purifier—a blood food—made from Nature's healing herbs—and has given new health and happiness to thousands of women during the 50 years and more it has been before the public.

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

The Brayley Drug Company, Limited
St. John, N.B. 44

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Telephone No. 43.

M. R. ELLIOTT

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Office at residence of late Dr. Bowles

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Hours—8-10 a. m., 1-3, 7-9 p. m.

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Long distance telephone, Wolfville exchange.

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Voicing, Regulating, Repairing. Organ Tuned and Repaired.

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Trains Leave Bridgewater:

6:10 Accom. daily except Sunday for Halifax and intermediate stations.

6:20 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. F. & P. Agent, Halifax.

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Have in stock for sale in Flour: "Cream of the West," "Ogilvies," "Victory" and a few bags of Graham.

FEEDS

Bran, Shorts, Molasses Dairy Feed, Molasses Hog Feed, Barley Meal, Corn Meal, Sampson, Oat Meal Feed, Ground Oats, Ground Barley, Corn and Oats, Linseed Meal and Ground Special Feed.

FERTILIZERS

Slag, Ground Lime Stone at the Warehouse, and taking orders for Nitrate of Soda, etc. We have also hand Sugar, Soap, Tea and Rolled Oats, Ware house open six days a week.

Port Williams, N. S.

DR. J. T. HOTCHKISS

Veterinary Surgeon

WEBSTER St. KENTVILLE

Phone 10

Will be in Wolfville on Tuesdays at Hutchinson's Livery from 8 a. m. till 6 p. m.

Better Than Pills For Liver Ills.

Little Pellets that promote organs of digestion and elimination, improve appetite, stop sick headaches, relieve biliousness, correct constipation. They act promptly, pleasantly, mildly, yet thoroughly.

At Druggists, Tomorrow Alright

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A. V. Read, Chemist and Druggist,