THE BLOOD IS THE

Pure Blood Is Absolutely Necessary To Health

"FRUIT-A-TIVES" PURIFIES

These Wonderful Tablets, Made of Fruit Juices, Are The Best Of All Tonics To Purify And Enrich The Blood.

Pure, rich blood can flow only in a clean body. Now, a clean body is one in which the waste matter is regularly and naturally eliminated from the system. The blood cannot be pure when the skin action is weak, when the stomach does not digest the food properly, when the bowels do not move regularly, when the kidneys are strained or overworked.

Pure blood is the result of perfect health and harmony of stomach, liver, bowels, kidneys and skin.

"Fruit-a-tives", by their wonderful action on all these organs, keeps the whole system as clean as Nature intended our bodies to be clean.

"Fruit-a-tives" tones up, invigorates, strengthens, purifies, cleans and gives pure, rich, clean blood that is, in truth, the stream of life.

"Fruit-a-tives" is sold by all dealers at 50c. a box, 6 for \$2.50 trial size 25c. or sent postpaid on receipt of price by Fruit-a-tives Limited, Ottawa.

Hymn of Peace

(Mary Traffarn Whitney) Onward, Christian workers, Ye who hope for peace, In the name of Jesus, Making war to cease; Jesus sour leader, Going forth to sow Seeds of truth and justice In this world below.

CHORUS Onward, Christian workers, Ye who hope for peace, In the name of Jesus, Making war to cease.

Onward, Christian brothers, Clasping hands today, 'Cross all lands and oceans, Working, as we pray, That the love of Jesus In our hearts may be Show i by our obeying And our loyalty.

Onward, Christian peoples, Brotherhood of man, Worship God, not mammon, Learn His perfect plan; Build His Kingdom holy, Peace and hope and love; Make this world an Eden Like the world above.

Onward, Christian nations. Put the sword away; Prince of Peace our leader, Soon shall dawn the day When no strife or warfare Any land shall stain, And the peace of Heaven On the earth shall reign.

Can't Lose Hair

Twenty Years From Today a Bald- cases every two months, eighteen headed Man Will Be An Unusual Sight.

One of the most prominent druggists of America made a statement a few weeks ago which has caused a great deal of discussion among scientists in the medical press.

He said: "If the new hair grower, Mildredina Hair Remedy, increases its sales as it has during the past year, it will be used by nearly every within eight years.

"When Mildredina Hair Remedy is used almost universally, dandruff will disappear and with its depart- And likewise did she profit on each ure bafdness, itching scalp, splitting hair and all scalp diseases will follow and twenty years from now a bald head will be a rarity."

druff, and that is to kill the germs. ried?" There is only one hair preparation that will kill the germs and that is any head where there is any life left; Mildredina Hair Remedy. This unus- you've smelt about the same." There ual hair restorer with its record of thousands of cures will grow hair on it will cure dandruff, stop falling hair and itching of of the scalp in

It is the most pleasant and invigorating tonic, is not sticky, or greasy and is used extensively by ladies of refinement who desire to ten. I confess it dazed me. a large bottle druggists everywhere.

prietary Co., Boston, Mass. CUT THIS OUT TO

FREE to show how quickly Mil dredina Hair Remedy acts, we will send a large sample fr e by return mail 'o anyone who sends this Coupon to AMERICAN PROPRIETARY, Co. Boston, Mass., with their name and address and ten cents in silver or stamps to pay postage.

(By George H. Cleveland.) I shall never forget the night Margaret put the proposition up to me. 'Jim,' she said, "just how much

I was having my usual pint of beer just before going to bed. I looked at her. She was smiling goodnaturedly. Of course, I told her, there was the usual cocktail that. I always got at the "cafe" on the corner on my way home to dinner; occasionally a drink before or with my luncheon, but not always, and on such few nights as I dined at the club or downtown with some of the boys maybe there'd be a cocktail and four or five highballs, or, on special occasions, a bottle of champagne or sparkling Burgundy. In a word The Spy on the Battlefield I'd never considered myself a "drink-

finished. "I've saved twenty-five dol- British forces. There they were, Britlars this last year out of the family ons and Germans, entrenched on the budget, and I'm going to invest it slopes of hills, with a broad empty in drinks, and I'm going to serve valley between them-a valley of just what you'd pay at a good sa- lights. loon or at your club. The steward Yet it was clear that someone was out at the country club has given sending information across to the me a bartender's guide and agreed Germans. Was it a dog or a pigeon to send me all the necessary liquors, that carried the news? Thousands of Now do you agree that hereafter our troops watched night and day, you'll do all your drinking here in and no bird or animal was seen to

was nothing for me to do but to forsaken beggar who used to sit for over her becoming a barmaid, even from our trenches. garet made me pay another fifteen ly a clever German electrician. cents. On the evenings when the At the same place was a peasant neighbors came in and we had beer, woman living in a cottage on the or at our little dinners, when in hon- hillside. She had an oil lamp that or of our guests we had a bottle of gave her a great deal of trouble evewine or other drintables, Margaret ry night. Apparently she could never we went to bed. And so it was kept There was no blind at the window, riage eleven years ago, we went over officers found out that there was an the year's accounts for the house-

"Audit it, Jim," she said. And I did. She had started her home salogn with twenty-five saved from the budget. She had to her credit ninety-eight dollars. I had hostile gunners, miles away, knew paid her one hundred and sixty-nine dollars and thirty cents during the turned over, as we say in business. that original twenty-five dollars six

presumably-business man had consumed that quantity of liquor in on

But there were the figures-case after case of beer at two dollars a case of twenty-four pints, that Mar garet had charged me the club price cases a year. Margaret had paid one dollar and fifty cents a quart for my whiskey and charged me fifteen cents a drink for it-also club prices -and had, as any saloon should, served me twenty-eight drinks at that price each out of every quart. I began to see how she had made her money. I had paid her four dollars and twenty cents for the twenman, woman and child in America ty-eight drinks I had had out of that bottle of whiskey that had cost her one dollar and fifty cents and every cocktail she "sold" me.

"Do you think I've been drinking more this year than in any other There is only one way to cure dan- year of the ten we've been mar-

"Of course I don't know," she replied; "but as near as I can recall was nothing nasty in the way she said it; in fact, I caught a twinkle

in her eyes before I dropped my own. Whereupon I did a bit of mental arithmetic, multiplying all that beer and whiskey and wine and gin by

have and to keep their hair soft, lus- "And what you've paid me, Jim," trous and luxuriant. Fifty cents for she added, "is more than the inter-Mail orders filled by American Pro- est would be on that lot we've had our eyes on."

That clinched it. My wife's saloon went out of business that nightlast New Year's Eve-and no other has taken its place, nor shall I drink again. It's not worth to me the money it costs.

Minard's Liniment for sale every-

NO ALUM My Wife's Saloon



ing" man in the accepted sense of Our soldiers in their trenches by the River Aisne have been much "Now I'm going to make a pro- troubled by the knowledge the eneposal," Margaret said when I had my had of every movement of the them right here in the house to you death swept by gun-fire and rifle-fire. and such of your friends as went No man on either side could pass it. them, and I'm going to charge you At night it was lighted by search-

the house in the way I propose?" cross the dreadful valley. Things at Margaret was so genial and un- last were found to point to a man complaining about it all that there with a wooden leg-a kind of poor, agree, athough I did wince a little hours by himself at some distance

in our own home. But, to make a He was arrested and examined. long story short, we carried out her Round his wooden leg was found plan for a year. Every night before coiled a large quantity of fine wire, of the Chinatown plague epidemic in dinner Margaret served me that and an interesting instrument was 1907, so efficient was the ratproof confor it. Every night before going to wireless telegraph by which he sent plague were entirely "built out" of that would at all events be reasonably bed I had my pint of beer and Mar- messages to the enemy. He was real-

was right there with a check before make up her mind where to put it. up until last New Year's, when, as and she kept moving the lamp has been our custom since our mar- about in a very curious way. Our important meaning in the movements of the light. It could be seen by the what she called the "pooze balance." Germans right across the valley, and it was used for signalling mes-

sages to them in the darkness. In another case, no matter how half. the French soldiers tried to hide, the where they had gone to, and continned to fire at them. A French officer chanced to look at the church clock and saw the hands moving in an extraordinary way. Up in the tower he found a spy signalling by "Could it be possible," Fasked changing the position of the hour and minute hands of the clock. Far away a German artillery officer studied the village clock through a pair

of the guns accordingly. A common trick the Germans practice when retreating is to leave men lying on the ground behind of fifteen cen's a bottle-and three them. These men pretend to be wounded, and naturally our soldiers treat them kindly. But as our troops pass the spies count their numbers and their guns and Maxims, and then run with the information to some spot where they can send it to their general over tele-

Spying is usually a low sort af business, but there is something he- their expenses, in addition, provided. lives on the open battlefields and go boldly among the enemy, as our King Alfred did when he went as a harper into the Danish camp. The steadiest courage and the quickest presence of mind are needed in this perilous work. The trouble is that the Germans hold nothing sacred or honorable when they come to collect information. The officers dress themselves up as nuns when they approach the Roman Catholic troops of Belgium and France, and among our soldiers pretend to be Red Cross nurses .- The Little Paper.

Strathcona's warning was recalled the other day at a meeting of the Anglo-Persian Oil Company in London. Mr. C. Greenway said that the years held that this war would | Post. sooner or later be forced on us. He therefore patriotically devoted the last years of his life to obtain for the nation a purely British source of supply for fuel.

The tallest and shortest people of Europe the Norwegians and the Lapps, come from countries which

ERADICATE THE BAT!

A Disease Breeder and Carrier That

Serves No Good Purpose. Rats are dangerous. They have no legitimate business, nor can they serve any good purpose in any community. Sanitarians are well agreed that rats | Present Situation of Toronto Made a are a serious menace to health. They are so filthy in their habits as tenants of the sewers and as feeders on everything dirty and diseased that it is no wonder they are carriers of disease, parasites and plague infection.

That rats are afflicted with many diseases more than bubonic plague is confirmed by Dr. Rupert Blue, surgeon general of the United States public health service, who, speaking on this point; says: "Other infections of the rat are trematodes, or flukes; cestodes, or tapeworms; nematodes, or round worms; protozoa, insects and regetable microbes." Of the rats examined in San Francisco 34 per cent were infested with tapeworms.

Plague is primarily a disease of the rat. It is communicated from the from rats to man by means of fleas, as the principal agent, yet it has been determined many times that handling a rat that has been dead of plague only a few hours gives the infection almost instantly. Two small boys while playing in an unused cellar found the body of a dead rat. The corpse was buried with unusual funeral bonors. In fortyeight hours both were ill with bubonic plague. A laborer finding a sick rat on the wharf picked it up with the naked hand and threw it into the bay. He was seized three days later with plague. But the flea is the chief inoculator. Fleas abandon a rat dead of plague and go in search of living beings who still have warm blood circulating in their veins. Biting man which starts the disease.

Since plague is a disease due to rats can be done by making war on them | tary fort and trading post. with traps, poison and starvation, and

FIRST CATCHER'S PAD.

It Was Worn by Charlie Bennett of the

Old Detroit Team. Charlie Bennett, the noted catcher of the famous Detroit team of 18867. often told with delight the story of how he and his wife made the first catcher's breast protector.

It was a constant source of worry to Mrs. Bennett to watch her husband being made a target for the speed such officers, naval and military, as merchants of thirty years ago. And I thought most competent to give me she fully realized the pressing necessity of some kind of armor to prevent the hot shot sent through by these speedy slabmen from caving in a rib or two which belonged to her better in this province."

out something that had a faint resem-

In a private trial it worked fine, and in the tryout Charlie would let the ball slip through his hands and bang up the slightest jar. After Bennett got used to it he wore it in a regular contest, and, with the eyes of thousands of spectators upon him, he would let a fast one hit him square on the chest. The ball would rebound back almost of field glasses, and altered the aim to the pitcher .- New York World.

> Deaf Mute Church Work. Religious work among deaf mutes was established in 1849 by Dr. Gallaudet, who started a small Bible class for them in a room in the University of New York. The Churchman, an Episcopal weekly, says that at the present time there are thirteen ordained clergymen, twelve of whom are themselves deaf, ministering to the spiritual needs of 35,000 deaf mutes in the United States of whom there are fully 20,000 in the southern section. The salaries of the missionaries to the deaf range from \$1,000 to \$1,800 annually, and a very few of them have

They Seldom Do. A half witted fellow living in one of ment on them for days afterward. Recently he received an invitation to the wedding of a relative. The next day after the wedding a neighbor asked, "And how did the wedding go off,

"Oh, there was a pretty fair crowd turned out considerin' the weather," Jim answered solemnly. "Mary, she looked right nice, but I didn't think Bob looked very natural,"-Indian-

Posted. "Papa, what is an escutcheon?" "This story says there was a blot on

"Oh, yes. An escutcheon is a light colored vest. He had probably been

The Three Graces. First Girl-1 know Jack basn't much know. Second Girl-And hope, too, I suppose? Third Girl-And charity!-London telegraph.

Minard's Liniment cures Diphtheria. | Minard's Liniment cures Colds, &c.

Impossibilities are merely the bair

SO THOUGHT SIMCCE WHEN HE LOCATED OLD FORT YORK.

Powerful Impression on Ontario's First Governor, and He Prepared Elaborate Fortifications Which Were Considered Strong at the Time-Old Gibraltar Point

The city of Toronto has lived so long in peace and security that its citizens have probably long since forgotten that the site upon which it is built was originally selected by Governor Simcoe because of its strategical advantages, that every approach from north, south, east and west was for years guarded by recognized defences, and that for eighty years the city was protected by British troops.

When Constitutional Government was established in Upper Canada in plague stricken rat to other rats and | 1791 the relations between the people of Canada and those of the United States, while not exactly strained, were at all events scarcely more than amiable. But fifteen years had elapsed since an unsuccessful effort had been made by American forces to seize the city of Quebec, emissaries had subsequently tried industriously to stir up the French-Canadians against British authority, and final terms of peace between the two nations had only recently been settled. Moreover, between 1783 and 1790 many thousands of loyalists had left their homes in the United States and come to Canada in order to be upder the British flag. During the recent wars, also, some of the Indian tribes had been allies of the British, and others of the Americans.

On the other hand, the new Prothey inoculate into him the living virus | vincial Government was in the hands of military men, and the early settlement was largely of a military character. The Governor, Lieut. and rat fleas and not to fifth or dirty | Col. Simcoe, had himself served habits, there's only one thing to do to through the Revolution, and the new avoid plague, eradicate the rats. This capital at Niagara was the old mili-

It was not long before the Goverby "rat proofing" against them; that nor realized the hazardous position is by building them out. As a result of the Government headquarters. Situated directly under the guns of au American fort, it could hardly have been worse. He, therefore, soon cocktail and I paid her fifteen cents found upon him. He had in fact, a structions that followed, that rats and set out to locate a new capital that

ronte was selected early in 1793, becaus: as the Governor wrote to the Colonial Secretary, it is the "most, important and defensible situation in Upper Canada, or that I have seen in North America." "It is with great pleasure," he also wrote to General Clarke at Quebec, "that I offer to you some observations upon the military strength and naval convenience of Toronto, now York, which I propose immediately to occupy. I lately examined the harbor, accompanied by investigation I found it to be without comparison, the most proper situation for an arsenal, in every extent of that word, that could be met with

It is difficult at this distance to Not far, not far into the night After much deep thinking and con- discover the wonderful virtues seen siderable labor the Bennetts shaped by the Governor in the situation of Toronto. Even the Island, flat and of potential strength. "I went to my in her diary at the time, referring to the long sandy peninsula enciragainst his chest without experiencing cling the bay and forming the harbor. "The Governor the ks, from the manner in which the sandbanks are formed, that they are capable of being fortified so as to be impregnable; he, therefore, calls it 'Gibral-

tar Point,' though the land is low." The spot selected for the city and capital was at the extreme eastern end of the bay, in a grove of oaks not far from the water, and that chosen for the fort for the protection of the city and the accommodation of the "Queen's Rangers" was a knoll of land commanding the entrance to the harbor, washed by the waters of the lake on the south and by a stream known as the Garrison Creek to the east and north. Buildings were promptly erected for the garrison, consisting of a large blockhouse, barracks with loop-holed sides and projecting upper story, a log hut for the stores and provisions, and a powder magazine. The spaces between the houses were stockaded, gates were erected with locks and bars, and canals, wharves, and a bridge constructed on the creek.

From time to time the fort and its equipment were enlarged and our country villages makes it bis bust | built by General Brock, in 1811, and several old guns found among the ruins of the old fort Rouille, abandoned by the French in 1759, were erected on wooden trucks and put

At Gibraltar Point, that point of the island which approaches the mainland, a blockhouse was built in order to provide double defences for the harbor. The land formation of the island was somewhat different in those days from what it is now, and this blockhouse stood near the site of the present waterworks crib, now in open water immediately north of the ferry docks at Hanlan's Point. It was but one story in height, and some twenty-five feet square, constructed of pine logs, dovetailed at the corners, with the interstices filled in with mortar. The only special defences provided for this fort consisted of a twenty-four pound gun operated on a swivel carrying a fountain pen." - Houston track which was mounted on the roof. Another blockhouse was erected at the eastern end of the bay immediately south of the first Parliament buildings, for the purpose of keeping money, but we can live on faith, you guard over the "carrying place," as the portage over the peninsula from Two Trips per week in each direction the lake into the bay, was called. There was no eastern gap in the early days, and it was not until 1854 Steamers leave Yarmouth Wednesdays, and Saturdays that the waters first forced their days at 5.00 p.m. for Boston. Leave Boston Tuesway through the sand bar, forming days, and Fridays at 1.00 p. m. for Yarmouth. hearted efforts of quitters .- Herbert a channel that at a later date was dredged and made permanent.

BELGIAN KONGO SAVAGES.

Cannibals In War Paint Whose Past Is Black Mystery.

In his book "Hunting and Hunted In the Belgian Kongo" Mr. R. D. Cooper speaks of the remarkable people who live in the forest wilds:

"Threading our way down the stony path, winding in and out among the rees, we began to walk the remaining ew miles along the sandy shore to Butiaba. A slight breeze sprang up from the southwest, and very shortly the sun had kissed the Bulegga mounnin peaks that rose thousands of feet sheer from the water's edge in the

"Gaunt forbidding sentinels of the Kongo! What strange people dwell behind you-the dwarfs and others, with their poisoned implements of war -cannibalism with all its attendant horrors-a people that cannot tell us of their past. The ages gone by are all a blank to them. These people are akin to the beasts of the forest, inasmuch as they care only for the present. They live for the present. The past is gone. No records have been written of

"The war paint of vermilion colored their bodies adds to the hideousness follows: of these savages, darting from rock to-rock, hiding behind trees, lying hidden in the foliage overhead, waging war with all. Tragedy follows tragedy behind those Bulegga mountains in the Kongo, to the south of which lie the snow capped crests of rugged Ruwen-

THE SEARCHLIGHTS.

By Alfred Noyes. ["Political morality differs from individual morality, because there is no power above the State."

-Gen. von Bernhardt.] Shadow by shadow, stripped for fight The lean black cruisers search the

Night long their level shafts of light Revolve and find no enemy. Only they know each leaping wave May hide the lightning and their

And, in the land they guard so well. Is there no silent watch to keep? An age is dying; and the bell Rings midnight on a vaster deep; But over all its waves once more The searchlights move from shore to

And captains that we thought were for Montreal and the West. And dreamers that we thought were dumb, And voices that we thought were

Arise and call us, and we come; And "Search in thine own soul," they cry, 'For there, too, lurks thine enemy."

Search for the foe in thine own soul. The sloth, the intellectual pride, The trivial jest that veils the goal For which our fathers lived and

The lawless dreams, the cynic art, That end thy nobler self apart.

These level swords of light can

Yet for her faith does England fight. Her faith in this our universe. Believing Truth and Justice draw From founts of everlasting law. Therefore a Power above the State.

The unconquerable Power, returns.

The fire, the fire that made her great,

Once more upon her altar burns. Once more redeemed and healed and whole, She moves to the Eternal Goal.

Taken at Her Word. A Bloomfield woman looked across ner lawn to where passersby were breaking off the biossoming twigs of

her favorite quince tree. "We might as well cut the tree down as let it stand for people to destroy,"

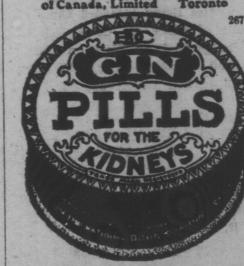
ground beside a little hatchet, while around behind the house the small boy of the family was getting a switching with one of the branches.

This teaches us that we should be sure of our audience before we employ hyperbole in our speech. - Newark

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12.39 12.55 13.15	* Karadale AB. Port Wade Lv.	14.21 14.05 13.45

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