

Fifteen Years of Agony

"Fruit-a-tives" Promptly Cured Him After Doctors Had Failed To Give Relief.



CHARLES BARRETT, Esq.

Harbor au Bouché, Antigonish Co., N.S., March 24, 1909. "I wish to express my sincere appreciation of the great benefit I received from taking 'Fruit-a-tives.' I suffered from Biliousness and Dyspepsia for fifteen years and I consulted physicians and took many kinds of ordinary medicine, but got no relief. I was in miserable health all the time and nothing did me any good. I read the testimonial of Archibald McKechnie, of Ottawa, and I decided to try 'Fruit-a-tives.' I have taken a number of boxes of 'Fruit-a-tives,' but before I had taken one box I felt better and now am entirely well. I am thankful to be well after fifteen years suffering, and I am willing to have this statement published for the sake of other sufferers, and to them I strongly recommend 'Fruit-a-tives.'

(Signed) CHARLES BARRETT, Esq. 50c a box, 6 for \$2.50—or trial box, 25c. At all dealers or sent post-paid on receipt of price by Fruit-a-tives Limited, Ottawa.

NOTABLE WOMEN AND THEIR WORK.

Mother Ernestine has received a prize of 15,000 francs given for acts of devotion by the French Academy of Moral Science. She occupies in France about the same position as is held in America by Mrs. Ballington Booth. She is known as the helper of ex-prisoners.

She is now over 80, and ever since she was 20 she has given herself to works of reclamation. Almost immediately after she entered the order of the Sacred Heart she began her labors in the prison for women at Rouen. After a few years of this work she began to wonder what became of her charges after they left prison. This led her to rent a small room and to take two of her ex-prisoners there and launch them in the trade of shirtmaking.

The number of her charges increased so rapidly that the police authorities decided to allow her 500 francs yearly. A few years more and it was decided to put all young prisoners in her charge. The result of this was the establishing of a refuge with Mother Ernestine at the head.

Here for a number of years she had 28 sisters working under her, and on the inmates in the refuge have numbered more than 500. These women are taught dressmaking, tailoring, housewifery and gardening.

Miss Gertrude Bacon, of London, and Miss Spencer, of Hitchgate, are said to be the most accomplished women aeronauts in England. Miss Spencer belongs to a family of aeronauts, and is the only woman in England who has made an ascent in a balloon entirely alone. When she accomplished this feat she remained up two hours, and then made her descent with ease and dexterity.

Mrs. Asher Richardson, of Ashertown, Tex., has been appointed assistant general superintendent of the Ashertown Gulf Railroad. Thirty-two miles of the road have been completed, and it is now being extended 60 miles more. Mrs. Richardson has charge of the employment and work of a large body of men.

Mrs. Elizabeth Gerberding, president of the Woman's League of Justice in San Francisco, has announced that she will take an active part in the states election next fall. The league has a membership of more than 2,000 women, and all of them are said to be as determined as their president to have their say in the next political campaign.

It is a fact that among soldiers and sailors exposed to contagious diseases, the percentage of those contracting disease is much greater among mouth-breathers than those who practise nostril-breathing. Hence the repeated caution among naval physicians who urge upon sailors the practise of nostril-breathing, especially while in foreign ports, where epidemics are common.

Woman Superintendent of Chicago Schools

Only a woman can make a successful school superintendent. This is the opinion, expressed modestly, of Mrs. Ella Flagg Young, superintendent of schools of Chicago, the second city of the country, and the first woman school superintendent in the world.

Sweet-faced at 64, and showing a marvellous amount of energy, this little gray-haired woman is an enthusiast. She would be remarkable as a woman alone aside from her ability to run the schools of this great city. She is remarkable for her knowledge—she has been teaching school for 47 years. She is remarkable for the way she has kept abreast of the times—no "smart" book agent but who knows this.

She is remarkable for her earning power—she gets \$10,000 a year. And for what Chicago is thankful about most—her great vitality, which enables her to visit all the schools and outstrip the rush of her business. This elderly woman is truly remarkable.

Mrs. Young does not see much difference between running the schools of Chicago and running the schools of Halifax. In both places conditions are a great deal the same.

"My work is not such as can be done on the housetop," she said to The Halifax Mail correspondent, when she was asked to outline her views on the school situation in Chicago.

"It's a work of love, of human sympathy. It's work that calls for the abandonment of all worldly motives."

"Why, when I began teaching, 47 years ago, in a first grade school, I made up my mind that teaching should be a personal matter. 'I knew in my heart that a child could not insult a teacher. The more unruly he was, the more he needed help."

"When a teacher comes to me ready to fight, I know she has grit and deep emotions. She is a fine force, but unharassed."

"I will say that there is much less chance of getting a man who can establish harmony in a distraught system than there is of getting a capable woman."

In a month Mrs. Young has done what few persons in the world would be able to do—revolutionized the Chicago schools. Some of her ideas were so simple and so easily applied that they can be seized upon in Halifax at once.

"The keynote in all schools, including those in Halifax," she told me, "ought to be activity and not passivity. Methods regarded as too sacred for a change are all dead wrong."

"To illustrate," she continued, "under the old methods the best scholar was the carefully starched one with big eyeglasses that knew every word of his book by heart. He wouldn't tell a word of it to anyone for anything—this one who was so selfish with his puny little bit of knowledge."

"Under my new method there are a great many books in each school room on all the studies taught, and each scholar will study one of them, and then a general discussion will follow. In this way life is put into the school room, and interest which we never used to dream of having in a solemn school room is created, and things are learned and become part of each child, helping to develop his mind, his character, his soul."

"We don't prohibit talking over the lessons by the pupils now; instead, we encourage it. We do not make the pupils learn things out of books; we let them absorb them."

"We believe the work of education is to develop the child into the broadest, best equipped man there can be. 'I try to teach the teachers to teach their pupils this by treating them in this way myself."

"There is no barred gate before my office door with a formidable secretary to ward off the public. The public pays me and I owe them my time."

"I'll see them as well as my teachers on any trifling matter any time not only because I am paid for it, but because I want to be a friend of man anyhow. I want to stand for broad-mindedness that I am trying to have the schools teach."

"I believe that this change in the educational system of the world is coming, and that it will abolish the old-fashioned superintendent that hedged himself and his teachers in with dignity and funeral-like solemnity."

Mrs. Young is a wonderful worker. She gets up every morning at 6 o'clock. She has dressed and bathed by 7 and eats her breakfast in 40 minutes, meanwhile reading newspapers. At 7.55 she takes the train from



Just the hat that becomes you best—and there is only one style that will—is sure to be in the stock of the store that sells hats thus labelled:

WAKEFIELD LONDON

Designed by the best men in London; made in a factory that prides itself on its good name among good dressers. Finished like hats that cost twice the price.

"I will pay you to find the store that sells these good hats. They cost less than you'd think."

A. A. ALLAN & CO. Limited, Toronto Wholesale Distributors for Canada.

Englewood to Chicago and visits the schools, explaining her methods, the innovations she wants, and such matters. At noon she lunches, taking an hour.

At 1 p. m. she goes to her room at the board of education and there she sits till 5.30, receiving everyone who comes.

After the last word has been said by the endless line of visitors, this woman, who is directing the destinies of 300,000 children, and 63,000 teachers, takes a cab for the station, where her train whirrs her back to Englewood for a 7 o'clock dinner with her companion, Miss Brayton. This is followed by an automobile ride or an hour's study, and at 9 o'clock the first woman superintendent in the world is asleep.

\$100 REWARD, \$100.

The readers of this paper will be pleased to learn that there is at least one dread disease that science has been able to cure in all its stages, and that is Catarrh. Hall's Catarrh Cure is the only positive cure now known to the medical fraternity. Catarrh being a constitutional disease, requires a constitutional treatment. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system, thereby destroying the foundation of the disease, and giving the patient strength by building up the constitution and assisting nature in doing its work. The proprietors have so much faith in its curative powers that they offer One Hundred Dollars for any case that it fails to cure. Send for list of testimonials.

Address F. J. CHENEY & CO., Toledo, O. Sold by all Druggists, 75c. Take Hall's Family Pills for constipation.

The grumbler who knows all the bad features of a town and mentions them at every opportunity is not only a poor citizen, but he is one who does nothing to improve the town he lives in. It is good enough to provide a home for him and perhaps a place of business, or an occupation, but that is forgotten in the general flow of complaint.

THE BEST PLASTER.

A piece of flannel dampened with Chamberlain's Liniment and bound on to the affected parts is superior to any plaster. When troubled with lame back or pains in the side or chest give it a trial and you are certain to be more than pleased with the prompt relief which it affords. This liniment also relieves rheumatic pains and is certain to please anyone suffering from that disease. Sold by W. A. WARREN, BRIDGETOWN, A. E. ATLEE, ANnapolis ROYAL, and BEAR RIVER DRUG STORE.

Miss F. A. Wilkinson, principal of the horticultural college, Swanley, Kent, England, is visiting in Nova Scotia. Miss Wilkinson is the able head of a college that is noted all over the south of England especially for its efficient instruction in gardening, fruit growing, dairy work, poultry and bee-keeping, and nature study. To keep in touch with such progressive work on these lines as we may have in Canada, Principal Wilkinson has made a holiday trip to this country. She is just back from the Pacific coast, and is delighted with this part of Greater Britain.

Good citizens always have a good word to say for their home town. They know its good points, and if there are other peculiarities, they do not present them.

Two Million Persons Watch Big Parade

Through streets ablaze with bunting and lined with the greatest crowd ever gathered in New York's thoroughfares, a parade of 20,000 men and fifty-four floats passed before the envoys of twenty-one nations participating in the Hudson-Fulton celebration. And in its passing, which occupied two hours, the epoch-making scenes of three centuries, in gigantic figures of wood, plaster, paint and tinsel, were reviewed.

From 110th street, along Central Park West, 59th street, and down Fifth avenue to Washington square, in the lower part of the city—the route of the parade and a distance of over five miles—it is estimated that more than two million people gathered. On roofs, towers, poles, at windows and from grand stands erected for almost the entire length of the route, the more fortunate thousands viewed the spectacle, while an enormous crowd surged against the police lines drawn at the curb.

As a parade it was as democratic as it was historic, as cosmopolitan as it was democratic. Mayor George E. McClellan and Herman Ridder, vice-president of the Hudson-Fulton celebration, headed the line and covered the entire distance afoot. There was no military show; no distinguished personages rode in vehicles; all, with the exception of the platoons of policemen mounted on their shiny-coated bay horses, were afoot.

A bit of confusion at the start of the parade put a number of the floats out of their order, so that in some instances the historical sequence was considerably upset, but the good-natured crowd did not mind this. A number of the patriotic scenes were wildly cheered. Among them were "Pulling down the Statue of George III.," "Publishing the Constitution," "Storming of Stony Point," "Capture of Andre," and "Washington Taking the Oath of Office."

LIFT YOURSELF OUT OF THE RUT

Train yourself to bring the finest that is in you to bear on every article of duty that you have to do; upon every decision that you have to make. Lift yourself out of the rut of doing everything in the old, common place, half-hearted way. Great events turn on exceedingly fine axes. In your own life you may trace back the principal events to some little, very little incident. You did not at the time realize what a tremendous scene was shifting on that seemingly small, insignificant point. If you had, you would have turned your very soul into the decision, but instead you passed it along lightly.

Your life is not finished. There are other big events coming and you are rapidly nearing the fine axis on which each is to turn. Perhaps this day will place before you something that in after years you will recognize to have been a pivotal point in your career. If you indifferently decide upon all things you must of course decide lightly and off-hand on which way you are to swing about the important pivot. But if you train yourself to turn your finest and clearest light on all matters, however ordinary they may now seem to you, you will gain in two ways. First, you will be calling out the best that is in you and by this exercise will be making the rendering of sound decisions the easier, and you will be constantly clearing and strengthening your mind. Beyond that you will be doing your level best to decide aright everything that comes your way. You will be planting your future with the very best seed; you will be living in a clear light instead of in a land overhung with clouds and smoke.

If the old way of going things has been profitable you can profit the more if you will determine to give your best thought to every hour and place. If the old way has been productive of losses and unhappiness you are surely in need of greater concentration and closer attention to all your affairs. Every minute, every hour, no less than every day, is a part of the warp and woof of your life. There should be nothing too fine to go into it, since never again can it come out! Thought weaves!

Do not delude yourself with excuses. The machinery runs fast and the cloth is always in the making. You want a superior fabric. Why be inattentive, even stupid, while the thread runs in. Do superior work and you will get superior results.

Greece has heeded the admonition of the Powers and informed Turkey that she is neutral with regard to Crete. This is not quite satisfactory to Turkey, which asked the Greek government to deny that it had any ambitions concerning the annexation of Crete. The little island will continue to be a bone of contention until annexation is accomplished.

PURITY FLOUR

Baking triumphs are everyday occurrences with Purity flour.

Highest grade in the world.

Home-made bread awarded first prize at the National Exhibition, Toronto, was made from Purity flour.

WESTERN CANADA FLOUR MILLS CO., LTD.
Mills at Winnipeg, Goderich, Brandon.

More bread and better bread

China Tea Sets

Just Received—

A special line of tea sets

Only \$3.75

C. L. PIGGOTT, Queen St.

The Manufacturers' Life

Record for 1908:

Net Premium Income	\$2,119,583.57
Interest and Rents	458,306.61
Total Income	\$2,577,890.18
Payment to Beneficiaries & Policyholders	\$663,047.22
Reserve for Protection of	\$9,428,591.00
Insurance in Force End of 1908	\$54,287,420.00

No other Can. company has ever equalled this record at the same age.

O. P. GOUCHER - General Agent, Western Nova Scotia.
OFFICE—MIDDLETON, N. S.
The E. R. Machum Co., Ltd., St. John, N. B.
MANAGERS FOR MARITIME PROVINCES.

.... DARGIES' NEW....

CARPET DEPARTMENT

YOU NEED A NEW CARPET

The old one is worn and shabby and when the fall cleaning is done is the time to replace the old one with one of our New Carpets or Squares.

We have just opened a new department and can show you a fresh new stock of

Carpets, Squares, Rugs, Oil Cloths, Linoleums, Also Portieres and Couch Covers in up-to-date designs.

These goods have been marked very low. Get our prices before making your purchases.

CHAS. DARGIE & SON

ANNAPOLIS, ROYAL

In the Court of Probate, 1909

In the matter of the Estate of James Await, late of Carleton's Corner, in the County of Annapolis, farmer, deceased

TO BE SOLD AT PUBLIC AUCTION AT THE COURT HOUSE IN BRIDGETOWN, in the County of Annapolis, on SATURDAY, the 23rd DAY of OCTOBER, 1909, at the hour of ten o'clock in the forenoon, pursuant to a license to sell granted here-in by the Court of Probate, for the County of Annapolis, and dated the sixth day of September, A. D. 1909.

All the estate, right, title, interest, claim, property and demand of the said James Await, deceased, in and to all that portion of the real estate of the said deceased, situate on the east side of the Morse Road, so-called, bounded and described as follows: Commencing at a point two rods distant from the south-eastern corner of land belonging to Robert Barnes, thence running southerly along the eastern side line of said Barnes' property and properties of Frederick Foster and Oliver McGowan to a point on the eastern side of said Morse Road, distant from said first mentioned bound seventy-two rods, thence easterly at right angles to the said Road eighteen rods, thence northerly parallel to said first mentioned line seventy-two rods, thence westerly eighteen rods to the place of beginning, containing eight acres, more or less, saving and excepting that portion thereof, now in the possession of Oliver McGowan, being in length along the said Oliver McGowan's east line and said road twenty-one rods and in width eight rods, containing an acre and eight rods, more or less.

TERMS:—Ten per cent deposit at time of sale; remainder on delivery of deed.

JAMES WALKER, Executor.

O. T. DANIELS, Proctor.
Dated Sept. 18th, 1909. 5 ins.

OVERALLS

—AND—

JUMPERS

Great Bargain!

Try our

KANT TEAR OVERALLS and JUMPERS

Only 65 cents

PRESERVING JARS.

The Gem and the Crown, pint, quart and two quart sizes

J. I. FOSTER

GRANVILLE STREET.

New Goods

Bananas
Oranges
Pears
Plums
Grapes
Dates
Apples.

Confectionery, Groceries, Temperate Drinks, Canned Goods, Lamp Wicks, Writing Ink, Pencils and Pens.

Choice Chocolates and Penny Goods always on hand.

Mrs. S. C. Turner

The Best

Up-to-Date Courses of Study it is Possible to Provide

The best teachers we can procure, and entire devotion to our students' interests.

Bring us all the business we can conveniently handle, without canvassing for a single student, or disparaging another school.

Send for catalogue.

S. KERR, PRINCIPAL
Odd Fellows Hall.

FIG PILLS Cure Constipation

Rheumatism and all Blood Diseases. The great Kidney and Liver Pill. 25c. box at all leading drug stores, or by mail from THE SCOBELL DRUG CO., St. Catharines, Ontario. For sale at WARREN'S DRUG STORE, Special Agent.