

## AUTOINTOXICATION OR SELF-POISONING

### The Dangerous Condition Which Produces Many Well Known Diseases.

## HOW TO GUARD AGAINST THIS TROUBLE

"FRUIT-A-LIVES" - The Wonderful Fruit Medicine - will protect you.

Auto-intoxication means self-poisoning, caused by continuous or partial constipation, or insufficient action of the bowels.

Instead of the refuse matter passing daily from the body, it is absorbed by the blood. As a result, the kidneys and skin are overloaded, in their efforts to rid the blood of this poisoning.

Poisoning of the blood in this way often causes indigestion, loss of appetite and disturbed stomach. It may produce headaches and sleeplessness. It may irritate the kidneys and bring on pain in the back, rheumatism, gout, and rheumatic pains. It is the chief cause of eczema and keeps the skin system unhealthily by the constant absorption into the blood of this refuse matter.

"Fruit-a-lives" will always cause auto-intoxication or self-poisoning—as "Fruit-a-lives" acts gently on bowels, kidneys and skin, strengthens the bowels and tones up the nervous system.

Occ. a box, 6 for \$2.50, trial size, 20c. At all dealers or sent postpaid on receipt of price by Fruit-a-lives Limited, Montreal.

## DOMINION ATLANTIC RY

On and after February 1st, 1917, train service on the railway is as follows:

### Service Daily, Except Sunday

Express for Yarmouth . . . 12:05 p.m.  
Express for Halifax and Truro . . . 2:05 p.m.  
Accom. for Yarmouth . . . 7:10 a.m.  
Accom. for Middleton . . . 7:10 a.m.

## ST. JOHN - DIGBY DAILY SERVICE

Canadian Pacific Steamship "Empress" leaves St. John 7:00 a.m., arrives Digby 10:00 a.m., leaves Digby 2:00 p.m., arrives at St. John about 6:00, connecting at St. John with Canadian Pacific trains for Montreal and the West.

## BOSTON SERVICE

Steamers of the Boston and Yarmouth S. S. Company sail from Yarmouth for Boston after arrival of Express trains for Halifax, Wednesday and Saturday.

### R. U. PARKER, General Passenger Agent, GEORGE E. GRAHAM, General Manager

## H. & S. W. RAILWAY

Accommodation	Time Table in effect May 19, 1917	Arrive	Depart
Coast down	Stations	West	East
11:10	Middleton A.R.	8:15	
11:41	Clarence	10:54	
12:00	Bridgetown	15:25	
12:32	Granville Centre	14:58	
12:41	Granville Ferry	14:40	
13:11	Karydale	14:25	
13:59	Fort Wade L.V.	14:00	

Connection at Middleton with all points on H. & S. W. Railway and Dominion Atlantic Railway.

W. A. CUNNINGHAM, Div. P. & P. Agent

## Yarmouth Line

### STEAMSHIP "PRINCE GEORGE"

Leaves Yarmouth Wednesdays and Saturdays at 5 p.m. Returning leaves central wharf, Mondays, Tuesdays and Fridays at 1 p.m.

J. E. KINNEY, Agent, Yarmouth, N. S.

Boston and Yarmouth S. S. Co., Ltd.

## Two Washboards FOR THE Price of One

Both sides of EDDY'S Twin Beaver Washboards can be used, giving double service for the price of one. Made of INDURATED FIBRE-WARE (which is really pulp hardened and baked by a special process) it cannot splinter or fall apart. Won't hurt your fingers or tear your clothes. Double value for your money, almost life-lasting. Don't do another washing until you get one.

### Ask Your Dealer

## The E. B. Eddy Company LIMITED

HULL, CANADA

We would like to take a SUMMER VACATION, but will not get a chance to do so, as many of our students would be inconvenienced thereby. We can stand it, however, as St. John's summer weather is ideal for study.

One of the principals, and other experienced teachers, always in attendance. Students can enter at any time.

Send for Rate Card.

S. KERR, Principal

## Middleton

June 4.

Mr. Bruce Beckwith spent Sunday in town.

Mrs. Craig, of Victoria, is visiting friends in town.

Mrs. W. G. Parsons spent a few days in Wolfville last week.

Pte. H. G. Perkins of Halifax is spending a few days with his family.

Miss Flora Koop spent the weekend with her sister, Mrs. Wm. Eaton.

Mrs. James Kerr, who has spent the winter in Parrsboro, returned to Middleton last week.

Mr. and Mrs. W. S. Pinea, who have spent the winter in town, have returned to Woodlands.

Miss Hesselbue, who spent the past six weeks with her mother, returned to New York this week.

Miss Adelaide Baltzer and Miss Parker, teachers of Maitland, Hants County, spent Sunday at their homes.

Friends of C. H. Thompson were pleased to hear the good news of his safety, as in last week's report he was reported killed.

On Monday evening last the people of Wilnot gave a reception at "Glebe Farm," the home of Mrs. Thomas Spurr, in honor of Serjt. Wiley Ritchie and Lance-Corporal Arthur Kelsall, who have just returned from the front.

The many friends of Rev. Mr. and Mrs. Morin were glad to welcome them home on Friday, after six months' visit in England. They were accompanied by their daughter, Miss Ruth Morin, who has spent the past three years in England.

Miss Clara Beazanson arrived on Saturday from Boston, being called home on account of the serious illness of her mother. She was accompanied by her two aunts. The friends of Mrs. Beazanson were shocked on Friday when they heard of her sudden and serious illness.

### CENTRE CLARENCE

June 1.

Miss Hattie Banks of Mt. Rose spent a few days with friends here.

Mrs. Mader of Hampton is visiting her daughter, Mrs. William Johnson.

Miss Ruth Ward of Acadia Seminary has returned home for the summer.

Miss Edna Kelly is able to be out again after being laid up for the past few weeks.

Mr. Edward Whitman arrived home on Wednesday, after a year's absence in Connecticut.

Mr. and Mrs. Hall of Beaconsfield spent Sunday with his sister, Mrs. E. W. Whitman.

Fred E. Croaker of Middleton is spending the summer with his uncle, Mr. C. H. Jackson.

Mrs. William Whitman recently visited her sister, Mrs. Fannie Gibson, of Round Hill.

Mr. and Mrs. Frank Ward and sister, Miss Martha Ward, attended the closing at Wolfville.

Mr. and Mrs. Thomas Johnston have been recent guests at the home of Mrs. P. F. Johnston.

The delegates appointed to the Western Association, which meets at New Germany, were: Pastor Corbit and wife, Mrs. Ida Whitman and Mrs. Agnes Foster.

The following were baptized and received the hand of fellowship on Tuesday, being Pastor Corbit and wife, Mrs. Ida Whitman and Mrs. Agnes Foster.

Mr. and Mrs. Edward Marshall and Mrs. Albert Banks were received by letter.

## FAKLAND RIDGE

June 2.

Mrs. Edgar Mason returned home on May 28th.

Miss A. Ritchey of Springdale is the guest of Mrs. Marshall.

Henry Allan and daughter, Viola returned to St. Margaret's Bay on Monday.

Miss Louise Oickle of East Dalhousie is the guest of her sister, Mrs. C. Whidden.

Harland Swallow returned to Halifax on May 29th and his family intend to move there the first week of June.

Maynard Wagner and family, who have spent the last year in the United States are expected home today, June 2nd.

Marjorie and Iona Marshall leave on Monday for North Range to visit their grandparents, Rev. S. Langille and wife.

Reta Marshall gave a "candy party" to a number of her young friends on Friday evening. A very enjoyable time was spent.

Mrs. Walker and Miss McKenzie of Prince Edward Island, "Go Preacher" have been speaking in Kaulbach's Hall this week.

Major Roop and Mr. Manning of Kentville, who have been spending a well earned vacation with relatives and friends here, leave for home June 4th.

Arthur Dorey and family moved to St. Margaret's Bay on Monday, where they will work on the railroad section. He was accompanied by Howard Bourgoyne of East Dalhousie.

## WHAT CAUSES YOUR DISTRESS

Impure blood is the root of many ailments. When nature fails to do her proper work of elimination through the kidneys, the bladder, or the bowels, the blood stream is not purified. That is why

## Gin Pills

FOR THE KIDNEYS  
Have been found the one reliable remedy for pain in the back and sides, swollen joints, urinary troubles, stone, gravel, constant headache, and all the ailments which result from cases of Rheumatism, Sciatica and Gout.

Gin Pills restore the functions of the kidneys, the bladder, the bowels and all drains are eliminated and health is restored.

All druggists sell Gin Pills at 50c a box of 6 boxes for \$2.50. Sample free if you write to NATIONAL DRUG & CHEMICAL CO. OF CANADA, LIMITED, Toronto, Ont. 78

## PARADISE

June 4.

Miss Troop of Granville Centre is visiting her sister, Mrs. L. H. Balcom.

Miss Troop of Bridgetown spent Sunday at the home of Mr. and Mrs. F. Layte.

Miss Viola Banks of South Framingham, Mass., is visiting at the home of her mother, Mrs. Nathan Banks.

Miss Helen Thorne of Karsdale returned to her home on Saturday. She was accompanied by her sister, Mrs. W. R. Bishop.

Prof. Morse, Miss Eaton and Mr. Herman Calnek have been recent guests at the home of Mr. and Mrs. H. W. Longley.

Miss Hilda Longley, who has been visiting friends in Baltimore and New York for some months past, returned home last week.

Lieut. Harold Balcom, of the Composite Battalion, Halifax, has been spending a few days at the home of Mr. and Mrs. L. H. Balcom.

The concert given in Longley's Hall on Friday evening by the Round Hill Choral Association was much appreciated by those present. It was a serving of a more liberal patronage.

Mrs. F. W. Bishop and son, Edgar, and daughter, Marion, motored to Wolfville last week to attend the closing at Acadia Seminary. They were accompanied by Mrs. H. H. Saunders and son, Erie.

## DEEP BROOK

June 4.

Mrs. Norman Sullivan spent Sunday with friends in Smith's Cove.

Mrs. R. S. Chute of Bear River is spending this week with her aunt, Mrs. John Nichols.

Miss Minnie Whitman of Clements-port was the guest of Saturday of her friend, Miss Mary FitzRandolph.

The Plus Ultra met with the President, Mrs. Utra Adams, on Saturday evening for a very pleasant time was spent by all.

Mrs. Clara Sulis was the recent guest of her friend, Mrs. B. W. Spurr of Bridgetown, returning home on Tuesday last.

Miss Beesie Hooper and Mr. and Mrs. A. A. Shortliffe moved from New Brunswick to the home of Mrs. A. G. Sulis.

The Deep Brook Dorcas Society in union holding an ice cream social in Union Hall on Wednesday evening.

Mr. Emma McKinnon of Brockton, Mass., and her sister, Mrs. Clifford Perkins, of Arlington, Mass., arrived home on Tuesday, being accompanied by the illness of their mother, Mrs. John Nichols. They returned to their homes on Tuesday.

## INGLISVILLE

June 4.

Pastor Beals will occupy the pulpit June 10th.

Mr. and Mrs. John Best welcomed daughter, May 26th.

Mrs. O. Nogier is visiting her daughter, Mrs. Harry Mailman, at Albany.

Mrs. John E. Beals visited Clarence during the "Quarterly" and visited relatives.

Mrs. Chester Beals, from Smith's Cove, spent a few days the guest of Mr. and Mrs. L. M. Beals.

Mrs. Gates and Mrs. Bayers spent several days last week at Middleton with their sister, Mrs. J. Bent.

Mr. Sydney Bayers caught 82 shad in the river one night near Paradise, which when sold turned \$30. Other trips were not quite so successful.

The Red Cross gave a reception for Pte. George Thomas on Wednesday evening. Pastor and Mrs. Joyce, Col. A. Bishop and Ralph Morse were present. A number of addresses were given in addition to the program. Refreshments were served and closed with singing, "God Save the King."

## PAYBROOK

June 4.

Mr. Milledge Armstrong is boarding with his grandson, Mr. E. Rordard.

Miss Majorie Aldred of West Gore is the guest of her aunt, Mrs. Ansel Barkhouse.

Mrs. Harvey Allen and children of Springfield have been the guests of her sister, Mrs. Martin Uhlman, for a week past.

Mr. Leverett Parker, who has spent the last three years in the gold mines at Porcupine, Ont., is at home to work his farm for the summer.

Mr. Edwin Thomson received a telegram on May 26th saying his son, Charles, had been killed in an auto. On the 29th a second dispatch conveyed the pleasing news that he was alive and well.

## THE SECOND SPRAY

(Written by G. E. Sanders and W. H. Britain, at the request of the United Fruit Companies.)

Throughout the Valley, growers on the whole, are taking better care of their orchards than they have for three years. The man who grows No. 3's this year will therefore have a little trouble, to say the least, in finding a market for his fruit.

It seems probable, in view of the efficient organization for the marketing of apples here in the Valley, that growers may look for their returns in 1917-18 to at least clear expenses, and perhaps pay substantial profits. But whatever happens, the Annapolis growers are going to have their orchards in excellent condition for crops in 1918 and 1919, while the competitors of Nova Scotia are neglected orchards on their hands when the markets open again, orchard that cannot be brought to full bearing for two or three years at least.

Nova Scotia growers on the whole are realizing that their duty and their opportunity will be to supply the markets to a greater extent than ever before, from Nova Scotia orchards for three or four years at least after conditions become normal again, and are taking measures to prevent their orchards from deteriorating.

In the control of the biting insects the second spray, or that applied immediately before the blossoms, is the most important, and, depending on the season, it may or may not be the most important in the control of 'ugly' diseases.

The directions given in Circular No. 8 of the Dominion Entomological Branch are as follows:

### Second Spray—Time

When blossom buds are showing pink. For canker worm apply slightly earlier; for green apple bug leave until just before the blossoms open.

### Material

Lime sulphur 1.007 sp. gr., or about 1-1/2 gallons to 100 gallons of water (1.43), adding powdered arsenate of lime, 2 lbs. to 100 gallons of water.

### Application

Drench thoroughly at 200 lbs. pressure, using a Drive nozzle.

### Pests Destroyed

Apple scab, bud moth, brownish moth, canker worm, fruit worms, etc. If green apple bug or green stic are present, add nicotine sulphate, 3-4 pint to 100 gals., making sure that every insect is covered with spray.

For very severe infestations of green apple bug the trees must be washed with tree tanglefoot before spraying and kept clean cultivated until July 7th.

If the first spray has been applied, the best results will be obtained by leaving this spray until just before the blossoms open. If the first spray has been omitted, this spray should be applied 3 to 5 days before the blossoms open.

If green apple bug is the major pest in the orchard, the poison and the 'angle' should be added about one fourth weaker and three or four times as much of the dilute spray used as an ordinarily applied, making sure that every think and crevice about the blossoms and fruit spray is dripping wet.

### Barring by the Spray

"What is sauce for the goose is sauce for the gander," does not apply to apple trees. The susceptibility to injury from spray depends on a number of factors. Trees that are highly cultivated and highly fertilized will stand stronger spraying material without injury than those in sod or poorly fertilized. Some varieties, such as McIntosh Red and Gravenstein, will stand stronger spraying material than others, such as Ben Davis. A tree that has few apples on will apparently show less foliage injury than one that is heavily loaded.

Spraying after a period of dark weather will usually result in more injury than spraying after a period



## MAGIC BAKING POWDER

CONTAINS NO ALUM  
MADE IN CANADA

of bright, sunny weather. Spraying when the trees are wet or damp from rain or dew will result in more injury than when the trees are dry.

In spraying we must remember that last season many varieties, such as Ben Davis, which had not been sprayed, developed marked burning of the leaves, which was put down to "spray injury" until it was found that the trees had not been sprayed at all. Poor cultivating and fertilizing are as often the cause of leaf burning as spraying. The lime sulphur arsenate of lime combination, as recommended, is the safest and best material that we know of at the present time for this spray, although we are hoping to find a better material later on.

### Substitute Materials

Bordeaux 4-4-40 or 10-10-100 may be used for this spray. If prepared or hydrated lime is used, a pound or so of excess should be added and the final mixture tested with litmus paper (which can be procured from the druggist) and lime added till the solution turns the paper blue.

In adding the hydrated lime, be sure to add it to the nearest of the agitator should be started before the lime powder is poured in, for the faster the mixture is being stirred when the two ingredients are combining the better will be the resulting Bordeaux.

The essentials in making this type of Bordeaux are: Stir rapidly while the materials are combining and add time till the solution turns litmus paper blue. Almost any poison may be used with Bordeaux, but arsenate of lime is the cheapest poison available in the Annapolis Valley today and is perfectly satisfactory.

Nicotine sulphate may be added to Bordeaux, but when the Bordeaux is used for green apple bug spraying it should be very dilute, say 7-7-100 or 3-3-40.

From 5 to 12 per cent of slight rusting will result from the use of Bordeaux for the second spray and it reduces the value of the poison used with it by almost one half.

In spite of these drawbacks it may prove the best material in many seasons for this spray.

Lead arsenate, double strength, or 12 pounds of paste lead arsenate to 100 gallons of water with no fungicide. Experiments in Maine and in Nova Scotia have demonstrated the high fungicidal value of arsenate of lead. We would not advocate anyone relying on this to control fungus in plants and good cultivation are the best protective measures against insect attack. Keep all crops constantly under supervision for the first appearance of any damage, in order that it may be checked without delay. Increased crop production involves increased protection against pests.

### PURIFICATION OF WATER SUPPLY

Sewage Treatment Essential to Protection of Primary Source

Progress in water purification constitutes one of the brightest pages in the history of sanitary engineering in America during the past 25 years, but much remains to be done both as regards its general adoption and its application where local conditions call for special treatment. Apparently progress in water filtration has been somewhat retarded through efforts to make chlorination serve as a substitute under conditions where it is not entirely adequate.

Chlorination has done much to improve public water supplies. But it is not a cure-all, and its limitations are far more clearly appreciated with the practical proofs now existing than when

only, under the few conditions where it was used in the past.

The fact that this combination costs less than half a cent per gallon complete while lime sulphur arsenate of lime costs almost one cent per gallon and arsenate of lead, lime sulphur costs more than one cent per gallon shows us the advisability of testing this material under all conditions in a small way.

### Notes

Get litmus paper for testing Bordeaux and add lime till it turns the paper blue.

Measure your spray tank so as to be sure that you are not using your spray too strong.

If you have not got a copy of Circular No. 8, write to G. E. Sanders, Dominion Entomological Laboratory, Annapolis Royal, N. S., for one.

### PROTECTION OF CROPS

Crop protection means crop production. Canada loses over one hundred million dollars worth of her staple crops every year through the depredations of insect pests. A large portion of this loss could be prevented. As we cannot afford to lose the smallest proportion of our grain and other food crops during the present critical period when the production of food is of supreme importance, the Dominion Department of Agriculture is making every effort to prevent, as far as possible, losses due to insect pests. Crop protection must go hand in hand with crop production.

Insect pests are not usually noted or reported until they have caused considerable damage. Therefore it is urged that the closest watch be kept on all crops for the first appearance of any insect pests or damage. Immediately such damage is observed steps should be taken to control the outbreak in its incipient stage. If the pest or the method of control is unknown specimens of the insect and its injuries should be sent to the nearest of the following sources of expert assistance: The Agricultural Colleges, the Provincial Departments of Agriculture or their local District Representatives, the officer in charge of the nearest Dominion Entomological Station, or direct to the Dominion Entomologist, Department of Agriculture, Ottawa, for examination; and advice in regard to control measures will be furnished without delay.

Letters and packages up to 11 ounces in weight may be mailed to the Dominion Entomologist, "Free," but postage will be required on letters or specimens sent to the other sources of advice mentioned.

Do not delay reporting insect outbreaks or sending inquiries; delay may evolve serious losses that could otherwise be prevented. Write immediately, or telegraph if the outbreak is serious. Clean farming, the securing of vigorous growth in young plants and good cultivation are the best protective measures against insect attack. Keep all crops constantly under supervision for the first appearance of any damage, in order that it may be checked without delay. Increased crop production involves increased protection against pests.

### HOW PROHIBITION WORKS IN TORONTO

To the Editor:

The following editorial from the Globe should convince the most skeptical of the wonderful improvement wrought on all hands by prohibition. "No one who has lived any length of time in Toronto will suspect Colonel Grassett, Chief of Police for the past thirty years, and a former British soldier, of being prejudiced in favor of Prohibition. His point of view, habit of thought and official aloofness from propagandist movements of all sorts have combined to prevent him from becoming over-sensitive as to the beneficial effects of the abolition of this bar in this city. And yet on just this point his testimony is calm, convincing and conclusive. The abolition of the bar has in his opinion, based on well ascertained and unquestionably accurate facts, been beyond the most sanguine expectations, successfully accomplishing precisely what the advocates of bar abolition avowedly aimed at. The outstanding fact and incontrovertible proofs are that while there were in the past six weeks only 214 arrests for drunkenness, there were 1,059 in the corresponding six weeks of 1915.

But this fact does not stand out alone. It is corroborated by many other german to the question. For example, the number of police constables required to keep order in the city has been so reduced that the places of those who have gone to the front as soldiers have gone unfilled and are likely to remain so until they return. Men who were a short time ago more or less mastered by the drink have, and a fortuitously informed the police that they are at work and are sharing their earnings more fairly with their families. A veteran and popular hotel keeper, in spite of his business loss, says he is so pleased with the change that he would never again take out a bar license. Retail shop keepers testify that the change has improved their business.

The Road Hotels outside of the city have lost much of their business by the disappearance of the bars, but the farmers and their teams here gained accordingly, to say nothing of their family circles.

Similar social improvements are noticeable all over the Province and this has already impressed the whole community, the hotel keepers included, with the belief that the bar license shall never again be issued in Ontario. That the hotel men have practically accepted the situation is clearly shown by their numerous applications to the Municipal Courts of Revision for a reduction of business taxes and of realty assessments."

H. ARNOTT, M.B., M.C.P.S. For Methodist Department of Social Service and Evangelism.

The advertising manager of a mail order house writes: "We have a bureau whose duty it is to read each week the country newspapers. When we find a town where the merchants do not advertise, or are reducing their advertising space, we immediately flood that territory with our literature."

## Children Cry for Fletcher's

# CASTORIA

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of its inventor, Dr. J. C. Fletcher, and has been made under his personal supervision since its infancy.

What is CASTORIA  
Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic, all Teething Troubles and Diarrhoea. It regulates the Stomach and Bowels, assimilates the Food, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

## GENUINE CASTORIA ALWAYS

Bears the Signature of

## In Use For Over 30 Years

The Kind You Have Always Bought

THE CENTAUR COMPANY, NEW YORK CITY.

## PROFESSIONAL CARDS

### OWEN & OWEN

J. M. Owen, K.C., Daniel Owen, L.L.B.  
BARRISTERS AT LAW  
Annapolis Royal, N. S.  
Office over Bank of Nova Scotia

Office in Middleton open Wednesday from 2:30 to 5:30 p.m. Thursday from 9 to 11 a.m.

Office in Bear River open the 1st and 3rd Saturday of every month.

### CHAS. R. CHIPMAN, L.L.B.

BARRISTER, SOLICITOR, COMMISSIONER, ETC.  
Shafer Building - Bridgetown

### AGENT FOR CALEDONIAN INSURANCE CO.

Insure your buildings in the largest and strongest company.

### MONEY TO LOAN

L. G. D., in Conservation.

## Hermann C.