

FAMILY DOCTOR'S GOOD ADVICE

To Go On Taking "Fruit-a-lives" Because They Did Her Good

Rochester, N. Y., Jan. 14th, 1915.

"I suffered for many years with terrible indigestion and constipation. I had frequent dizzy spells and became greatly run down. A neighbor advised me to try "Fruit-a-lives". I did so and to the surprise of my doctor, I began to improve, and he advised me to go on with "Fruit-a-lives".

I consider that I owe my life to "Fruit-a-lives" and I want to say to those who suffer from indigestion, constipation or headaches—try "Fruit-a-lives" and you will get well".

COBINE GAUDREAU.
50c. a box, 6 for \$2.50, trial size, 25c. At all dealers or sent postpaid by Fruit-a-lives 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.

Blades.—A knot of White Ribbon.

Watchword.—Agiatise, educate, or organize.

Officers of Wolfville Union.

President—Mrs. L. W. Stone.
1st Vice President—Mrs. J. G. Gatten.
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3rd Vice President—Mrs. Geo. Fitch.
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Temperance in Sabbath-schools—Mrs. Dr. J. Brown.
Evangelists—Mrs. Purves Smith.
Peace and Arbitration—Mrs. J. Read.
Press—Miss Margaret Berae.
White Ribbon Bulletin—Mrs. Walter Mitchell.
Loyal Temperance Legion—Miss Egan.

A Precious Nugget.

In these days when grief's sable mantle is upon so many hearts; when so many homes have been scarred and saddened through the cruel war; when vacant chairs and empty places at the table cause a suffusion of tears, crumbs of comfort from the inspired page or other sources are often welcomed. The following nugget which came from the great heart of the late Bishop Brooks will prove a solatium to not a few saddened, weary hearts:

"What a vast portion of our lives is spent in anxious and useless foreboding concerning the future, either our own or our loved ones. Present joys present blessings slip by and we miss half their sweet flavor and all for the want of letting them pass untroubled for the time. It is in such moments why cannot we slipping our hand into His each day, walk trustingly over that day's appointed path, thorny or flowery, crooked or straight, knowing that evening will bring us sleep, peace and home.

Power of Example.

"A GOOD EXAMPLER IS THE BEST SERMON."

One of the greatest forces for good or ill in the social life of mankind is the power of Example. At a very early age we find children aping their seniors,—the influence being for good or ill, according to the pattern set by the exemplar. So, throughout the social intercourse of life, example acts and reacts upon us all. It is, therefore, incumbent upon each of us to aim at being a true exemplar—on its ideal model. The adage, "A good example is the best sermon," touches a responsive chord in the heart of man. How barren are the words of the preacher or teacher who lacks wholeheartedness to the maxims he would set before the multitude.

"There are many preachers who fail to hear themselves; he is a good divine who follows his own instructions."

Let us always bear in mind the Power of Example; to incite morally, be moral; to inspire courage, be our goons; to teach honesty, be upright in all your dealings; to set forth the ideal of forbearance, be slow to anger; to discourage slothfulness, be industrious; to evoke sympathy, let justice be tempered with mercy; to advocate sobriety, be temperate.

Remember that actions speak louder than words.

Let the Sorrowful Give Thanks.

During the past year many homes have been darkened by the fatal messages of loss of sons across the seas, on the battle fields of Flanders or in the hospitals of Britain, and many have been bereaved at home by the decease of loved ones. The heart-aches are deeper when these anniversary renew the memory of the happy past, but there are many reasons for gratitude as we think of the vacant earthly places, and the heavenly places that have been filled and brought so much nearer and made to

HOW YOU WEAK LUNGS?

Do colds settle on your chest, or in your bronchial tubes? Do coughs hang on, or are you subject to throat troubles? Such troubles should have immediate treatment with the rare curative power of Scott's Emulsion to guard against consumption which so easily follows.

Scott's Emulsion contains pure cod-liver oil which specially strengthens the respiratory tract and improves the quality of the blood; the glycerine in it softens and binds the tender membranes of the throat. Scott's is prescribed by the best specialists. You can get it at any drug store.

Wm. G. Brown, Toronto, Ont.

appear so much more real than they ever were before. There are reasons for thanksgiving in the revelations of God's grace and for the rainbow in the rains.

There are thanksgivings for the look-backward to the harvests reaped and memories of other days, but in some respects the look forward brings greater reason for gratitude.

The Need For Reinforcements.

INDIG ORGANIZATION BEHIND THE LINES MUST BE KEPT UP, AS WELL AS FIGHTING UNITS.

Ottawa.—All Canadians should understand thoroughly the kind of military organization which the Allies depend on Canada to maintain overseas. Since news stories in the press mostly always recount the activities of the fighting men, the public at home is apt to overlook the essential work done by the many thousands of men behind the lines on whose energy and devotion to duty depends the success of those in the trenches.

Behind the Canadian lines in France, for instance, there are Canadian soldiers engaged in forestry corps, trenching battalions, labor battalions, railroad supply detachments, salvage companies, field butchers, field bakeries, depot units of supply, reserve parks, casualty clearing stations, hospitals both stationary and general, depots and laboratories, dental corps, mobile veterinary hospitals, ordnance corps, army pay corps, training establishments, headquarters, offices, camps, etc. In all there are over twenty-five different and necessary branches of the military organizations to be maintained back of the lines by Canadian soldiers.

In England Canadian troops, numbering at present upwards of 100,000, include reserves for all the many services in France, awaiting call, as well as the sick and wounded, men in various stages of physical fitness, and those engaged in necessary storage, transportation, forestry, headquarters and other activities. Sufficient reserves for certain essential branches of the service in France are not available in England now. The situation threatens to impose too heavy a burdon on the Canadians now at the front. This is the need for early reinforcement. B-15

Merchant's Wife Advises Wolfville Women.

"I had stomach trouble so bad I could eat nothing but toast, fruit and hot water. Everything else soured and formed gas. Dieting did no good. I was miserable until I tried buckthorn bark, glyster, etc., as directed by Adler-Lik. ONE SPOONFUL benefited me INSTANTLY." Because Adler-Lik empties BOTH large and small intestine it relieves ANY CASE constipation, sour stomach or gas and prevents appendicitis. It has QUICKEST action of anything we ever used. A. V. RAND.

Skating in Olden Times.

Skating on metal runners, as we know it to-day, was practically unknown in England at the time of Charles II. Men then called it "silding," and the diarist, John Evelyn, wrote of it in 1662: "Having seen the strange and wonderful dexterity of the sliders on the new canal in St. James' Park, performed before their Majesties by divers gentlemen and others with skates, after the manner of the Hollanders, with what swiftness they pass, how suddenly they stop in full career upon the ice; I went home by water, but not without exceeding difficulty, the Thames being frozen, great flakes of ice encompassing our boat." Before this time skates had been just bones, roughly tied to the feet. The Cavaliers, who took refuge in Holland during the Commonwealth, there learned the use of metal skates, which they introduced into England.

DR. A. W. CHASE'S 25c. CATARRH POWDER

is sent direct to the diseased parts by the proposed Hoger. Heals the ulcers, being iron, arsenic, borax, salicylic, plugging the discharges, and permanently cures. Alls catarrh of the bladder. No a hot! No fee. Accept no substitutes. Alls dealers or from Messrs. J. R. & Co., Limited, Toronto.

The evening lesson was from the book of Job, and the minister had just read, "Yes, the light of the wicked shall be put out," when immediately the church was in total darkness. "Brethren," said the minister, with scarcely a moment's pause, "in view of the sudden and startling fulfillment of this prophecy, we will spend a few minutes in silent prayer for the electric lighting company."

A druggist can obtain an imitation of MELJARD'S LINIMENT from a Toronto house at a very low price, and have it labeled his own product.

This greasy imitation in the poorest one we have yet seen of the many that every Tom, Dick and Harry tried to introduce.

Ask for MELJARD'S and you will get it.

Some women break into the gasp "cast b' cause" they are unable to attract attention in any other.

CASTORIA

For Infants and Children. The Kind You Have Always Bought. Bears the Signature of J. C. F. Watson.

Sixty-three years last Thursday the Battle of Balaklava was fought.

The low cost per cup

It is hard to believe that a cup of good, rich tea only costs about a fifth of a cent, but, you see, Red Rose consists chiefly of Assam tea—the richest, strongest tea in the world. Red Rose easily yields 250 cups to the pound. And it's a tea of rare economy and flavor.

Kept Good by the Sealed Package

RED ROSE TEA is good tea

Even if War is On You Must Have Clothes

And we are well prepared to serve you in this line.

Our work in MEN'S CLOTHING OF ALL KINDS

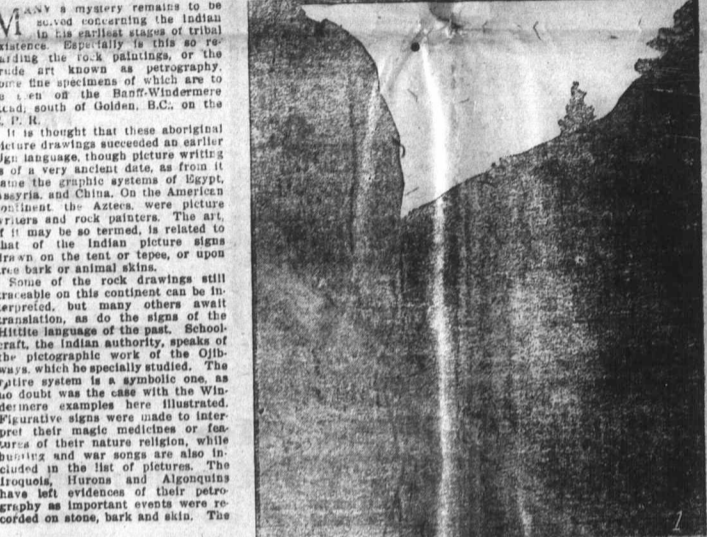
Is winning us a reputation. We use the best materials, employ the best workmanship and our styles are always right.

We guarantee every garment and shall be pleased to show goods and quote prices.

A. E. Regan, Wolfville

Expert Piano Tuning Guaranteed. Voicing, Regulating, Repair of Organs Tuned and Repaired. M. C. Collins. P. O. Box 321, Wolfville, N.S.

CURIOUS INDIAN ROCK PAINTINGS



Many a mystery remains to be solved concerning the Indian in his earliest stages of tribal existence. Especially is this so regarding the rock paintings, or cave art, known as petroglyphs. Some of the specimens of which are to be seen at the Banff-Windermere park, south of Golden, B.C., on the C. P. R.

It is thought that these aboriginal picture drawings succeeded an earlier pictographic language, though picture writing is of a very ancient date, as from it came the graphic systems of Egypt, Assyria, and China. On the American continent the Aztecs were picture writers and rock painters. The art, if it may be so termed, is related to that of the Indian picture signs drawn on the tent or tepee, or upon tree bark or animal skins.

Some of the rock drawings still traceable on this continent can be interpreted, but many others await translation, as do the signs of the Hittite language of the past. Schoolcraft, the Indian authority, speaks of the pictographic work of the Ojibwas, which he specially studied. The picture system is a symbolic one, as no doubt was the case with the Wintrosquo examples here illustrated. Figurative signs were made to interpret their magic medicines or fetters and war songs are also included in the list of pictures. The Iroquois, Hurons and Algonquians have left evidences of their petroglyphy as important events were recorded on stone, bark and skin. The

(1) On the Banff-Windermere Road. (2) Drawings of Indian rock paintings on a cliff on Lake Missinogau.

ancient painter, with nothing but his ivory clear when wet, the dull red fingers and paint pots, was held in as high esteem as the medicine man. The second illustration here shown deals with the splendid specimens found on the lake of Missinogau. The Iroquois, Hurons, and Algonquians are the lake of Missinogau. The Iroquois, Hurons, and Algonquians are the lake of Missinogau. The Iroquois, Hurons, and Algonquians are the lake of Missinogau.



Will Class One Provide The One Hundred Thousand Men?

It will be greatly to the advantage of Canada if the entire quota of 100,000 men to be raised under the Military Service Act can be secured from the first class; that is, from the men between the ages of 20 and 34 who were unmarried or widowers without children on July 31, 1917.

This is almost self-evident for the following reasons:

It is admitted that between the ages of 20 and 34, the average man is at the height of his physical strength and is most adaptable to the change of conditions from civilian life; the military service of unmarried men, and widowers without children, would occasion less distress than that of most others, since they are largely without dependents. Also, it would entail less financial burden for Canada, through separation allowances, etc.

Authorities estimate that, after all proper exemptions have been allowed, Canada should be able to produce from the first class 100,000 men fit for service, so the drain upon the man power of the country will not be severe.

Members of Class One will be well advised to present themselves for examination immediately to the Medical Board in their district. Upon examination as to their physical fitness, they will be placed in one of the following categories:

Category A—fit for service in overseas fighting units.
Category B—fit for service overseas in Army Medical Corps, Forestry Battalion, etc.
Category C—fit for service in Canada only.
Category D—fit for military service of any nature.

If not placed in Category A, the applicant will know that he is not liable for immediate service, but will go to the Post Office and send in a claim for exemption with his Medical Certificate attached, when he will receive in due course a certificate of exemption until those in his medical category are summoned for service.

Where a man who is placed in category A, feels that exemption should be allowed, an application form can be secured from the postmaster. This form, when filled in, will be forwarded by the postmaster to the registrar of the district, and the applicant will be informed by mail as to the time and place for the consideration of his application by the Exemption Board.

Issued by The Military Service Council.

BENCH FOR WOODLAND

Here is a bench that is easily constructed when timber is available, but also one that usually seems out of place unless there are trees and bushes near at hand. It really requires a woodland background. Popular Mechanics.

RID WEST OF GOPHERS

School Children Kill Great Numbers of These Rodents

Nine hundred schools in Saskatchewan reported the results of a gopher day, showing a total of 460,000 gophers destroyed, or an average of 610 to a school. Seven thousand five hundred and thirty-two were destroyed by 22 children at the Outenburg school, in the Tramping Lake district. Children in this school, then 15 years of age, held the highest individual "score," having 2,092 gophers to their credit. To the Eyebrow school, the greatest number of gophers shot by one individual was 388 by Walter Henry, then aged 14, of Rapid City. The gopher is one of the species of the rodents; there may be no gopher in Eastern Canada, but there are plenty of the tribe in the form of rats and mice, that oft make havoc of growing grain crops in the field and in the barn. The Western farmers suffer far heavier losses from the gopher, on account of the grain lying out in the field so long. The school children of the province are the destroyers of the needed grain for the multitudes in Europe. It was no child's play for the children to tramp the land to get the gopher, but persistent clever work to reduce the numbers of the farm-er's enemy.

FREAK INVENTIONS

Tornado-Proof House that Turns on Pivot

Among the inventions that "one wonders who could be so mad as to wish to imitate," writes a correspondent, is a tornado-proof house. This is built on a pivot and every breeze turns it with its head to the wind. Then there is a noiseless alarm clock that attacks the sleeper's arm instead of ringing; another that starts a mechanism which throws him out of bed, a machine for counting eggs as they are taken from a medicated nest egg. Others are a device to be attached to locomotives which, when train robbers attack them, will squirt live steam in their faces. Goggles for chickens to prevent them from having their eyes pecked out; and an automatic hat-taker-off. This has springs and levers inside the crown of the hat, arranged so that if the wearer should have his hands full when he meets a lady he has but to bend his head forward, when the hat will take itself off with a polite sweep, returning it to the head when its wearer moves his head backward.

FISH CAN REMEMBER

Have Faculty for Remembering at Least 24 Hours

Experiments have shown that fish have the faculty of remembering for at least twenty-four hours. The fish studied at Toronto are gray trout, whose favorite food is the little silver sardines. The experimenters painted some of the silver sardines light red; they offered them to the great perch mixed with the unpainted sardines. The perch snatched the silver sardines and ate them; then very deliberately and cautiously they nibbled at the painted sardines. Finding that the fish were the same, whether red or silver, they devoured the red fish. Having given proof of their intelligence, they were allowed to rest twenty-four hours. The experimenters offered them sardines painted red and sardines painted black. The perch eagerly devoured the red sardines.

Living Without Eating

Science tells us that if a man can eat water he can exist for about thirty days without food. We can absorb and burn up our muscles until 60 per cent of their weight has gone. We can do the same with from 30 to 40 per cent of our liver and digestive organs, and 20 per cent of our lungs. Our hearts can last 10 per cent, and our brains and nervous systems can last 5 per cent.

Bradford's Big Saving

The revenue from the Bradford Corporation's grease factory, England, amounts to nearly \$250,000 per annum. This sum represents what other people have thrown away. No less than 120 tons a week of valuable grease are extracted from the waste products in the wool industry.

Economical Dispositions

Dispositions, with the consent of the parents on both sides, are frequent in Bulgaria, the expense of the wedding ceremony and festivities being thus avoided by the thrifty peasant.

Rubbish-heaps and waste have provided the world with wealth in greater quantities than the richest soil ever known.

For the loss of an arm by an accident in a printing machine \$1,750 was awarded to a boy in the City of London Court.

Save potatoes in January for next season's planting.

R. J. Whitten & Co. HALIFAX

Receivers and Sellers of all kinds of Farm Produce.

Consignments Solicited. Prompt Returns.

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.

MENTHOLATUM

Every Boy Scout

Should carry a small jar of Mentholatum in his kit bag for use in case of scratches or bruises.

After a ramble through the woods, Mentholatum will quickly relieve the smart of sun or wind burn, as well as tired and aching feet.

A Healing Salve

Sold and recommended by the leading druggists throughout the Maritime Provinces.

2 sizes—25c and 50c

Send 3c in stamps for a generous size sample.

The Mentholatum Co. Bridgeburg, Ont.

Port Williams Fruit Co., LIMITED

FLOUR!

on hand.

Bran and Middlings

due to arrive.

SLAG!

Buy now before the advance. A car is expected shortly.

FERTILIZER!

We have a limited supply suitable for renewing strawberry plantations or fall use. In the orchard, for sale at reasonable prices.

Arsenato of Lime

For use on Potatoes.

Open Wednesday mornings or by appointment.

Port Williams, N. S.

NOW IS THE TIME!

To Get Your Furniture Upholstered.

Carpenter work is slack at present, and I am prepared to do Upholstery of all kinds of Furniture, also Carriage and Sleigh Seats. I will also repair Furniture of all kinds.

I have had a large experience in this work and can guarantee satisfaction.

J. C. Bishop, - Wolfville.

Are Your Hands Tired?

ARE you discouraged because you are not getting on in the world as you should? Do you feel that something is holding you back? That you are not earning enough money? That you do not have the educational training that lifts men and women up into positions of power and influence?

Don't let your ambition die! Don't settle down in a rut of poverty and drudgery—you don't have to! There is a way by which you can break the shackles that bind you.

The International Correspondence Schools can give you, by mail, just the training you must have to help you make a success of your life.

For more information, send for our free course catalogue. It will show you the many ways in which you can improve yourself. It will also tell you how to get the most out of your education. It will show you how to get the most out of your education. It will show you how to get the most out of your education.

INTERNATIONAL CORRESPONDENCE SCHOOLS

Box 656, Scranton, Pa.

Replies without obligation, sent free to you.

ARCHITECTURE, BOOKKEEPING, BUSINESS, CIVIL ENGINEERING, COLLEGE COURSE, ELECTRICITY, FOREIGN LANGUAGES, GENERAL EDUCATION, MECHANICAL DRAWING, MINING, NURSING, PLUMBING, SURVEYING, TRAINING, TRANSPORTATION, WRITING.

Professional Cards

DENTISTRY.

A. J. McKenna, D. D. S.
Graduate of Philadelphia Dental College
Office in McKenna Block, Wolfville, Telephone No. 43.

M. R. ELLIOTT
A.B., M.D. (Harvard)
Office at residence of late Dr. Bowles, Telephone 55.
Office Hours—8-1 a.m., 1-3, 7-9 p. m.

F. J. PORTER
Licensed Auctioneer for Towns of Kentville and Wolfville, N. S.

McCallums, L'td
The largest dealers in Improved Farm Properties in Canada.
Halifax, N. S., Canada.

Are now offering the property of the Wolfville Fruit Land Improvement Co. Ninety acres of Orchards fully improved, in whole or part. Price exceptionally low.

C. A. Porter, Local Agent.
OFFICES: WOLFVILLE AND KENTVILLE.

Yarmouth Line

Full SERVICE.

Leave Yarmouth Wednesdays and Saturdays. Return, leave Central Wharf, Boston, Tuesdays and Fridays.

For Tickets, Steerage and additional information, apply at Wharf Office.

J. Ruess Kinney, Supt., Yarmouth, N. S.

BOSTON & YARMOUTH STEAMSHIP CO. LTD.

Wool Seller Knows a Wool Buyer

You cannot pull the wool over the eyes of the modern housewife. She knows or soon finds out the quality of what she buys. In former times many fraudulent articles were advertised in the belief that people liked to be fooled. Nowadays, to make advertising pay, there must be repeat sales and established confidence. That means the article advertised must be worth the price asked.

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Wolfville Time Table

DOMINION ATLANTIC RY.

STAMPSHIP LINES

DOMINION ATLANTIC RY. STAMPSHIP LINES

YARMOUTH TO KENTVILLE VIA WOLFVILLE

LAND OF EXCHANGE ROUTE

Effective Oct. 6th, 1917.

Service daily, except Sunday.

Annapolis 6:07 a.m.
Express from Kentville & Truro 8:48 a.m.
Express from Yarmouth 4:30 p.m.
Express from Halifax 6:57 p.m.

LEAVING

Express for Halifax and Truro 8:07 a.m.
Express for St. John and Yarmouth 9:56 a.m.
Express for Halifax and Truro 4:30 p.m.
Express for Kentville 6:57 p.m.

ST. JOHN AND DIGBY

Daily Service (Sunday Excepted)

Canadian Pacific Railway S.S. Express leaves St. John 7:00 a.m., arriving in Digby at 10:00 a.m. Leaves Digby 2:00 p.m., arriving St. John 6:00 p.m., making connection at St. John with trains for Canada Pacific Ry. for Montreal and the West.

Boston Service

Express train leaving at 5:38 a.m. for Yarmouth connects with steamers of the Boston & Yarmouth S. S. Co., Ltd., sailing on Wednesdays and Saturdays for Boston.

Buffet parlor cars run each way, daily, except Sunday, on express trains between Halifax and Yarmouth.

H. U. PARKER, General Passenger Agent.
George E. Grant, General Manager, Kentville, N. S.

Children Cry FOR FLETCHER'S CASTORIA

Littlest (during attack)—Come out of hole, or eat!

Castoria's effect on you or on a baby

Children Cry FOR FLETCHER'S CASTORIA

Nothing short of a steam roller can get an 'em down who give us this

Children Cry FOR FLETCHER'S CASTORIA

Licensed Auctioneer for Town of Wolfville and Kings County, Wolfville, N. S. 14—38 p.