

# HOW TO GET RID OF RHEUMATISM

## "Fruit-a-lives" Point the Way to Quick Relief

YVONNE, Ont.  
"I suffered for a number of years with rheumatism and severe pains in my side and back, caused by strains and heavy lifting. When I had given up hope of ever being well again, a friend recommended 'Fruit-a-lives' to me and after using the first box I felt so much better that I continued to take them; and now I am enjoying the best of health, thanks to your wonderful fruit medicine."  
W. M. LAMPSON.  
"Fruit-a-lives" are sold by all dealers at 50c. a box, 6 for \$2.50, trial size 25c.—sent postpaid by Fruit-a-lives Limited, Ottawa.

## White Ribbon News.

Woman's Christian Temperance Union first organized in 1874.  
A.M.—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.  
Bible—A knot of White Ribbon.  
WATCHWORD—Agnate, educate, or ganize.  
OFFICERS OF WOLFVILLE UNION.  
1st Vice President—Mrs. Irene Finch  
2nd Vice President—Mrs. G. Miller  
3rd Vice President—Mrs. Armitage  
Recording Secy.—Mrs. W. O. Taylor  
Cor. Secretary—Mrs. Ernest Kadden  
Treasurer—Mrs. H. Pines.

LABORATORY WORK—Mrs. Fielding, Lumberton—Mrs. J. Kempton.  
TEMPERANCE IN SABBATH-SCHOOLS—Mr. Edson Graham.  
EVANGELISTS—Mrs. Corvus Smith, Pease—Mrs. M. T. Freeman.  
WHITE RIBBON BULLETIN—Mrs. Dr. McKenna.  
LOYAL TEMPERANCE LEGION—Miss Beam.  
KID CROSS WORK—Mrs. J. Vaughn.

## A Word About Sugar to the Housekeeper.

Thrifty housekeepers are already looking ahead with some anxiety for the summer, when the preserving season will find them short of sugar supplies unless there is a very great improvement in the situation before the first of June. America has gladly seen on sugar to its allies and the women may be trusted to do their level best, but they are wondering whether the powers that be will give any assistance by releasing for domestic use the sugars derived from cane which are wholesome substitutes for common sugar.

The British temperance public has been struggling for the past year with the problem of the use of sugar in beer. The George-Cave admitting to the House of Commons last summer that the brewers used a large proportion of glucose, claimed that it was not a suitable human food, whereupon the well-known Dr. C. W. Saley declared in a great public meeting that it was high time members of Parliament learned that glucose is sugar and a good substitute for cane sugar in the human diet.

Other enterprising publicists promptly dug up a leaflet issued by the Ministry of Food in April of last year urging the use of glucose with sugar in jam-making, while a later order of October 12 expressly declared that ten pounds of brewers' sugar equals eight pounds of ordinary sugar.

Further, the Committee of the Royal Society on the Food Supply of the United Kingdom reported that if brewing were prohibited the brewers' sugar would be available for food purposes for 'glucose serves for making jam.'

In the House of Lords on November 13, the Duke of Marlborough, for the government, said that the use of glucose as a substitute for jam had been reported upon by expert food chemists and that the value of glucose as a food is well recognized.

One recalls in this connection the report from a British fruit grower last summer that fifty-five hundred weight of plums remained unsold because the people could not get sugar to make jam, while at that very time the brewers were by getting ample supplies.

The brewers of the United States used in the last fiscal year over 16,000,000 pounds of glucose and other sugars derived from starch which are suitable for helping out sugar in preserving.

The 175,000,000 pounds of brewers' sugar turned into regular grocery channels for preserving purposes would give an average of somewhat over five pounds to every family in the United States. Where these sugars could not be used directly for preserving they could take the place of cane sugar in other food combinations, thus releasing cane sugar for canning and preserving.

If housekeepers show ordinary foresightness they will begin to urge now that this saving shall be made in advance, so that when the preserving season comes they will not find themselves short of sugar.

## RHEUMATISM ARRESTED

Many people suffer with lame muscles and stiffened joints because blood impurities have invaded the system and caused rheumatism. To arrest rheumatism it is quite as important to improve your general health as to purify your blood, and the best way of doing this is to use Scott's Emulsion of cod liver oil, which is nature's great blood-maker, while its nutritive and strengthening qualities...

## Germany Hates England

### Because Dream of Empire Was Broken on the Sea

THE other day a laconic British official statement announced the completion of the campaign in German East Africa. Its significance was little appreciated by a world whose attention was fixed upon Canada and the Russian revolution. And yet it marks the passing of one of the great colonial empires of modern times. When the war broke out German colonies occupied more than a million square miles of African territory, an empire in area larger than that lost by France under the old monarchy in the wars with Britain which preceded the Napoleonic era.

## The Danger of Thin Blood.

IT IS NOT CORRECTED IN ITS EARLY STAGES CONSUMPTION MAY FOLLOW.  
In no disease is delay or neglect more dangerous than in anemia, a poverty of the blood. It is very common in young girls and in persons who are overworked or confined within doors. It makes its approach in a stealthy manner that is often well developed before its presence is recognized.

But taken in time there is a specific, tonic medicine which increases the number of red blood corpuscles thus enabling the blood to carry the life-giving oxygen to all the tissues of the body. Dr. Williams' Pink Pills have had unbounded success in the treatment of this stubborn disease because of this wonderful property. The correction of anemic conditions by Dr. Williams' Pink Pills is as certain as anything in medical science. Miss Jessie McLean, Trenton, N. J., says—"I was as weak as it was possible for any one to be, and yet I was able to go about. My blood seemed to have turned almost to water. I was pale, and the least exertion would leave me breathless, and when I went upstairs I would have to stop and rest on the way. I often had severe headaches, and at times my heart would palpitate alarmingly. A good friend urged me to try Dr. Williams' Pink Pills and I have reason to be grateful that I took the advice. Soon after beginning the use of the pills I began to get stronger, and by the time I had taken seven boxes I felt that I was enjoying good health. I think Dr. Williams' Pink Pills are a blessing to weak girls, and I shall always warmly recommend them."

These pills are sold by all medicine dealers or will be sent by mail at 50c a box or six boxes for \$2.50, by Dr. Williams' Medicine Co., Brockville, Ont.

Two ladies were married to musicians. The one, a bride of a year, was pushing a baby carriage in which were three fine babies—triplets, all girls. The other lady had been in the bonds of matrimony a couple of weeks.

"What beautiful children!" exclaimed the newly married one.  
"Yes," replied the proud mother, "let me tell you the funniest coincidence. At our wedding supper the boys who played with my husband in the orchestra serenaded him, and they played 'The Little Maid' from the Mikado. Isn't that queer?"

At this the other bride turned pale. "Mercy!" she gasped. "At our wedding supper Tom's friends serenaded him, and they rendered 'The Sextet' from 'Licia.'"

## Children Cry FOR FLETCHER'S CASTORIA

It has been estimated up to a recent period that 750,000 people in Europe have been starved to death since the beginning of the war. Unless the 1918 harvest is saved starvation will become general throughout Europe and the suffering among the civilian population of our Allies unprecedented in the history of the world.

## Children Cry FOR FLETCHER'S CASTORIA

A pick's eye is one of the things that make a married man pain things red.  
The time has come to wake up for loss of human helpers with such appliances—The Remington Typewriter—The Adlog and Substituting Remingtons—The Edison Rotary Mimeograph are all labor saving devices and will replace employees that...

A MILNE PRINTER WOLFVILLE, N. S.  
Hollis, N. S.

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Bagdad, Jerusalem, German Africa—these are the dreams of the present struggle between the British and the Germans. We are in the third winter of the war, and which scholar quite as much as German scholars proclaimed was to be a contest between a modern Rome and a contemporary Carthage, a contest in which the German should play the Roman role. And after four campaigns no German colony in British hands save for those portions occupied by British troops in the East Indies and the Holy Land; British armies occupy the roads to Rome and the Persian Gulf, and no single foot of British territory has now a German master.

If one could press a historical perspective in the midst of the crowded incidents of the present time it would be perceived that history is strangely repeating itself. Britain is doing to Germany now what she did to Spain, to Holland, to France. Challenged by an ambitious rival she has swept that rival from the seas, she has destroyed the colonial edifice of the new foe, and her armies are just now in a fight upon German armies on the European continent.

Not so many months ago Bethmann-Hollweg, then German Chancellor, announced that Germany would make peace on the basis of the map, but peace with Britain on the basis of the map of to-day would leave Germany without contact with Europe and Asiatic Turkey, but by the doorways of Asiatic Turkey stood, with the rest of the world, the empire in British hands while now and for the future, as in the past, British sea power would still dominate the German exits from the North Sea to the Atlantic, from the Mediterranean both to the Red Sea and to the western ocean. Measuring the European scale it still remains a doubtful and terrible struggle.

More than that. When the war broke out England had only a fleet. The British expeditionary army of less than 200,000 men represented the maximum of her strength upon land. To-day she has 5,000,000 men under arms, her guns outweigh the German, her military machine is as powerful as the German, and not yet has her man power been weakened by the tremendous sacrifices which have been made since the outbreak of the war.

## COAL COAL COAL

Carefully Screened and Promptly Delivered.  
Springhill, Albion Nut and Old Scotch.  
GIVE US A TRIAL. Burgess & Co.

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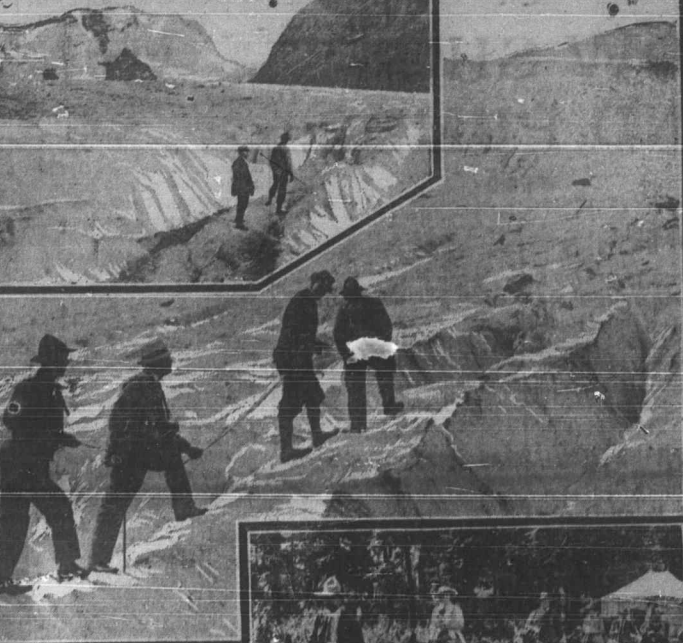
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# MOUNTAINS IN THE RAIN



HERE'S no use saying it never rains in the Canadian Rockies. You couldn't have such weather of great timber if they weren't plenty of moisture. The tourists who come to the mountains with no alternatives but a parcel to keep off the sun and a pair of cards to keep off the blues is unprepared for the best part of his holiday.

I'd had good weather all through the Rockies—one glorious morning sunning day after the other. Then, half way between Field and Glacier, the clouds came down and the sun was hidden behind a wall of mist. The tourists who come to the mountains with no alternatives but a parcel to keep off the sun and a pair of cards to keep off the blues is unprepared for the best part of his holiday.

## SHEEP ON THE FARM

AN official of the Dominion Government, Alberta, superintending the grading of the wool in that district, computes that the sheep of the Province of Alberta Wool Growers Association will be about a million and a half pounds. This is an increase for this year of approximately 10 per cent over the production of the whole of the Canadian Prairie West. It is not expected that the average in the Alberta Wool Growers Association in other words an increase of 10 per cent in the wool of Western Canada over that of the year ending in 1917. The wool will be in full being before the middle of June. The increase in the number of lambs this year has been very satisfactory, being between one hundred and one hundred and fifty per cent of the size of the flock.

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

**M. R. ELLIOTT**  
A. B., M. D. (Harvard)  
Office at residence of late Dr. Bowles, 1  
Telephone 23.  
(P. 113) - 1 a.m., 1-3, 7-9 p.m.

**Charles Hogan, C. E.**  
Provincial Land Surveyor.  
Surveys, Plans, Levelling & Estimates  
Church Street,  
Greenwich, Kings Co., N. S.  
Long distance telephone, Wolfville exchange.

**F. J. PORTER**  
Licensed Auctioneer for  
towns of Kentville and  
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**D. S. HART,**  
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Guaranteed.  
Voicing, Regulating, Repairing  
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P.O. Box 321, Wolfville, N. S.

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Repairing of Boots and  
Shoes of all Kinds  
Has resumed business at the old  
stand in his new building.

## COAL!

**Aodan Lumpy,**  
Albion, Nut,  
Springhill,  
Inverness.

## A. T. WHEATON

Even if War is On  
You Must Have Clothes  
And we will have 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

## McCallums, Ltd

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.  
Nisery acre of orchards fully improved.  
In whole or part. Price exceptionally  
low.

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



## A 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.

## 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, will also repair Furniture of all kinds.  
I have had a large experience in this work and can guarantee satisfaction.  
J. C. Bishop, Wolfville.