

# 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.

W.M.—For God and Home and Native Land.  
B.A.—A knot of White Ribbon.  
W.A.—Widow—Agitate, educate, or organize.

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  
LUMBERMEN—Mrs. J. Kempton  
TEMPERANCE IN SABBATH-SCHOOLS—Mr. Edson Graham.  
EVANGELISTS—Mrs. Corvus Smith  
P.S.—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 starch now used for brewing, 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 116,000,000 pounds of glucose and other sugars derived from starch which are suitable for helping out sugar in preserving.

The 115,000,000 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.

## 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, the nature's great blood-maker, while its nutritive and strengthening qualities will help you to resist the invasions of the disease.

## 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.  
Bagdad, Jerusalem, German Africa—these were 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 captured by British troops in the East Indies and the Malay Peninsula. British armies occupy the roads to Rome and the Persian Gulf, and no single foot of British territory has now a German master.

## The Danger of Thin Blood.

### IF NOT CORRECTED IN ITS EARLY STAGES CONSUMPTION MAY FOLLOW.

In no disease is delay or neglect more dangerous than anaemia, 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 anaemic 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.'"

## PILE'S

Do not suffer from hemorrhoids. Pile's is the only cure. It is a simple, safe, and effective remedy. It is sold by all druggists and chemists. Write for a free trial box to Pile's, 100 West 12th Street, New York, N. Y.

At the movies an old couple sat through a picture that included a cat in the house up in which the dust rose in clouds from the pebbled ground. The old lady began to cough, and her husband suggested her: "Don't cough, Annie! Can't you see you're disturbing the other folks?" His wife looked at him apologetically over her handkerchief, another woman's spoon. "I can't help it, Ephraim. Dust always tickles my throat—Everybody's Magazine."

## 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 you can't get.

A. MILNE PRASER, WOLFVILLE, N. S.

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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 actually 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 sea gates, the British 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.

By the map of to-day, Britain has already repeated the achievements of the sixteenth, seventeenth and eighteenth centuries. So far as Britain is concerned, still remains to be completed.  
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. 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.

Concrete ships. A shipbuilding has received a tremendous impetus during the past year. The demand for ships has been so great that the question of providing ships to make good the war has become a matter of importance. Months ago it became evident that a shortage of ships for steel ships was being felt. The British government, therefore, sought the most promising of ferro-concrete ships. This method of construction is the most promising of ferro-concrete ships. This method of construction is the most promising of ferro-concrete ships.

Home as Farmers. More German prisoners, says the food production department in London, are being employed on the land. The impression is very low, and working for their living being impossible. Camps of German prisoners have for some time past been working on drainage and other important work.

A Costly Goose. A goose sold recently in Greenland, Ia., for \$2,912. Previously the same bird was sold at Winterton for \$2,649. In both instances the sales were made at auctions for Red Cross benefits.

## COAL COAL COAL PORT WILLIAMS FRUIT CO. LIMITED

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

## Stop and Rest Inn. AN EXCLUSIVE RESORT for Motorists, House and Week-End Parties. Evening Functions and After-Theatre Suppers arranged. Afternoon Teas. W. S. STATIONER.

What about the cows next fall? Bran and Middlings will be very scarce. Place your order now. Oil cake—34 per cent. protein—and avoid the rush.

Open Wednesday mornings only during July and August.  
Port Williams, N. S.

## MOUNTAINS IN THE RAIN



HERE'S no use saying I never rains in the Canadian Rockies. You couldn't have such weather of great timber if they wasn'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.

In the pouring rain we got off at Glacier, did a swift dash for the hotel and stood around in mentally dripping and mournful groups gazing at the big log fire.  
"Do you ever rent raincoats?" asked the charming white-haired hostess. "I don't see why I should stay in and play patience, and I waded a vague arm in the direction of Mount Elir. Donald, who was probably thinking of dancing or doing something behind the curtain of his seven cloud veil.

"Certainly," I was told, "you can get a raincoat in the curio tent."  
In the curio tent they gave us a big black light rubber overcoat and a white hat to match. I had thick shoes anyway—and that was all I needed to complete my costume. An umbrella would have spoiled the whole party. There's something fascinating in starting out to follow a trail that you've never seen before. It's like reading a serial story. But in the case of the park in the mountains you see the last chapter first—chunks of blue sky with white clouds whirling in, frozen stiff and tumbling over the top of the world. The black raincoat, 500 feet at the skyline, obligingly pushing its huge head down the valley so that the tourist can only two short miles to go to be able to climb up and pat this pediclaric mountain of the world. The curio tent purrs so tamely in the very backyard of the hotel.

Notice the strange white mud in the foreground. It's a big Newfoundlander, the cavalry leader for sure, "follow!"  
You go home by the other side of the river. It's still raining, but the mud is more glass-to-be-aliveness than ever. He cuts a slice of bread and you butter it with his jackknife. Oh, certainly, strictly against the rules, but this isn't the hotel's affair. It's Christian's own little treat cause you were mountain-bound enough to come out in the rain. He leaves you for it. You're a tourist after his own adventurous heart.

Tea over—yes, you took three slices, don't you remember, and two cups—you and Christian go up the frozen grey-and-covered steps to the very self of Greenland's icy mountain. There's the side door to the Glacier Period, that cave that Christian's eye are cut out. He worked at it for a month.  
The opening is as blue as ten August skies six-stalling together. And yet when you go in, the cold catches you by the nose till you have in open your mouth to breathe. At the end of the cave is a Christmas tree on whose top there's another Union Jack in gold storage.

When you reach the outside world again—try it all pink for these crisp moments! Don't talk me—something about complementary colors I suppose, but if you stop to reason it out you lose the Alice-in-Wonderland sensation.  
There are five figures emerging from the trees away below the tumbled-boulder field.  
"Ah," says Christian, waving his hand and smiling as though you were the cavalry leader for sure, "they follow!"  
You go home by the other side of the river. It's still raining, but the mud is more glass-to-be-aliveness than ever. He cuts a slice of bread and you butter it with his jackknife. Oh, certainly, strictly against the rules, but this isn't the hotel's affair. It's Christian's own little treat cause you were mountain-bound enough to come out in the rain. He leaves you for it. You're a tourist after his own adventurous heart.

The illustrations show scenes amongst the Canadian Pacific Rockies. Millions of trees, yielding up their sap to the mist. The forest never smells like this on a dry day—yet, out wood of the bridges; giant firs, cedars, spruces; crumbling white rocks; the loosed glacial rivers; every fern and star-eyed flower. They all fairly swim in the rain and give out a most heady and thrilling perfume. Animals draw much of their knowledge of the world through their sense of smell, but it's the rare human who ever gets the sense to think with his nose. The path winds upward past big rocks covered with white-stained bunch berries across unexpected bridges, by beckoning benches, till the trees thin out and a big black light rubber overcoat and a white hat to match. I had thick shoes anyway—and that was all I needed to complete my costume. An umbrella would have spoiled the whole party. There's something fascinating in starting out to follow a trail that you've never seen before. It's like reading a serial story. But in the case of the park in the mountains you see the last chapter first—chunks of blue sky with white clouds whirling in, frozen stiff and tumbling over the top of the world. The black raincoat, 500 feet at the skyline, obligingly pushing its huge head down the valley so that the tourist can only two short miles to go to be able to climb up and pat this pediclaric mountain of the world. The curio tent purrs so tamely in the very backyard of the hotel.

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## Professional Cards

### DENTISTRY.

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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. 11:30—F. 1 a.m., 1-3, 7-9 p.m.

### Charles Hogan, C. E.

Provincial Land Surveyor.  
Surveys, Plans, Levelling & Estimates  
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Licensed Auctioneer for  
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### Expert Piano Tuning

Guaranteed.  
Voicing, Regulating, Repairing  
Organs Tuned and Repaired.  
M. C. COLLINS.  
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.

### Orders Solicited and Carefully Executed.

## COAL!

Aodla Lump,  
Albin, Nut,  
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Inverness.

### A. T. WHEATON

Even if War is On  
You Must Have Clothes

And we will be 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.