

Railway & S. S. Lines

DOMINION ATLANTIC RAILWAY

Steamship Lines

St. John via Digby
Boston via Yarmouth
"Land of Evangeline" Route.

On and after November 9th, 1912 train service of this railway is as follows:
Express for Yarmouth 12.04 p.m.
Express for Halifax 2.00 p.m.
Accom. for Halifax 7.50 a.m.
Accom. for Yarmouth 5.50 p.m.

Midland Division

Trains of the Midland Division leave Windsor daily (except Sunday) for Truro at 7.30 a.m. 5.35 p.m. and 7.45 a.m. and from Truro at 6.50 a.m. 8.20 p.m. and 12.45 noon, connecting at Truro with trains of the Intercolonial Railway, and at Windsor with express trains to and from Halifax and Yarmouth.

St. JOHN and DIGBY

S. S. "YARMOUTH"

leaves St. John daily except Sunday at 7.00 a.m.; returning, leaves Digby at 1.55 p.m. making connection at Digby with express trains east and west and at St. John with Canadian Pacific trains for Western points.

Boston Service

Steamers of the Boston and Yarmouth S. S. Co. sail from Yarmouth for Boston after arrival of Express train from Halifax and Truro on Wednesday and Saturday afternoons.

P. GIFFKINS, General Manager, Kentville

FURNESS, WITBY & CO., LTD

STEAMSHIP LINERS

LONDON, HALIFAX & ST. JOHN, N. B. SERVICE.

From London. From Halifax
Steamer. June 10
May 20 - Rappahannock June 10
June 4 (via St. John's, Nfld.)
-Kanawha June 25
June 18 - Shenandoah July 9

From Liverpool. From Halifax
Steamer. June 15
May 27 - Durango June 15
June 14 - Digby June 28
June 28 - Tabasco July 15

FURNESS, WITBY & CO., LTD. Agents, Halifax, N. S.

H. & S. W. RAILWAY

Table with columns: Accom. Mon. & Fri., Time Table in effect, October 7th, 1912, Stations, Read down, Read up. Includes stations like Lv. Middleton A.R., Glarence, Bridgetown, Granville Centre, Granville Ferry, Karsdale, A.R. Port Wade Lv.

Flag Stations. Trains stop on signal. CONNECTION AT MIDDLETON WITH ALL POINTS ON H. & S. W. R. AND D. A. R.

P. MOONEY, General Freight and Passenger Agent

No Summer Vacation

We would greatly enjoy one, but as many of our students come from long distances, and are anxious to be ready for situations as soon as possible our classes will be continued without interruption.

Send for our Catalogue. S. KERR, Principal

THE HOME

WHEN PINE APPLES ARE IN SEASON.

A great many very fine cooks do not use pineapples as much as they might, simply because they imagine they are hard to prepare.

It is not hard to prepare a pineapple if you know how. Be sure that the fruit is perfectly ripe. Then take a small paring knife and twist it around one of the little cubes which form the apple. After this one is taken out take a fork and dislodge the others one at a time. The hard peel can easily be cut off each of these pieces.

This is the way pines are prepared in the south: Cut them down through the middle and cut out the hard pithy part that is in the centre. Then shred them out with a fork. You can do this so there will only be two boat-shaped skins left. Never try to peel a pine whole. If you want it cut in round slices, slice it first and then put it on a table, and cut round the slice just inside the skin. Now when pineapples are selling for a few cents a piece in the north they are an economical fruit for the family. A slice of pine apple, ice cold, with powdered sugar sprinkled over, makes a pleasant change from berries or other fruit for breakfast.

Pineapple adds to the flavor of strawberry or cherry jam. Use it in proportion of one-third pineapple to two-thirds of the other fruit.

PINEAPPLE PIES.

No. 1.—These are especially attractive if baked in small individual pie pans. Line the pans with a rich pie paste (remembering to put it on the inverted tin and have a perfectly shaped shell). Bake a delicate brown. Cut the pineapple into small-sized pieces. Allow two-thirds of a cup of sugar to each cup of pineapple and let stand two hours. Drain off the juice. Beat one egg, and one teaspoon of corn starch for each cup of apple. Stir it into a cup of the juice and boil, stirring all the time or it will burn. When cool, mix the diced pineapple, fill the pie shells, putting a meringue on top, and brown lightly in the oven.

No. 2.—Line a pie pan with rich paste. Cut the pineapple into thin small pieces and add a pinch of salt and two-thirds of a cup of sugar to each cup of pineapple. Mix together. Then add one even tablespoon of corn starch. Put into the pie shell, and put bits of butter on top. Cover with a top crust, and bake twenty-five minutes in a moderate oven.

GRATED PINEAPPLE.

Peel three large pineapples, grate them on a coarse grater. To each cup of the grated pine apple allow one-half cup of sugar. Mix thoroughly and put into pint cans and steam two hours. Cover while hot. This is nice for pies or puddings.

PINEAPPLE SALAD.

One slice of cold pineapple on a crisp lettuce leaf. Just before sending to the table put on two teaspoons of French dressing, made with lemon juice in place of vinegar. Canned pineapple is better for salad than the fresh.

PINEAPPLE GELATINE.

Soak the box of gelatine in one cup of cold water. Shred one pineapple with a fork and add three-quarters of a cup of sugar to each cup. Let stand two hours. Turn out a cup of juice. Heat, but do not boil. Turn in the gelatine. Stir until all is dissolved. Now put in one cup of pineapple slices and turn into a vast mould. Serve with cream or pineapple juice.

PINEAPPLE TAPIOCA.

Cook two heaping teaspoons of minute tapioca in one pint of water, and add a pinch of salt and cook until clear. Add one cup of diced pineapple and one cup of sugar. Heat, do not boil, until the sugar is dissolved. Remove from the fire and while warm fold in the stiffly beaten white of one egg. Pour into buttered moulds. Serve ice cold with cream or top of milk.

PINEAPPLE SHERBET.

Grate one pint of pineapple. Add one pint of water, one pint of sugar, and juice of one orange. Pack in ice. When partly frozen turn in the stiffly beaten whites of four eggs.

PINEAPPLE FRITTERS.

Slice the pineapple in slices quarter of an inch thick. Cut into pieces, being very careful not to get any of the core. Dip these into fritter batter, and drop into hot deep fat. Fry brown. Sift powdered sugar over, and serve very hot.

PINEAPPLE JAM.

Pare the pineapple. Cut into small dice or pieces. Cook in just enough water to cover, until easily pierced

with a fork. Take out the apple and allow three-fourths pound of sugar to one pound of fruit. Wet the sugar with the water in which the pineapple was boiled. Boil the sugar into syrup, put in the pineapple and boil five minutes. Cool a little before putting into jelly glasses. When cold cover with a thin coating of paraffin.

THE SMALL HAT AND THE SUMMER SUN.

The small hats that we are wearing will have a bad effect upon the eyes, if they are not reinforced by sunshades for the bright, sunny summer weather.

A hat should be really used more for shading the eyes than for protecting the head, if it is to be a useful article of apparel.

However, even if it be for ornament it is much prettier if it shades the eyes. It makes blue eyes bluer; brown eyes darker and black eyes softer to partly hide them under a hat brim.

We have almost gotten out of the notion of carrying parasols nowadays and we have grown to love the sun as much as our grandmothers feared it. But we must remember that like everything else in this world, both love and health, we can have too much of even a good thing.

The sun directly in the eyes day after day will weaken them and also plant a nice little network of wrinkles about them, which one will certainly regret.

If you wear a small hat out in the sun be sure that you have given your complexion a slight coating of powder and wear a veil or carry a sunshade.

For tennis, golf or other outdoor sports always wear a hat that shades the eyes.

You can live out of doors, drink in all the life giving summer air and enjoy the long sunny afternoons without ruining your complexion or weakening your eyes if you use a little common sense in regard to protecting your face.

There are snappy tailored hats in shantung and mohair, with rows of stitching half an inch apart. They can be twisted and crushed into any becoming shape, and only require an Oriental moth or a fancy feather at the side to trim them. There are also delightfully pliable and supple hats of straw, with the crown and upper brim of bright colored suede, which can be jammed on the head and worn with the fascinating air that makes the Panama so bewitching.

When your child has whooping cough be careful to keep the cough loose and expectoration easy by giving Chamberlain's Cough Remedy as may be required. This remedy will also liquify the tough mucus and make it easier to expectorate. It has been used successfully in many epidemics and is safe and sure. For sale by all dealers.

Before creaming butter and sugar warm the bowl in the oven or fill it with hot water, empty and wipe dry. This expedites the process and the heat is not so great as to melt the butter, the danger that is run if the butter is first warmed in the oven.

In cleaning raisins place them in a clean cloth, sprinkle with flour, and shake well. You will find that this will clean them, and at the same will remove all the stalks.

Never bear more than one kind of trouble at a time. Some people bear three kinds—all they have had, all they have now, and all they expect to have.

By placing thin silk between two pieces of tissue paper one can cut it as straight as though it were heavy cloth; there will be no annoying puckering.

"NA-DRU-CO DYSPEPSIA TABLETS"

There is only one explanation for the numbers of enthusiastic letters that we receive praising Na-Dru-Co Dyspepsia Tablets, and that is that these tablets certainly do cure any kind of stomach trouble.

Here is a typical letter from Miss Eliza Arnsworthy, Canso, N.S.: "It is with pleasure I write to inform you that your Na-Dru-Co Dyspepsia Tablets have proved of great value to me. I tried remedy after remedy but without any lasting good. Having heard of your tablets curing such cases as mine I decided to give them a fair trial. They proved satisfactory in my case." The remarkable success of Na-Dru-Co Dyspepsia Tablets is such a success as can only come to an honest remedy, compounded according to an exceptionally good formula, from pure ingredients, by expert chemists. If you are troubled with your stomach just ask your Druggist about Na-Dru-Co Dyspepsia Tablets, compounded by the National Drug and Chemical Co. of Canada, Limited, and sold throughout the Dominion at 50c. a box.

Winifred Holt, Maiden Mother of the Blind

(By Ada Patterson.)

Here is told the story of how one young woman started and helped a work for the blind which resulted in the recent dedication of a fully equipped settlement house for the sightless in New York City. Music, useful labor and good cheer have been brought to scores in hundreds of darkened lives.

What Florence Nightingale was to the wounded soldier on the battlefield; what Grace Darling was to the sailor adrift, on a plank at sea; what Alice Smith is to painted-faced, desperate-eyed women of the streets, Winifred Holt has become to the blind. Like theirs, her life is a voluntary service to those in dire need.

Circumstances pointed to a life of ease and the pursuit of pleasure in the smiling world for Winifred Holt. Born the daughter of Henry Holt, the publisher, a man of wealth, the world seemed a playground to her.

With the years developed a talent and she was in imminent danger of becoming a dilettante in the noble art of sculpture. 'Twas that art, rather more than the fact that it was in the path of the fashion's trend, that placed her one afternoon at Easter in the garden of a Florentine palace listening to an afternoon concert.

In the vine-mantled pergola and on strangely wrought rustic seats beneath trees in that garden in Florence sat leisure folk, the rich, the unburied, those who all their lives had taken their ease, had never brushed the bloom from their cheeks because of haste, who had had all they wished of the graces and luxuries of existence. Miss Holt's eyes swept these groups indifferently, for she had been accustomed all her life to sights like these. Then her gaze ceased its wanderings and dwelt upon a spectacle unique to her.

Timidly, half unconsciously, two youths, hand in hand, were making their way from the street along the edge of the cloping, flower-dotted lawn. Their faces were turned toward the summer house that screened the orchestra, as a flower turned toward the sun. But there was in their faces something besides the ecstasy of the music inspired. There was a tenseness, an expression of strain.

The eyes that were turned toward the bandstand were full of radiant wonder, yet there was an unvarying quality in their gaze. They did not glance from object to object as do normal eyes in a crowd. And in that bright assemblage of that golden Italian afternoon the three youths had another piteous distinction. Over their straight, olive-tinted handsome features hung a veil, tempering the joy inspired in their souls by the music, an impenetrable, abiding sadness.

Winifred Holt and her sister, studying the faces of the groping, pathetic youths, exclaimed at the same instant, "They are blind!" "How they enjoy music!" said they both, and said Winifred, "When we go home let us try to bring music to the blind, or the blind to music."

Returning to New York, before the bright, full life of the metropolis the pathetic picture in the garden of Florence did not fade from their minds. The girls noted every musical entertainment that winter given in New York, and for nearly every one secured tickets for distribution among the blind.

Accompanied by the young women themselves, or by some friends delegated to the duty, hundreds of the blind of New York that winter enjoyed the concourse of sweet sounds, listening with rapt faces for hours and going back to their homes in a delighted hush their sympathizing friends did not break.

The work it was found could not be spasmodically carried on. Organization, the watchword of the skillful executive, became Miss Holt's motto. The ticket bureau, to which contributions of space at musical entertainments were solicited and from which the pasteboard sashes to the treasures of sweet concord were distributed was established.

Out of one avenue of usefulness open to her, to Winifred Holt, striving to bring music to ears famishing for it, came the knowledge that it was difficult to find sightless persons in the great human wilderness we call a city. They learned that most of the blind are very poor, that blindness deepens the instinct of poverty to hide itself from the eyes of prosperity. Shunned and shunning, as frightened animals hurry to their holes at the approach of footsteps, the sightless hide from the eyes that can see. She tried to ascertain how many blind persons were included in

New York's population, and where they lived. Her efforts failed because nobody knew, and nobody knew because there was no census of the blind taken. Miss Holt's efforts did not cease until she brought about, by securing special legislation, the census of the blind in New York.

The vista of usefulness to the blind opened to her in yet another direction. She found that out of the timidity and darkness of their lives was born not only a desire for pleasure, but that yet more ardent was the wish for work. Miss Holt placed this problem before hoary heads in the domain of practical philanthropy. The hoary heads were shaken. "There is no useful work the blind can do."

So spoke an oracle among them. "They must be cared for. They are society's wards. It would be cruel to add to their burden's of blindness the other burden of labor."

"But the desire to work to do something worth while is a fundamental human craving, like that for food and air and sleep," protested the girl who would lead the blind out of the helplessness of their night.

For answer there was only a renewed shaking of the heads that had grown grizzled in the service of humanity. Miss Holt, daring not to openly pit her brown, luxurious tresses against the gray badges of wisdom, humbly withdrew. But with a whisper resolute as Galileo's own, she said to herself, "Nevertheless, I will find work for the blind."

She went to the central office of the chief telephone company and asked to see the general manager. That official looked with bulging eyes at the low-voiced, self-possessed, handsomely gowned woman who told him that she wished employment for several blind girls at the switchboard. Courteously, yet with appalling finality, she was told that the idea would be worthier of an inmate of Bloomingdale Asylum for the Insane than it was for her.

"But they are intelligent girls, of quick perception. Some of them were well educated before they became blind. I should prefer a blind operator because her sense of hearing is intensely acute. The law of compensation doubles it. It is positively uncanny! If you would only let me bring one of them to the office."

Soon Miss Holt had the pleasure of seeing five sightless girls at the telephone switchboards. Moreover, she had the satisfaction of hearing them praised for the marvellous acuteness of hearing and for their intense application to their tasks.

Some men are afraid of blind barriers. Miss Holt found work for one who never sacrifices the face of a patron.

She arranged for the instruction of blind persons in stenography on a stenographic machine, and from that class went capable secretaries. A prominent New York lawyer employs one whose services he so esteems that he intrusts him to none of the varying fortunes of a journey to his office in subway or elevated trains or by cable cars. He sends his automobile for his factotum each morning and sends him home in it in the evening.

She enabled a bright young man upon whom endless darkness had fallen to prove that though the light had forever failed for him he could provide it for others. He is an expert electrician in the employ of a well known firm.

Remembering the tradition that the Japanese, to render their services more effective, once put out the eyes of their physicians, Miss Holt concluded that blindness was no obstacle to effective massage. Teachers of massage were obtained for blind men with the result that in some of the city hospitals the most rapid and skillful masseurs are men who are totally blind.

THE MOTTO: "LIGHT THROUGH WORK."

Blind cobblers, blind mattressmakers, blind piano tuners, have been instructed and have found employment through her agency. One protege, a linguist, is teaching classes in German, French and Italian. She has obtained pupils for several music teachers. Rugs and baskets and curtains, innumerable toilet articles and bits of fancy work, are being made in the headquarters she established and which the blind themselves named "The Lighthouse," adopting the motto, "Light through work."

The despondency that follows blindness, or the sudden realization of the hopelessness of that enveloping darkness, almost always breeds the suicidal tendency. Many attempts at suicide are made. Miss Holt, knowing this psychological phase, visits the homes of such cases, and lights in the places of great darkness the torch of hope. But the light of her good deeds has reached many of the dark places before her steps. To her groped his way one day a veteran of the Franco-Prussian war, a man of determination so indomitable that he had once walked from San Francisco

Make Us Prove It

We dare not exaggerate to you. We are dependent upon your patronage. To get it we must have your trust and confidence. We make the following statements with a full understanding of what they mean to us. You are safe when you believe in these statements.

For the Bowels. If you only knew as much as we and those who have used them know about Rexall Orderlies, you would be as enthusiastic about recommending them as we are. They taste just like candy. They act so easily and so pleasantly that the taking of them is a pleasure.

Even children like Rexall Orderlies; and you know that if a medicine appeals to a child, it will appeal to grown-ups.

Rexall Orderlies

help chase gloom, dispel blues and make you feel happy by their splendid tonic, cleansing and strengthening effect upon the bowels. They act to free the system—and keep it free—from the distress and ill feeling that naturally results from irregular and inactive bowels. Rexall Orderlies do this quietly, without griping or causing nausea, purging or excessive looseness. They act to overcome and remove the cause

CAUTION: Please bear in mind that Rexall Orderlies are not sold by all drug stores. You can buy Rexall Orderlies only at the Rexall Stores.

ROYAL PHARMACY

Bridgetown The Rexall Store Nova Scotia. There is a Rexall Store in nearly every town and city in the United States, Canada and Great Britain. There is a different Rexall Store for nearly every ordinary remedy—each especially designed for the particular ill for which it is recommended.

The Rexall Stores are America's Greatest Drug Stores

to New York to enlist in the army of his country. In his 300 days' service he was defeated by his nearness to the cannon during a terrific continuation of bombardment. The further affliction of blindness afterwards came upon him. The hoary heads of charity decided that the best place for him was the almshouse. He did not agree with them. With seventeen cents in his pocket as his sole worldly asset he left his way to the Lighthouse.

"I must have work, or die," said the old soldier. "I would rather die by my own hand than eat the bread of charity." Miss Holt found work for him in a weaver's room. He is prospering and content. The grave seems far from the veteran of wars.

A successful designer of hats suddenly lost her sight. She was set to work trimming hats and her fingers soon created bonnets as chic as those her pencil had sketched. A once prosperous coal and wood merchant, reduced by his sightlessness to living in a cellar, whence he peddled small amounts of wood to a few customers, was enabled through the keeper of the Lighthouse to rebuild his successful business. The long rays from the Lighthouse have reached telegraph operators who have been enabled to resume their vocations interrupted by the loss of sight, or have been instructed in the art and secured employment.

A long roll of usefulness this, but I have said the girl had the executive instinct and knew the value of organization. Thus her own powers were multiplied by the aid of Grover Cleveland, himself once a teacher of the blind; by Richard Watson Kilder, who compared Miss Holt's endeavors, in their importance to the blind, to Sir Isaac Newton's reflections upon why an apple fell upon the ground instead of flying away into space, and by Mark Twain, all of whom, with Er. Lyman Abbott, accepted offices in New York Association for the Blind.

The work that had begun in the drawing rooms and extended to the bedroom and library of Miss Holt's home overflowed into the workrooms and school, on 59th street, on the East side, yet scarcely a woman's cry away from a group of the most fashionable hotels in New York, and near the chief lung of the city's breathing apparatus, Central park. Here, on February 22 of this year, President Taft, Joseph H. Choate, Helen Keller, Dr. J. H. Findley, and other well-known men and women opened "Lighthouse No. 1," a six-story settlement house for the blind. It has a roof garden, gymnasium, library and other conveniences for those who must work in perpetual darkness.

SAVING THE SIGHT OF CHILDREN. One other avenue besides these Miss Holt has found as a medium of usefulness to the sightless children of her adoption. She has organized an earnest and aggressive crusade for the prevention of blindness and against criminally thoughtless destruction of sight. Learning that a fourth of all the children who are blind are unnecessarily in that state, she has instituted a series of visits to the homes of young mothers where babes are threatened with blindness and instructions are given to them that the sight may be saved within ten days after birth by washing the eyes with two drops of a solution.

Discovering that three-fourths of the blind become so after they have reached the adult age, she found that a chief cause of the destruction of sight was the unrestrained patriotism

of Independence Day. By writing and by addressing clubs on the subject she is driving home the truth that nearly 5,000 persons are maimed or blinded in this country every year by fire-crackers or kindred noise-making menaces to life and limb. She urges that patriotism may be taught the rising generation without such ruthless sacrifice as 600 children losing their sight on one day in the celebration of our national independence.

Because of these and other works of hers the mention of the name of Winifred Holt brings grateful tears to sightless eyes and a prayer to thousands of wistful lips for the welfare of the maiden mother of the blind—"The Continent."

THE SECRET. We know a secret just we three. The robin and I and the sweet cherry tree. The bird told the tree, and the tree told me. And nobody knows it but just we three.

But of course the robin knows it best. Because she built the—I shan't tell the rest! And laid the three little something in it. I'm afraid I shall tell it every minute. If the tree and the robin don't peep. I'll try my best the secret to keep; But when the little birds fly about, Then the whole secret will be out.

Each age of our lives has its joys. Old people should be happy, and they will be if Chamberlain's Tablets are taken to strengthen the digestion and keep the bowels regular. These tablets are mild and gentle in their action and especially suitable for people of middle age and older. For sale by all dealers.

It is not good for a man to devote himself wholly to preparation for dying. It is preparation for living that we need.—Phillips Brooks.

Minard's Liniment, used by Physicians

A MAN WHO KNOWS

Says GIN PILLS Are Good For Pain In The Back

WHEN your grocer tells you he uses a certain tea in his own home, you feel pretty sure it's good tea. And when a prominent druggist takes GIN PILLS for his own Back-ache, you can feel quite sure there is nothing else quite so good.

Winnipeg, May 19th, 1912. "In the autumn of 1911, I suffered with a continual pain in the back. As a druggist, I tried various remedies without any apparent result. Having sold GIN PILLS for a number of years, I thought there must be good in them, otherwise the sales would not increase so fast. I gave them a fair trial and the results I find to be good." GEO. E. ROGERS. GIN PILLS have well earned the confidence which druggists, as well as the public, have in them. For years they have been relieving the pain of Rheumatism, Lumbago and Kidney Troubles generally, and changing tortured cripples into strong, supple men and women. Why should you go on suffering when there is a remedy so easily obtained and so reliable? GIN PILLS cost but 50c. they are 6 for \$2.50. Money back if they do not help you. Sample free if you do not help you. Sample free if you write National Drug and Chemical Co. of Canada, Limited, Toronto.