

ONLY MEDICINE MADE FROM FRUIT

Extraordinary Success which "Fruit-a-tives" Has Achieved

One reason why "Fruit-a-tives" is so extraordinarily successful in giving relief to those suffering with Constipation, Torpid Liver, Indigestion, Chronic Headaches, Neuralgia, Kidney and Bladder Troubles, Rheumatism, Pain in the Back, Eczema and other Skin Affections, is because it is the only medicine in the world made from fruit juices.

It is composed of the medicinal principles found in apples, oranges, lemons and prunes, together with the nerve tonics and antiseptics of proven repute.

50c. a box, 6 for \$2.50, trial size 25c. at all dealers or sent postpaid Fruit-a-tives Limited, Ottawa.

A SEA FIGHT.

LONDON, Feby. 16—Belief that a naval engagement has occurred is expressed in a despatch received in Stockholm in Gothenburg and forwarded to the correspondent of the Evening Post. The despatch reports the recovery of a large number of bodies of German soldiers who apparently belonged to the German ships.

Subscriber once received a through the post office, it made him mad. He told the editor about it, the editor showed him a duns of his own—one for one, one for type, one for and several others. "Now," the editor, "I didn't get when these came to me use I knew that they had paid, and that all I had was to ask several relegatees like you to come help me out, and then I settle all of them." When subscriber saw how it was handled, paid up, and renewed another year.

1000's List of Names, Cash, etc.

Fairville, Sept. 30th. 1902
The Lintiment Co., Limited.
Sirs—We wish to inform you we consider your MINARD'S LINTIMENT a very superior article, we use it as a sure relief for throat and chest. When I tell you it will not without it it cost you a bottle, I mean it.
Yours truly,
CHAS. F. TILTON.

DO YOU SUBSCRIBE?

Not get in line with other people have

THE ADVERTISER

Read you twice a week
Only \$1.50 A YEAR
PAID IN ADVANCE

R. H. KENNEDY, M. P. P., HAS M. S. A. POSITION.

Member For Colchester Appointed Agricultural Representative.

R. H. Kennedy, M. P. P., of Hilden, Colchester county, has been appointed Agricultural Representative in connection with the work of Mr. N. H. Nichols, Register for Nova Scotia, under the Military Service Act. The duties of an Agricultural Representative are to advise with respect to matters connected with the exemption of agriculturists or agricultural production labor and Mr. Kennedy is well qualified so to do, being fully conversant with agricultural producing conditions in Nova Scotia. In addition to duties in connection with the Register's Department he has others in connection with the "Leave of Absence Board" of the military authorities, acting in an advisory capacity when application from farmers or farm laborers are before the Board.

The appointment of Agricultural Representatives in connection with the Military Service Act is to guard the national interests in connection with the production of foodstuffs and assist in arriving at decisions only after due weight has been given to the production of foodstuffs.

CANADIANS FORTUNATE IN HAVING FOOD TO CONTROL.

Every householder, in Canada can and will be a Food Controller. They should realize that it is only the luck of geographical position which places them in the fortunate condition of having a home to control. Why should Fortune not have placed them in Belgium, Northern France, Serbia, or any other fair land on the face of the globe which is now devastated and laid waste by the Hun?

By marketing, and not telephoning orders, the householder of Canada can do more to control prices by competition than any other agency we have. Regarding profiteering hoarding and illegitimate trading, it will be the duty of this office to combat and to stamp out such conditions, wherever it can be shown that they exist. At the present moment we are licensing the trades of Canada and getting them under regulation and control as rapidly as possible. The fish dealers, the fruit and vegetable dealers, the cereal package manufacturers, the bakers, the grocers, the produce and commission men will soon all be under license, but Canada is a wide country, and the people must be patient as we are to get this

important as we are to get this work done, but reasonable men will know that organization of this kind cannot be built up in a night, and regulation and control cannot be obtained by a stroke of the pen.

PARLIAMENT LIKELY TO MEET ON MARCH 20.

OTTAWA, Feby. 18—Wednesday, March 20, is now regarded as a likely date for the opening of the first session of the new Parliament. The House meets on Wednesday when there is a Speaker to be elected, as this is always necessary when a new Parliament assembles for the first time. As the session cannot be summoned until the soldiers' vote is all counted and added to the home vote considerably less than the customary thirty days' notice will be given. The legislative programme, it is believed will be confined largely to necessary war measures affecting the military and economic situation, as it is not desirable in view of the holding of the Imperial War Cabinet session in June, that the departure of Canada's representatives overseas should be delayed.

DECLARES GOVERNMENT IS ANXIOUS OVER POSITION.

LONDON, Feby. 18—According to the Daily News the Government is becoming anxious over its position. Its supporters all over the country were telegraphed on Sunday a request that they attend the sessions of the House of Commons on Monday and Tuesday for important debates, says this newspaper.

The question of the Government's stability is mentioned in other newspapers, but mostly with expressions of hope and expectation that the Parliament will support the Ministers. It still seems probable that Premier Lloyd George will make his promised statement on Tuesday although it is regarded as possible that circumstances may compel him to spend today notwithstanding the cold from which he is suffering.

DOMINION POLICE APPOINTMENT.

Denny Sheriff R. H. Scribner has been appointed by Inspector Rideout as one of the officers to enforce the Military Service Act in Nova Scotia. It is felt that in this active officer, the authorities have made no mistake in securing the services of one who will carry out his arduous duties without fear or favor. The Montreal Transcript says: "Inspector Rideout has appointed Mr. Scribner to his staff. He has received numerous requests

at his headquarters at Moncton from all parts of the Maritime Provinces. His organization plans are well under way and he hopes within a few days to things working quite smoothly. He will leave on the east bound Ovean Limited for Halifax, where he will interview the Provincial Registrar for Nova Scotia.

NOT CONSIDERED TO BE ALARMING.

FREDERICTON, Feby. 18—The situation in New Brunswick in regard to smallpox is not considered to be alarming. The entire North Shore is now under compulsory vaccination. In Kent and Northumberland counties, where this precaution was taken some time ago, improvement has been reported, and the number of cases is decreasing.

115 YEARS OLD COULD READ WITHOUT GLASSES.

Charlottetown, Feby. 18—Miss Lizzie Palmer, the oldest person on the island if not in Canada died in the Provincial Infirmary here aged 115. She was born in Nova Scotia and came to the Island when a child and has been a ward of the Government since 1833. She became blind two years ago. Previous to that she had retained her second sight and could read without glasses. Her hearing was acute and otherwise she was normal.

TROOPS ARRIVE.

OTTAWA, Feby. 18—It is officially announced through the Chief Press Censor's Office that troops which have arrived in England include the following: First Quebec Regiment, Field Artillery, Halifax; Selge Artillery, St. John; Infantry from Montreal and Nova Scotia; Royal Canadian Engineers; Engineers, St. John; Railway Construction Troops, Halifax; Inland Motor Transport; Armoured Corps, Halifax; Royal Flying Corps, officers; Canadian Recruits from United States; Imperial Recruits; Naval Troops; Newfoundland Troops; United States troops; details. Totals 246 officers and 7,481 other ranks.

TRAGIC EVENT AT MT. ALISON.

Sackville, Feby. 15—A young man named Jackson, about 18 years of age, was found dead this morning under his window of the College residence. The unfortunate lad had been in poor health lately, and it is thought he had been sitting or standing near his open window when he fainted and fell out. Deceased was a member of the engineering class and belonged to St. Martin's.

WASTE IN WAR TIME.

Avenues of Loss Must be Closed Bearing on the Food Problems.

Notwithstanding the war, and special need for economy which war has brought, Canadians are wasting at a tremendous rate. We really do not intend to waste but, because the present generation has been so generously provided for, it does not know what saving means.

Waste is simply not saving things which are useful. It arises largely from the fact that we do not know what things are useful. Our great national ignorance is in connection with things which now go into the waste. The waste of these things is so great that if it could be itemized and aggregated it would stagger us. When we read, not long after the war broke out about the Germans commencing to burn up old bottles and kettles, and even church images—anything containing copper—for the making of munitions; when we read about them saving grease and rubber, even the rubber tips

of pencils; when we read of them being put on strict food rations,—we thought we had them beaten. But it is this great national economy that has saved Germany until the present time.

Wasteful in Small Things.

As children we were puzzled with the question "where do all the pins in the world go to?" By and by we learned that when a pin falls it slowly disintegrates and finally becomes part of the soil. The same is true of a hundred other little things of universal use. They are manufactured by the millions every minute of the day and after brief use, are lost to us. Such loss involves waste, and is seemingly small matters of this kind Canadians are more wasteful than almost any other people in the world. We are wasteful in other ways, and it is well to remember that, directly, or indirectly every form of waste has a bearing upon the food problem.

Waste is not Witful.

The great mass of Canadians have always found the means of livelihood easy. We are like the Germans and French and Belgians, forced by necessity to make the most of things just a hand to intensify efforts of production. Witful waste makes woeful want; but waste is not witful in ninety-nine cases out of a hundred. It is the result of thoughtlessness or of ignorance or of lack of organized opportunity, or, all together.

Saving of food, reduction of waste, substitution of other things essential to our Allies—these are part of the Gospel of War-Winning. Saving is another form of production. You cannot always produce, but you can always save. The thing that is saved takes the place of the thing that cannot be produced.

We Waste food in many ways:

- In peeling potatoes, the loss is 20 per cent.
 - In stale bread.
 - In bread crusts.
 - In table crumbs.
 - In kitchen garbage.
 - In the fats of meats.
 - In meats and chicken bones.
 - In the sour milk and butter-milk, that is thrown away.
 - In fats which we neglect to render.
 - In eating more than we really need.
 - In eating the wrong kinds of food.
 - In frying meats and not saving the fats.
 - In not substituting other foods for the beef, wheat and bacon, which are needed overseas.
 - In improper cooking.
 - In feeding too much protein (albumen in eggs and glutin in flour) to old persons and persons of sedentary habits.
 - In keeping too many domestic pets, which consume food food.
 - In leaving uncovered to be wasted or spoiled by vermin.
- Canadians must realize the tremendous aggregate which is represented by such waste. The loss involved can be checked only in one way—by every individual man, woman, girl and boy doing his or her part.

OATMEAL IN MIXED BREADS.

The following trade advantages of the use of rolled oats and oatmeal in mixed breads are pointed out by a large cereal concern: "First, rolled oats and oatmeal are more easily obtained than their substitute ingredients; second, rolled oats or oatmeal will absorb far more water than wheat flour and retain it longer; third, they are less cheap, as compared with wheat flour, which is available; fourth, the oatmeal loaf is sold at a higher price than wheat flour, and has a greater nutritive value; fifth, a straight wheat flour and rye flour mixture."

EVERY HEADACHE HAS A MEANING

If there is one practice more dangerous than neglecting a headache altogether, it is taking drugs simply to numb the pain. Headaches are nature's warnings and serve a useful purpose. They tell of a function overtaxed or deranged and the wise man or woman takes steps accordingly.

When the Kidneys are not performing their natural function the blood stream becomes clogged with impurities—a fruitful cause of headaches, constant headaches, and more serious complaints if nature's warning is not heeded.

The sufferer feels sluggish, unwilling to work, the back aches and there is a dizzy sensation on stooping. If the cause of the trouble is unchecked, Rheumatism, Lumbago, Swollen Joints and Ankles follow, until GIN PILLS are resorted to and the Kidney action restored to normal.

The beauty of the GIN Pill treatment is that first it will in all probability remove both headaches and causes; second, if there is no cure, the simple remedy can do absolutely no harm, and you have only to write the manufacturer and your money will be refunded.

GIN PILLS are sold at 50c. a box or 6 boxes for \$2.50 on the money-back guarantee. If you have any difficulty in securing GIN PILLS write for a free sample to the National Drug & Chemical Co. of Canada, Limited, Toronto or to the U. S. address, Na-Dra Co. Inc. 202 Main St., Buffalo, N. Y.

LAWFUL PRICE OF MIDDINGS.

Dealers who attempt to sell middlings at a higher price than that fixed by the Food Controller for shorts are violating the law and rendering themselves liable to heavy penalties. They may also lose their licenses if the practice is continued. Under authority of an Order in Council under the Adulteration Act, the Department of Inland Revenue had construed "shorts" and "middlings" as being the same product. The sale of middlings at a higher price than that prescribed for shorts is therefore illegal.

"THEY ARE IN THE BREAD LINE."

The following is from a letter from England: "I have just received advice from some of my folks that they are in the bread line and had to wait five hours recently to procure a small supply of meat."

The damage to St. Mary's Cathedral by the Halifax explosion has been estimated at about \$40,000. Some of the stained glass windows smashed could not be replaced now.

GOVERNMENT OWNERSHIP

1740 Street Journal Comments on Ceg. Expend.

It is a common-sense proposition that the Government should own the means of production of the necessities of life. The Government should own the land, the mines, the oil fields, the forests, the water power, the railroads, the telegraph lines, the post office, the printing press, the mint, the banks, the insurance companies, the stock exchanges, the bond markets, the money market, the commodity market, the foreign exchange market, the international trade, the shipping lines, the airlines, the automobile industry, the radio industry, the motion picture industry, the newspaper industry, the publishing industry, the advertising industry, the real estate industry, the construction industry, the manufacturing industry, the service industry, the education industry, the health industry, the entertainment industry, the sports industry, the fashion industry, the food industry, the drug industry, the chemical industry, the electrical industry, the mechanical industry, the metallurgical industry, the textile industry, the leather industry, the paper industry, the glass industry, the ceramic industry, the rubber industry, the plastic industry, the synthetic industry, the atomic industry, the space industry, the aviation industry, the astronaut industry, the space exploration industry, the space colonization industry, the space mining industry, the space manufacturing industry, the space transportation industry, the space communication industry, the space defense industry, the space security industry, the space intelligence industry, the space research industry, the space development industry, the space exploration industry, the space colonization industry, the space mining industry, the space manufacturing industry, the space transportation industry, the space communication industry, the space defense industry, the space security industry, the space intelligence industry, the space research industry, the space development industry.

Loyalty.

Loyalty to our country is good, but loyalty to our town and our neighbors is just as important, although rarer. To send money out of town for things that may be obtained from townsmen and neighbors is not loyal, and does a serious injury to our schools, churches, and other institutions supported by local taxation or philanthropy.

Support good roads, good churches and good schools. Spend your money at home. You will get just as good or better value, and can see what you buy before you pay for it, instead of after.

Send the advertisements and ads at home.