

CONSTANT PAIN AFTER EATING

The Tortures of Dyspepsia Corrected by "Fruit-a-lives"

Dr. MARTIN, N.B.
"For two years, I suffered tortures from *Severe Dyspepsia*. I had constant pains after eating; pains down the sides and back; and horrible bitter stuff often came up in my mouth.
I tried doctors, but they did not help me. But as soon as I started taking *Fruit-a-lives*, I began to improve and this medicine, made of fruit juices, relieved me when everything else failed."
MRS. HUDSON MARSHBANK.
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.
A.M.E.—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.
BAND—A knot of White Ribbon.
WATCHWORD—Agitate, educate, organize.

OFFICERS OF WOLFVILLE UNION.
In Vice President—Mrs. Irene Fitch.
2nd Vice President—Mrs. G. Miller.
3rd Vice President—Mrs. Armitage.
Recording Secy.—Mrs. W. O. Taylor.
Cor. Secretary—Mrs. Ernest Rodden.
Treasurer—Mrs. H. Hines.

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Laborer Work—Mrs. Fielding.
Lumbermen—Mrs. J. Kempton.
Temperance in Sabbath-schools—Mr. Elson Graham.
Evangelists—Mrs. Purves Smith.
Press—Mrs. M. P. Freeman.
White Ribbon Bulletin—Mrs. Dr. McKenna.
Loyal Temperance Legion—Miss Egan.
Red Cross Work—Mrs. J. Vaughn.

'Bar the Barley From the Bar and Bake It Into Bread.'

Barley flour makes excellent bread and barley mush is a splendid breakfast food. The country needs the barley that is being rolled to make beer. The following recipes are offered to those who do not know how to use barley flour:

- BARLEY FLOUR AND WHEAT FLOUR BREAD.
3 Cups wheat flour
1 Cup barley flour
(Above flours sifted together)
1 Cup sugar
1 Cup water
1 Teaspoon shortening
2 Tablespoons salt
2 Tablespoons yeast, dissolved in cup lukewarm water.
Place the sugar, salt and shortening in the mixing bowl and pour in the scalded milk and water. When cooled to lukewarm add the dissolved yeast, then stir in the flour previously sifted together, and when thoroughly mixed, place on breadboard and knead until smooth and elastic, adding a little flour from time to time if necessary; then place in a greased bowl, cover and let rise in a warm place until light (about 2 1/2 hours). Knead it down in the bowl and allow it to stand until light, which will require about one hour. Knead down and let stand for 20 minutes, then mould into loaves, place in greased pans and let rise until light. Bake well in a moderate oven.
If it is preferred to set over night, use only one-half compressed yeast cake or one dry yeast cake and an extra one-half teaspoon of salt.
1 Cup barley flour
6 1/2 Cups wheat flour
2 Cups milk
3 Tablespoons shortening
1 Cake compressed yeast
1 1/2 Cup lukewarm water
1/2 Cup sugar
1 1/2 Teaspoons salt
2 Eggs
1 Teaspoon ground cinnamon
BARLEY FLOUR AND WHEAT FLOUR TEA ROLLS.
Sift the flours together three times. Scald the milk and pour it over the sugar, shortening and salt. When it has cooled to lukewarm, beat into it three cups of the flour. Then add the yeast dissolved in the lukewarm water, beat well, cover and let it rise until it is a frothy mass. Then add the eggs well beaten, and the cinnamon, and the balance of the flour; knead until smooth and elastic, adding a little flour from time to time if necessary. Place in a greased bowl. Let it rise until it is twice its original size. Form it then into small rolls, place them in a greased pan and let them rise until very light. Brush the tops with melted butter and bake in a hot oven 25 to 30 minutes. This will make four dozen rolls.

"The dust on this globe is an inch thick," said the school inspector, drawing his finger over the round surface.
"You've drawn your finger across the desert of Sahara," replied the quick-witted janitor.

A Kidney Remedy

Kidney troubles are frequently caused by badly digested food which overtaxes these organs to eliminate the irritant acids formed. Help your stomach to properly digest the food by taking 15 to 20 drops of Extract of Roots, sold by Mother Sigel's Canadian Syrup, and your kidney troubles will promptly disappear. Get the genuine.

Much Profit in Sheep.

Sheep raising in the North American continent is almost 'super time-ly,' says a writer in *The Country Gentleman*. "We are seeing a wool famine, to say nothing of a meat shortage that is acute enough to make every domestic animal in America—from a Belgian hare to a declining dairy cow—shiver with dread."

It requires the wool from about twenty sheep to clothe and equip every soldier. Wool production in Canada in 1910-11 was 13,000,000 pounds, and in 1914-15 the first year of the war—13,250,000 pounds. 1916-17 it was 14,000,000 pounds. The number of sheep in Canada in 1910, 11 was 2,100,000, in 1914-15, 2,225,700 and in 1916-17, 2,500,000. The price of wool in 1910-11 was 15 cents per pound 'in grease,' in 1914-15 it was 20 cents, and in 1917, 65 cents. Pure bred ewes were worth to farmers before the war, \$25 to \$30 and are now worth \$50 to \$100. Not more than two per cent of the ewes are slaughtered in Canada and only the young rams and the culled ewes are butchered as lambs.
Farmers in many parts of Canada will find sheep raising a highly profitable activity under present conditions. The shortage of both meat and wool ensure that high prices for both will continue for a very considerable period after the war.
The Canadian Food Board has suggested, in the interest of sheep raising, that local authorities should take action to protect sheep against dogs.

A Mother's Work.

IS TOO OFTEN FOLLOWED BY NERVOUS DEBILITY AND SHATTERED HEALTH.
Mothers as a rule spend so much time in looking after their children and in household work that they overlook the absolute necessity for that rest and relaxation upon which their health depends. The consequence is that soon they find their health breaking down. The daily burden of household cares, quickly thin the blood and weaken the nerves. Then follow headaches, pains in the side and back, swollen limbs, palpitation, a constantly tired feeling, and often an inclination to fretfulness. These symptoms are the sign of poor blood, and are the inevitable penalty of overwork and over-anxiety in the care of children and the affairs of the household.

Whenever a mother finds her health failing and household duties becoming more than she can comfortably manage, whenever extra demands are made upon her strength, she should adopt the safe and simple expedient of enriching her blood with Dr. Williams' Pink Pills. These pills are especially valuable to the nursing mother and the woman worn out with household cares. They renew her blood supply, strengthen her tired limbs, and drive away the headaches and backaches that have made her so miserable. They have restored thousands of despondent women to good health and bright spirits, and will do for you as much as they have done for others if you will give them a fair trial.

Mrs. W. F. Burns, Guelph, Ont. says: "A few years ago we had three children born in three years which left me so run down and nervous that I was not able to do my work. The first baby lived only two weeks and the worry that added to my weak condition shattered my nerves. Our family doctor for several months tried to build me up, but nothing seemed to benefit me. I suffered agony with my head, and was terrified with a fear that I would lose my reason. The headaches from which I suffered would leave me completely prostrated. During one of these spells I went to another doctor, who advised a change of scene. I went away for a few weeks but was disappointed and wanted to be back home, so my husband came and brought me home again. A few days later my sister came to see me and asked me to try Dr. Williams' Pink Pills. I got three boxes, and by the time I had used them all I was completely well, could do all my own work without feeling tired, and was like a new woman. This was five years ago, and since then two other children have come, and I am still enjoying perfect health."

Served him right.—"Your brother has the car ache." "It serves him right," answered the small boy's sister. "Teacher has told him time and time again he ought not to play the piano by ear."

PILES

Do not suffer another day with the itching, burning, and smarting of hemorrhoids. No surgery. No pain. Dr. Chas. Ostrom will cure you in 10 days and as certainly cure you for a year. All doctors, druggists, and mail order houses, Toronto. Sample sent free if you mention this paper and enclose 10c in postage.

Why?—Merchant—"I always give preference to a married clerk."
Friend—"Why is that?" Merchant—"Because I find that they are not in such a hurry to get home of an evening as the others are."
Mallows, said Mrs. Jibson to the man-servant, "Can you find out whether the caused salmon was all eaten last night? I don't want to ask the new cook because she may have eaten it, and then she would feel uncomfortable."
"Please, ma'am," replied Mallows, "the new cook ate all the salmon, and no matter what you was to say to her more uncomfortable than she is now!"

Jerusalem's Great Walls.

After 1241 Jerusalem was under the rule of the sultans of Egypt until the year 1517, when Selim I. conquered both Palestine and Egypt, taking the title of caliph, and carrying off to the sacred banner of the Moslems to Constantinople. Selim's son, Saleiman the Magnificent, once more built the great walls about Jerusalem. These walls of Saleiman are the present fortifications of the city. But the great walls of Jerusalem, the Magnificent, are only the last of a long series of walls which, time after time, have been built only to be destroyed. The most tragic destruction not only of the walls, but also of the whole city, was that which was carried out by the Roman armies of Titus, in the year 70 of our era, in the reign of the Emperor Vespasian.

Minard's Liment Co. Limited.
Dear Sirs,—Your MINARD'S LIMENT is our remedy for sore throats and all ordinary ailments.
It never fails to relieve and cure promptly.
CHAS. WHOOTEN.
Port Maitland.

Port Williams Fruit Co., LIMITED

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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.

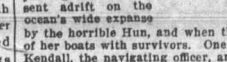
Bachelor (silly)—I dreamed last night that I was married. The alarm clock awoke me. Much Married Man (more silly)—I dreamed last night that I was single. The twins woke me.

Suspy—I see here in the paper that Germans are shooting a ton of lead for each casualty.
Happy—That's nothing. Our boys are shooting Teutons.

'She has rejected me by letter. There's no hope.
'Are you sure she's final? Nothing but a broken line?
'There's only one line!

Dramatic Ocean Greeting

THOUGH a mere land lubber the call of the sea was too strong for W. H. Boswell, of the Passenger Dept. C. P. R., Charing Cross, London, England, and when he joined up he decided to follow the footsteps of his viking ancestors. Followed a period of training at one of Britain's great naval bases, after which he was posted to a patrol boat and found his sea legs. That patrol boat has proved his friend in need for many of the passengers and crews sent adrift on the ocean's wide expanse by the horrible Hun, and when the "Calgarian" was sunk she picked up one of her boats with survivors. One of the first to come aboard was Commander Kendall, the navigating officer, and a hearty greeting took place between the gallant C. P. O. S. captain and the erstwhile C. P. R. "expert," which resulted in the latter loaning the former a clean collar, on the understanding that it would be returned to him, so that when in the days to come his children ask, "Father what did you do in the Great War," he will point with pride to the clean collar and say, "Son, that was my collar, worn by Capt. Kendall, of Dr. Crutten and 'Empress of Ireland' line, whom I helped save from a watery grave when the 'Calgarian' went down, in March, 1918."



W. H. BOSWELL.

W. H. Boswell, of the Passenger Dept. C. P. R., Charing Cross, London, England, and when he joined up he decided to follow the footsteps of his viking ancestors.

A Soldier's Strength

Every enlisted man would stand up stronger and resist much sickness if he could have the benefits of

SCOTT'S EMULSION

because it fortifies the lungs and throat, creates strength to avoid grippe and pneumonia and makes rich blood to avert rheumatic tendencies. Send a bottle of SCOTT'S to a relative or friend in the service.
Scott & Borne, Toronto, Ont.

Port Williams Fruit Co., LIMITED

FLOUR

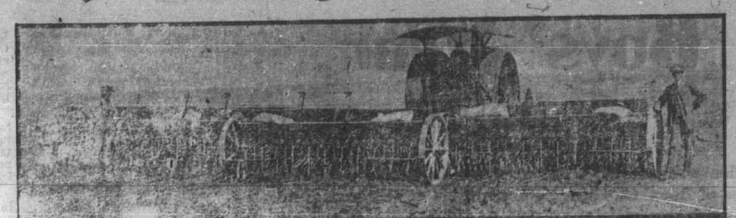
on hand.
Bran and Middlings due to arrive.
SLAG!
Buy now before the advance. A car is expected shortly.
FERTILIZER!
We have a limited supply suitable for renewing strawberry plantations or fall use in the orchard, for sale at reasonable prices.
Arsenato of Lime
For use on Potatoes.
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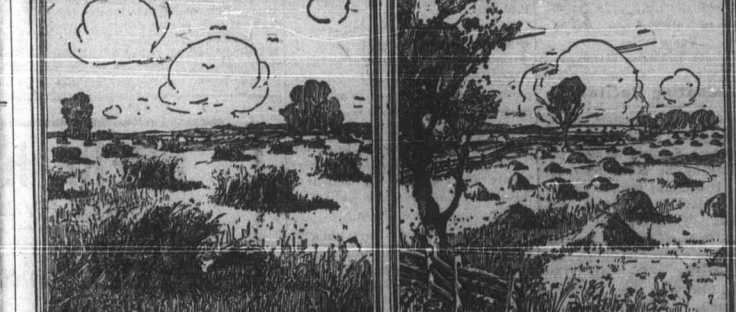
Dry Farming And Irrigation



(1) Planting Wheat to feed the Allies.
(2) Alberta Crop on an Irrigated Farm.
(3) An Irrigation Canal in Alberta.
THERE is an opinion in the public mind that dry farming and irrigation are two methods of agriculture directly opposed to each other. Nothing could be further from the truth. The fact is, dry farming and irrigation are methods of agriculture very closely allied to each other. Both are practiced in countries where precipitation is less than the growing crop requires; both are designed to overcome low productivity by providing moisture where it is required and when it is required, by means of the command of water and the skill of the engineer.
It is only natural that these two methods of dry farming should be practiced by farmers who have had no experience in irrigation farming but were more or less familiar with the technique of dry farming. This is also to be considered the fact that dry farming may be practiced anywhere, but irrigation can only be practiced in those areas where water is available and certain engineering services being carried out without which it is impossible. These waters involve a large investment of capital and it is therefore, natural that irrigation should be confined to areas devoted to dry farming.
It is not the purpose of this article to discuss in detail the advantages of one method of farming as compared with the other. Each has its own merits and each, doubtless, its own disadvantages. He who has the advantage of absolute insurance against death he could raise much more than his neighbor who has no insurance. He who has the advantage of absolute insurance against death he could raise much more than his neighbor who has no insurance. He who has the advantage of absolute insurance against death he could raise much more than his neighbor who has no insurance.

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The Ford Saves the Hay and Oats the Horses Eat



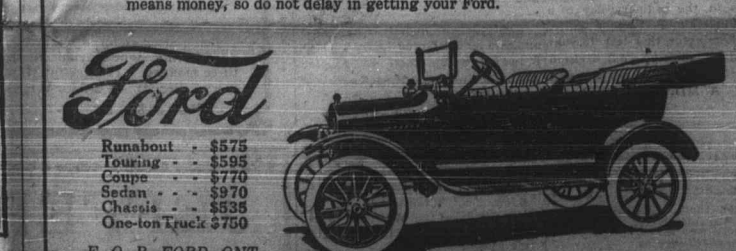
IT HAS been estimated that five acres of land are required to maintain one horse for a year, and that the same five acres would produce nearly enough food for two people. If 50,000 Canadian farmers each replaced one horse with a Ford, 250,000 acres would be added to the Nation's source of food supply and enough extra food made available to feed 100,000 people.

Just think what a great service this means to the country at the present time and the benefit to the farmers from the sale of food produced on this acreage.

A Ford car also saves the farmer a week or more of valuable time each year, which can be used for further productive work. The Ford travels three times as fast as a horse and rig—costs less to run and keep, and is far easier to take care of. With labor so scarce and high priced, time means money, so do not delay in getting your Ford.

Runabout - \$575
Touring - \$595
Coupe - \$770
Sedan - \$970
Chassis - \$535
One-ton Truck \$750
F. O. B. FORD, ONT.

F. J. Porter, Dealer, Wolfville



WALL PAPERS!

Our Spring Stock of Wall Papers is Now Complete!

But the man who refuses to work when offered a job is generally ready to work a friend.
Health may be wealth, but the pawnbroker refuses to accept its collateral.
Paradoxical as it may seem, the cradle of the deep is on top of the ocean bed.
Why be so aggressively charitable as to make the helpless beneficiaries unappreciative?

Woodman's Furniture Store, WOLFVILLE

Woodman's Furniture Store, WOLFVILLE

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

MEN'S CLOTHING OF ALL KINDS

is winning 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.

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Carefully Screened and Promptly Delivered.
Springhill, Albion N. S. and Old Sydney.
GIVE US A TRIAL.
Burgess & Co.
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 Sligh 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.
"Earncliffe Gardens" WOLFVILLE.
We are importing for our plantings and for others
6000 PLUS TREES
In following varieties: Grand Duke, Reine Claude, Egg, Bradshaw, Felleburg, Field, Moore's Arctic, and Lombard. Orders Received.

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Has resumed business at the old stand in his new building.
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Evening Functions and After-Theatre Suppers arranged. Afternoon Teas.
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Are now offering the property of the Wolfville Post Land Improvement Co. Ninety acres of Ontario fully improved, in whole or part. Price exceptionally low.
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