They Did Me More Good Than All



MRS. H. S. WILLIAMS PALMERSTON, ONT., June 20th. 1913 "I really believe that I owe my life to "Fruit-a-tives". Ever since childbood. I have been under the care of physicians and have been paying doctors' bills. I was so sick and worn out that people on the street often asked me if I thought I could get along without help.
The same old stomach trouble and
distressing headaches nearly drove me wild. Some time ago I got a box of "Fruit-a-tives" and the first box did me good. My husband was delighted and advised a continuation of their use.

"Fruit-a-tives" completely cured me. Today, I am feeling fine, and a physician meeting me on the street, noticed my improved appearance and asked me the reason. I replied, "I am taking Fruit-a-tives". He said, "Well, if "Fruit-a-tives" are making you look so are doing more for you than I can".

Mrs. H. S. WILLIAMS.

"Fruit-a-tives" are sold by all dealers at 50c. a box, 6 for \$2.50, trial size 25c. or sent on receipt of price by Fruit-a-tives Limited, Ottawa.

SHELVING THE DIFFICULTY.

rainds us of a Scottish preacher who One of these may serve as an exon coming to a verse which was difficult to explain, said to his congregreat regard for the tomb of a holy

than by hard work.

The Muhammadans have a tures. Our friend has been accusand changeable. They arouse his exficult to explain, said to his congregreat regard for the tomb of a holy

than by hard work.

They make him unreliable and changeable than by hard work.

They make him unreliable and changeable than by hard work.

They make him unreliable and changeable. They arouse his exficult to explain, said to his congregreat regard for the tomb of a holy tomed to pray regularly, quite uneitement. He are silved from the time the chicks are
than by hard work.

They make him unreliable and changeable. They arouse his exficult to explain, said to his congregreat regard for the tomb of a holy tomed to pray regularly, quite uneitement. He are silved from the time the chicks are
than by hard work.

They make him unreliable and changeable. They arouse his exfor either of yez!" ficult to explain, said to his congre- great regard for the tomb of a holy tomed to pray regularly, quite uncitement. He easily confuses dates, gation' "We will look the difficulty man or Mullah (priest), and the taught except by the Bible and the and he does not appreciate the value straight in the face, then pass on." people of the district in which the Holy Spirit, and listening to him I of time in his work. Cigarettes also The seven ages of man have been tions. There are some difficulties which tomb is to make no little gain from was struck by his repeated earnest make the school boy very forgetful.

"If what shone afar so grand On again! the victory lies Turned to ashes in the hand; In the struggle, not the prize."

be built for the Eastern trade in the im- thought!

## The Story of a Testament

half-way between Kabal and Bannu, very pleased to welcome us, while we and is a fine strip of land made fer- were equally pleased at our intertile by the Kurram River, which course with him, and found much rises in the high mountains south- cause to praise God for having so east of Kabul, and it is inhabited by manifested the power of His spirit in the Turi tribe of Afghans, who, un- this man with so little human agency. like their Sunni neighbors, belong to He had been reading his well-worn the Shiah sect of Moslems. After the Testament every day, for all the last Afghan war, this tract of land eight years he had had it, and knew was annexed by England, though it large parts by heart, while he was only eighteen months previous showed a wonderful grasp of the to our visit that the occupation was main doctrines of salvation through affected. Shortly after the war a Christ, and was able to quote texts civil officer stationed in this district in support of nearly every question gave a Pushtu Testament to one of that was brought forward. He was the headmin; and occasionally ex- an example of what can be attained plained it to him. Four months by persevering study of the Scriplater the officer returned to Andia, tures in solitude.

look the man up, so as to give him book, and realized salvation through Dr. Redman recently gave an address some instruction and Christian books, Christ; but he had not neglected to before one of the Sabbath Schools in therefore I went with two Afghan let his light shine before men, and Hornell, which was reported at some converts to seek him. The journey had been in the habit of reading the length in "The Elmira's Advertise." clerk asked: was rather tedious, being largely book to many priests, chiefs, and on "What Cigarettes Will do to a through tracts of Afghanistan inhab- others who used to collect in his Boy;" and what he said came out of name?" ited by brigands, and as we travelled house to hear him. But the remark- unusually wide experience and obserchiefly by night, on account of the able thing to me, knowing the usual vation. Great good will follow his guest. "Don't you see my signature heat, and over rugged mountain bigotry of Muhammadans, was the utterances if our contemporaries will there on the register?" tracts, we had generally a guard of open mind and freedom from persecuone to four men well armed, according them were read before other Sabbath Schools "That is what aroused my curiosity"

"I do," returned the clerk, calmly their brooking quarters there should necting at Truro with trains of the some coarse sand or fine chick grit intercolonial Railway, and at Windstein and the scattered where they can have free acsor with express trains to and from ing to the customs of this part of the allowed to listen to him. Although and by teachers in day schools with country. These guards are them he had excited the ire of some of the some preliminary statement such as The ferryboat was well on her way until they show positive signs of hunselves brigands, and were they not priests by refusing to unite in their we have here as to Dr. Redman's when a violent storm arose, and fear ger which would be between the 2nd Yarmouth. your hodyguards would be quite as public prayers (justifying himself by ample knowledge of cigarette effects. was entertained for her safety. The happy murdering and looting you; Matthew v. 6) or to repeat their The injuries which the smoking boy ferryman and his mate (both Highbut having entered into a contract to creed, yet he was able to continue his sustains from the habit are the landers) held a consultation, and, that have been very slightly moist-Dr. Griffith Thomas, of Wycliffe protect you through their own countestimony before them, because, as things thus declared: Dr. Griffith Thomas, of Wycliffe try, they defend you from their others told us: "We saw that the College, tells an amusing story of his passengers and returned to his passengers and ret College, tells an amusing story of his life. From and unreasonable. He becomes a marked anxiously: "We'll just tak" being brooded by a hen she will see p.m., arrives in St. John about 5.00 age. She was fond of playing church do so, but the difficulty is, as soon being cruel, tyrannical, and hard he bluffer and thinks that he knows your tuppences now, for we dinna that no food is allowed to lie around p.m., connecting at St. John with with her dolls. One day she had as they get beyond the borders of had become mild, kind and just, and more than his father, his mother, his ken wha micht come ower us." them all in order before her and an- their own tribe, they are of no more it could not be a bad book which had teacher or anyone else who is an nounced a verse of Scripture as a use, and frish men have to be got that effect!" We found many there authority. text. Turning to her dolls she said: from the new tribe. They used to rewho, impressed by his example, had second. They make him cowardly become seekers after truth; and all seconds authority.

An Irishman whose face was so in a few minutes should be removed become seekers after truth; and all seconds. They make him cowardly plain that his friends used to tell as nothing in feeding causes so much seekers after truth; and all seconds. They make him cowardly plain that his friends used to tell as nothing in feeding causes so much seekers after truth; and all seconds. "This is a pretty hard verse to gale the journey by pointing out the become seekers after truth; and all and secretive. He knows his own him it was an offence to the land-trouble as leaving food of that namouth for Boston after arrival of preach on; I guess we will sing instead." "It is easy to adopt this
when dealing with dolls," said

course which we were of course which we want the course which we want of the course which we want of the cou the prominent professor, "but not so have come to an untimely end at the requests which we were, of course, He has the mistaken idea that more you, Pat?" "Mighty bad. Sure 'tis daily ration of five feeds given about the prominent professor, "but not so thave come to an unclass, which we will be deady when you are standing before hands of their fellow tribesmen, and very pleased to grant; and we believe can be done by deceit and trickery starvation that's starin' me in the two and a half hours apart and con-

should not only be faced, but con- the pilgrims to the shrine. A Mu- prayers for the increased gift of the Fourth. Cigarettes destroy the on an acquisitive basis. Thus: quered. We become the stronger hammadan Mullah, equally renowned Holy Spirit in his heart. conscious of our strength through passing through this part of the Needless to say, we enjoyed our for him to distinguish between right gaining a victory over them. Lord country when he fell among thieves, stay there very much, and the people and wrong. It is very easy also for "When you meet a difficulty you are sented to them that he was a lineal every meal was a feast given by a statistics that were recently taken by with only about half of it. usually near a discovery." When chil- descendant of Muhammad himself, they are sometimes told by their par- ness. On this the brigands bright, man, who was most hospitable and of the boys arrested in the City of Sixth age-Now content to possess ents to skip the big words. This is ened up and said: "But that is just only shelving a difficulty which will what we wanted; we are always being surely appear again. A better plan unlucky because we have the grave of surely appear again. A better plan unlucky because we have the grave of during this period let the chicks is to master every word we meet in no holy Muhammadan saint here. We complexion, and most scrupulous tal ability of the boy and weaken his A foreman in a saw-mill named onto fresh soil or grass every day if our reading, and, if possible, know don't care about your money, but Eastern politeness. For instance, all will power. They destroy his power Sandy, who was very miserly in his possible. our reading, and, it possible, know don't care about your money, but the time we were eating (and he ate of application, so as to interfere habits, had two fingers taken off by FEED AFTER TEN OR TWELVE takes two or three times as long to despatched him, and buried him with takes two or three times as long to despatched him, and buried him with the school work. He lives in one of the saws. Some of the worktakes two or three times as long to despatched him, and buried him with a the present. He can see no future, as get over a paragraph. Friction is great honours in the sure hope that get over a paragraph. Friction is great hollowed in the sure hope that goblet of water to supply our needs. tobacco practically destroys his dust for the lost members, when Pat, may be boiled and mixed with the yet not a wheel in a railroad train their country, God's blessing would We left these kindly people with ideals.

The Suez Canal will be dredged to a thing it would be," he said, "to have road to Kabul; here we saw the scene States Naval Academy at Annapolis be on that." depth of forty feet and other improve. the grave of so good a man here!" A of the battle and the village, which have been refused admission. A depth of forty feet and other improve. the grave of so good a man here: A was fairly riddled with bullets, and great part of this has been due to ments are contemplated which will make very remarkable testimony for a Mu- was fairly riddled with bullets, and great part of this has been due to which will make very remarkable testimony for a Mu- was fairly riddled with bullets, and great part of this has been due to which will make very remarkable testimony for a Mu- was fairly riddled with bullets, and great part of this has been due to which will make very remarkable testimony for a Mu- was fairly riddled with bullets, and great part of this has been due to which will make very remarkable testimony for a Mu- was fairly riddled with bullets, and great part of this has been due to which will make very remarkable testimony for a Mu- was fairly riddled with bullets, and great part of this has been due to which will make very remarkable testimony for a Mu- was fairly riddled with bullets, and great part of this has been due to which will make very remarkable testimony for a Mu- was fairly riddled with bullets, and great part of this has been due to which will make very remarkable testimony for a Mu- was fairly riddled with bullets, and great part of this has been due to which will make very remarkable testimony for a Mu- was fairly riddled with bullets, and great part of this has been due to which will make very remarkable testimony for a Mu- was fairly riddled with bullets, and great part of this has been due to which will make very remarkable testimony for a Mu- was fairly riddled with bullets, and great part of this has been due to which will make very remarkable testimony for a Mu- was fairly riddled with bullets.

However, to return to the point, first time.

CHEW

19/4/8/17/8

PLUG TOBACCO

It's the best

ticularly holy people (at least not in This story will not only inform us a Moslem sense), we reached our desof the good accomplished by a single tination on the fifth day in safety, copy of the New Testament, but, will and discovered the object of our also throw light upon Muhammadan search in one of the villages there. opinions in Afganistan. We gradually unfolded to him the The Kurram Valley is situated just purpose of our journey, and he was

tament I gave him, was a very hand- smokers.





### What Cigarattes Will Do to a Boy

Dr. Elmer S. Rodman has been and it was quite eight years after- "The first time of reading," he many years High School Principal at wards that he heard from a friend of said, "I understood but little, the Hornell, N. Y., and Superintendent set as follows: "My mouth is three his, who had been in the Kurram second and third times rather more, of the Public Schools in that flour-Valley, that the man had been a dili- the fourth time the truth began to ishing city. He is a man of the fingeat reader of the book, and had dawn on me, and the fifth and sixth est fibre, a friend of all good works, the edge. Shaped like a hoss-shew, times I was able to see the salvation an enemy of evil in every form. The toe forward. If you want me to be Hearing of this circumstance from and life of Christ in all its glory." Advocate's editor has known him more particular I shall have to come the officer himself, I thought I would Not only had he thus studied the long as an exponent of temperance. thar.'

moral sense of the boy. It is hard were hospitable to a degree, so that him to become a criminal. From Fourth age-Decides to be satisfied different headman, and we never had the authorities, we find that in the Fifth age-Becomes still more modtwo meals at the same house. One past five years ninety-nine per cent erate. was delighted with the Persian Tes. New York have been cigarette a six-by-two strip of it.

always be with them. That this feelmuch reluctance, and they begged us Sixth. They produce physical and asked what was wrong. 'Sandy's discontinued. Hoppers in which is ing is pretty general, and not con- to open a dispensary among them, weakness destroying his nervous lost two fingers," said the others. fined to the uneducated, is shown by one man offering land for a site. We forces and quite often lead to a toa remark made by my Pushiu tracher went as far as Peiwar, eight thouwhen our senior missionary was taken sand feet high, where General Robwhen our senior missionary was taken to the waste of the discontinued.

ill on a visit to Bannu: "How fine a erts fought his chief battle, on the applied for admission to the United begorra, Sandy's fingers will soon If the chicks are on range it will be

of investigations that have been held friend?" "No, but I was wondering in the High Schools of the country. how they came to bury those two fel-Forty per cent of the students of the lows in one grave." High 'Schools where the investigations have been held the percentage of the non-smokers to those who do smoke, in regard to the question eldest olive-branch the other day marks in their work was forty to when he returned from school." "I seventy, and the work done by those forbid ye to play or rin about wi who do not smoke was thirteen per that Bobby Wilson ony mair. Mind cent highers than those who do.

In colleges it has been determined wi' him again I'll gie ye a guid that smokers on an average are fif- lickin.' " teen months older than the non! "Why have I no' to play wi' Bobby' smokers. . At Harvard University, queried the youngster with some surwhere investigations have been held, prise. out of a hundred students taking "Because he's a bad laddie," rehonors, only five were smokers. The plied his mother. non-smokers are also in a very small "Weel, ma," returned Sandy, after minority. It is safe to say that out a moment's thought, "I dinna think of every six students in college that I'm that aw,u' guid mysel' that ye five are smokers, and very often this need to be sae fear't." is very low for the percentage. In the last fifty years there has not Ask for Minard's and take no other. been a single graduate at Harvard = University that has stood at the Dr. Morse's head of the class who has been a smoker.-National Advocate.

No quantity of legislation and State aid will make a good producer out of a poor or lazy workman. There are some people who will always be poor and in pitiable condition, because they will not try to get ahead. We are apt in the worprovement to overlook such fundamental facts Experience occasionally reminds us of it, however. -Toronto Mail and

FASHIONABLE FEATHERS.

How pleasant it is in the trolley car Behind some fair creature as sweet as a rose, To spend all the moments in dex'rously dodging

The plumes on her headgear that tickle one's nose. Oh, the sharp shiny feathers- the tall, skinny feathers-the broad, fluffy feathers that tickle one's

Vain, vain are all motions, to one side or t'other-The plumage pursueth wherever one

They whisk o'er one's face like a brisk feather duster-Those fashionable feathers that tickle one's nose.

Oh, the fat, fuzzy feathers - the long, drooping feathers-the feathers enraging that tickle one's

teeth wrote to a dentist, ordering a

Mr Brown has just registered and was about to turn away when the

"Name!" echoed the indignant

First age-Sees the earth.

Third age-Hustles to get it.

Seventh age-Gets the strip.

one of the men, came on the scene mash food and the bread and milk

ments are contemplated which will make very remarkable testimony for a Muthe canal available to any ship likely to
the canal available to any ship likely to pel in these villages, perhaps for the smokes before the age of ten years it into the cemetery. He saw a monucan be safely stated that he will ment, one of the largest in the cem- sour milk if possible where the chicks never finish the High School Course. The boy who, as a rule, is addicted to the use of cigarettes, is out of to the use of cigarettes, is out of Honest Man," He looked at the it and thrive on it. harmony with his school work, is ir-monument again. Then he walked regular in attendance and is often all around it and examined the grave tardy. Little or no dependence can be placed upon what he says:

all around it and examined the grave closely. Another man in the cemetery approached and asked him: These facts are shown by the series "Have you found the grave of an old"

"Sandy," said Mrs Simpson to her that; an' if I ever hear o' you playin'

## Indian Root Pills

are not a new and untried remedy-our grandfathers used them. Half a century ago, before Confederation, they were on sale in nearly every drug or general store in the Canada of that

Cure Common Ills cure for Constipation. 25c. a box. 200 E. Kaulbach, C. A,



You'll Like the Flavor 354-404-504 Per Pound

### Feeding Young Chickens

Poultry Division, Experimental Farm, Ottawa.

DO NOT FEED TOO SOON .- When the chick is hatched it has a sufficient supply of nourishment in the yolk of the egg to last it for several days. What the chick requires for the first few days is not feed but warmth

"I do," returned the clerk, calmly their brooding quarters there should necting at Truro with trains of the and 3rd day after hatching. They may St. JOHN and DIGBY after a short debate, the ferryman ened with milk; this may be scatbut if in a brooder that part of the Canadian Pacific trains for Montreal food that the chicks do not pick up and the West.

> until ten or twelve days of age may be altered or adopted to suit condi- Sail by the S.S. "Digby"

First feed- Dry bread crumbs s'ightly moistened with milk. Second feed. - Finely cracked mixed grains or commercial chick feed.

Third feed -Rolled oats. Fourth feed .- Dry bread crumbs moistened with milk. Fifth feed .- Finely cracked mixed

In addition to the above give the chicks daily a little green food such as grass, lettuce, sprouted oats, etc. Do not have the moistened bread sloppy but in a crumbly state and during this period let the chicks

found that after a time they will get careless about coming when called,



50 Broad Street House, London, I bought some of your GIN PILLS. at Victoria, B.C. last September. I made inquiries in New York on my arrival there but was unable to obtain any information about them. Your remedy, I find at 60 years of age, to give me perfect relief and I regret very much that you have not made arrangements to have GIN PILLS on sale in New York and London, as I urgently recommend GIN PILLS to friends of my age as being the one thing that does me go

E. G. WOODFORD.

If your kidneys need help, strengthen them and keep them well with GIN PILLS,—the guaranteed cure for Weak Kidneys, Pain in the Back, Bladder thousands of homes for Constipation, Indigestion, Biliousness, Rheumatism and Kidney and Liver Troubles. Today they are just as effective, just as reliable as ever, and nothing better has yet been devised to

### DOMINION ATLANTIC RY "LAND OF EVANGELINE ROUTE

On and after April 6, 1914, train ervice of this railway is as follows: Express for Yarmouth ..... 11.54 a.m. Express for Halifax......2.02 p.m. Accom. for Halifax......7.50 a.m. Accom. for Annapolis......5.50 p.m.

Midland Division

Trains of the Midland Division eave Windsor daily (except Sunday) A LITTLE SAND OR GRIT FIRST, for Truro at 7.05 a,m. 5.10 p.m. and -When the chicks are removed to 7.55 a.m. and from Truro at 6.40

DAILY SERVICE (Sunday Excepted)

P. GIFKINS. General Manager,

## To England

The passenger service between Nova Scotia and England during the summer months is maintained by the new Furness liner, the S. S. "Digby, which sails every month from Halifax for Liverpool via St. John's Nfld.

The "Digby" is one of the finest in he Canadian service, and the passenger has every comfort and luxury of

\$65.00 Saloon to Liverpool \$45.00 Second Class

Proposed sailings from Halifax: June 16, July 17, August 17.

Make your reservations early. Furness Withy & Co.

Limited AGENTS, Halifax, N. S.

## H. & S. W. RAILWAY

Accom. Mon. & Fri.	Time Table in effect Oct. 6th, 1913.	Accom. Mon. & Fm
Read down.	Stations	Read up-
11.30	Lv. Middleton AR.	16.25
12.01	Clarence	15.54
12.20	Bridgetown	15.36
12.50	Granville Centre	15.07
13.07	Granville Ferry	14.50
13.26	* Karsdale	14.34
13.45	AR. Port Wade Lv.	14.10

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

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For Further information, rates, etc. apply to agent Dominion Atlantic Ry., or agent Halifax & South Western Ry ? or to A. F. WILLIAMS, agent of the Boston and Yarmouth Steamship Company,

# It's too

Remember the school that trains the successful candidates will send you a free-Course of Study.

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