## **Needed Protection**

Keep your body well nourished and strong and there is little danger. It's essential that you keep up your resistance. There are thousands of families who would not dream of being without the protection that

affords. The right idea is to start in the fall with Scott's Emulsion and be protected for a strenuous winter. It's Scott's Emulsion you ask for.

#### The Cause of Heart Trouble

Faulty diges ion causes the generation of gases in the stomach which inflate and press down on the heart and interfere with its regular action, causing faintness and pain. 15 to 30 drops of Mether Seigel's Curative Syrup after meals sets digestion right, which allows the heart to beat full and regular. 



Extract from a letter of a Canadian soldier in France.

To Mrs. R. D. BAMBRICK: The Rectory, Yarmouth, N.S. Dear Mother :-

I am keeping well, have good food and well protected from the weather, but have some difficulty keeping uninvited guests from

Whiting me.
Have you any patriotic druggists that would give something for a gift overseas—if so do you know something that is good for everything? I do—Old MINARD'S

Your affectionate son,

Manufactured by the

Minard's Liniment Co. Ltd. Yarmouth, N.S.

# **OVER-ACIDITY**

KI-MOIDS

#### Chatham Fails To Land McLellan Cup

The Chatham curiers, two rinks strong, led by Messrs Howard McKendy and S. D. Heckbert, and supported by a small but enthusiastic band of rooters, went to Bathurst Wednesday on the local express to try conclusions with the celebrated Bathurst curlers for posession of the famous McLellan cup.

The result was the one that has got to be generally expected in the games for the McLellan cup: the challengers were de pared and in this case by a large score. The victors had evidently prepared for a hard gamo with the Chatham curers and they had two rinks made The drums may be considered the defeated Skip Heckbert by a 22 to 16 score, the defenders retaining the cup by a majority of 21 points.

Bathurst D. Connolly Joe Connolly E. P. McKay Skip 22

L. W. Strang S. D. Heckbert Skip 16

. Cookson Edward Shirles J. L. Tweedie Geo. Gammon R. A. Snowball H. McKendy

#### Tale Of The Orchestra

C. Laugher, Mus. Bac Bowmanville The word Orchestra was orginally used by the Greeks to designate the front of the stage. Later it was re erved for distinguished visitors, and now it refers to the place where the musicians are stationed and is also the name used for a collection of musical instruments forming a full Band.

The last named is what I wish you to remember as the Orchestra of my talk, but from what and how came the orchestra of my talk, and from what and how came the orchestral instruments?

We will go back to the beginning and review from the days of the savage. The savages danced around pression or noise to announce the force the various characters. strong and weak accent. This was Now to mention some of the comclapping their hands) emphasing the strumental in producing the advance rhythm. The hand clapping formed ment of the Orchestra:were invented, these giving more veloped the Orchestra. taps producing variations with greater expression, which was heard at a and reed instruments. greater expression, which was heard Bach gave the Orchestra free and at a greater distance.

The whistle of the mouth suggested the tube whistle or reed, or of a hollowed stick.

suggested from the whistle of the mouth with hands placed around lips forming a bell to produce bigger tone. The horn of the antelope and the elephants' tusks were used and



played with two sticks.

Gongs, castants and blocks of wood and a rude form of xylophone were the following: added.

Stringed instruments were suggested by the twanging of the bow string (bow and arrow.)



C. C. LAUGHER, MUS. B A C

These primitive instruments form the big fire, weird dancing, jumping the basis of our modern Orhestra dancing and yet this dancing was which is pow a wonderful combinaregular and rhythmical but not so tion of instruments, all well fitted graceful as we now understand danc- for refined musical purposes. The ing. Now with all dancing there Orchestra used for Operatic work is must accompany it rhythmical ex-

done by the Orchestra. (3 persons posers that I think were most in-

the natural instrument. Following Laulle of the 17th Century brought this the rattles, clappers and drums together various instruments and de-

Rameau introduced the Clarine

independent instrumental develop Haydn (Grandpapa) gave a humor ous expression to the Orchestra com

positions. Beethoven the great master of Sym phonies introduced the technical mastery of the individual instru-

Wagner gave character to the in struments which at that time was a daring innovation.

diog interings gram nature that was said to const ne eye to laugh and the other to weep, being distinctly conflicting Now a word of advice-Seok to hear the wonderfully ma'ured symp hony Orchestra of our time, and note the broad, musical and educational

How to appreciate the music when listening to the orchestra.

This humorous phrase may suffice "after the orchestra had reached the first part of the symphony, a woman sitting just behind Dave Morrison be gan telling her companion at great length and in a decided loud undertone, how delightful it was to listen to the music with the eyes closed. Morrison put up with the muttering as long as he could, then turning to her said, "Pardon me madam, but did you ever try listening to the music with the mouth closed"? Next article will be on the mos popular musical matrument of the day.

### **British Pound** Figured At \$ 3.85

putod at \$8.85 in American money by the War Depart

#### The Railways And Agriculture

It is estimated that agricultural contributes approximately twentyfour per cent of the total Canadian railway freight tonnage. According to G. E. McIntosh, the officer in charge of transportation in the Fruit Branch of the Department of Agricuture of Canada, Canadian railways will this year have handled possibly 15,000 car loads of apples. In his article, which appears in The Agricultural Gazette for December, Mr. McIntosh points out that the country is today more interested in ample, safe, and rapid transportation than in cheap transportation. This applies to the fruit and vegetable industries up of the very pick of the club. Skip most useful of that period and many even more forcibly than to manufac-Thibideau faced Skip McKendy and sizes and shapes were made. The turing or other lines of industry. won out 20 to 5, while Skip McKay natives hollowed out the trunk of a Growers and shippers, he states, in tree and stretched across the top a many producing sections of Canada strong piece of dried skin. Another are still marketing under adverse of 21 points.

Chatham

Chatham

W. H. Snowball

Chatham

Chum in use is from a smaller tree, is transportation conditions. Where the situation is ruch the Fruit Commissioner is prepared to afford the assistance. transportation conditions. Where the W. M. Jardine of wood at the top. The drums were tance of his Branch in an effort to strengthen the weak points. Mr. McIntosh concludes his article with

"There is this to bear in mind, that proportionately to population, Canada is even better equipped in railway mileage than our heighbors to the south, who are five times better equipped than the European bountries. This being the case, agriculture in all its branches and the railways of Canada are interdepen-

History moves in cycles. Sc with the corncob pipe.' It is coming back to popularity. One finds it on the street, in the workshop, behind the polished doors of bank directors' rooms. It is an old friend, returning to i's old dress

> The Expression of the People. (Providence Journal)

Carranza is having so much trouble bout naming his successor for the presidency that it would not be surprising if he should prudently conclude to have a spontaneous uprising of the people urging him to take another



### Will Morning **Never Come**

DOES this illustration picture your experience?

What is more distressing

than being unable to sleep? Sleeplessness is one of the first and most certain symp-

toms of exhausted nerves. This is the warning that you need the assistance of Dr. Chase's Nerve Food to restore vigor to the nerve cells and thereby avoid the development of serious nervous trouble.

By improving the quality of the blood and building up the nervous system this food cure brings new energy and strength to the whole

50 cents a box, 6 for \$2.75, all dealers, et Edmanson, Bates & Co., Ltd., Toronto



SOUR, ACID STOMACHS. GASES OR INDIGESTION

"Pape's Diapepsin" neutralizes exces sive acid in stomach, reliev dyspepsia, heartburn and distress at once.

Time it! In five minutes all stomach distress, due to acidity, will go No iadigestion, hearthurn, sourness or belching of gas or eractations of undigested food, no dizziness, bloating, foul breath or headach.

Pape's Diapepain is noted for its speed in regulating upset stomachs. It is the surest, quickest stomach sweetener in the whole world, and besides it is harmless. Put an end to stomach distress at once by getting a large fifty-cent case of Pape's Diapepain from algebra, and the stomach stomach case of Pape's Diapepain from algebra, and the stomach stomach case of Pape's Diapepain from algebra, and the stomach stomach case of Pape's Diapepain from algebra, and the stomach stomach case of the stomach stomach case of the stomach stomach



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Everything to enable you to do your Cooking Satisfactorily.

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