

ANY DYSPEPTIC CAN GET WELL

By Taking "Fruit-a-lives" Says Capt. Swan

Life is very miserable to those who suffer with indigestion, dyspepsia, sour stomach and biliousness. This letter from Captain Swan (one of the best known skippers on the Great Lakes) tells how to get quick relief from stomach trouble.

PORT HURON, Ont., May 28, 1913.

"A man has a poor chance of living and enjoying life when he cannot eat. That was what was wrong with me. Loss of appetite and indigestion was brought on by constipation. I had had trouble with these diseases for years. I lost a great deal of flesh and suffered constantly. For the last couple of years, I have taken 'Fruit-a-lives' and have been so pleased with the results that I have recommended them on many occasions to friends and acquaintances. I am sure that 'Fruit-a-lives' has helped me greatly. By following the diet rules and taking 'Fruit-a-lives' according to directions any person with dyspepsia will get benefit."

H. SWAN

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

White Ribbon News.

Woman's Christian Temperance Union first organized in 1874.

1st.—The protection of the home, the abolition of the liquor traffic and the triumph of Christ's Golden Rule in custom and in law.

2nd.—For God and Home and Native Land.

3rd.—A knot of White Ribbon.

4th.—Agitate, educate, or organize.

Officers of Wolfville Union.

President—Mrs. L. W. Sleep.
1st Vice President—Mrs. G. Bryant.
2nd Vice President—Mrs. J. D. Chanters.
3rd Vice President—Mrs. Geo. Fitch.
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Scientific Temperance in Schools.—Mrs. G. Cutten.
Luncheon.—Mrs. J. Kempton.
Prison Home.—Mrs. M. Freeman.
U. B. Bulletin.—Mrs. Louise.
Work.—Miss Margaret Barrs.
Parlor Meetings.—Mrs. J. Kaye.
L. T. L.—Mrs. Howe.

A Song for Women.

We cannot go with the fighting line,
Or help to fire a gun,
Or do deeds that will ever shine,
Till the nation's life is run.

But we can help with a courage high
To bid our men good cheer,
With a stirring word instead of a sigh
And a smile instead of a tear.

CHORUS:
With never a sigh or aching heart,
With courage in our face,
We will do our work and take our part
For the glory of the race.

For men, the march and the roll of drums,
And the battle's fiery breath,
And the mighty chance that with them comes
Of glory—or of death.

For women, the spirit that sends them there
With a courage twice their own,
The pride that never knows despair,
And a faith that knows no moan.

The men can follow where Nelson led,
And Wellington and Drake,
And the brave unnamed in ages dead
Who fought for their country's sake.

We women of England, too, shall aid
A page to history,
For we give our dear ones—and are glad
For the cause of liberty.

—Elizabeth Baker, in London Telegraph.

Fulfillment of Life.

We live in deeds, not years; in thoughts, not breaths; in feelings, not in figures on a dial. We should count time by heartbeats. He most lives who thinks most, feels the noblest, acts the best. Life's but a means unto an end; that end, beginning, means, an end to all things—God.

—Philip James Bailey.

Liquor Trade Standers

Last week an exchange had the paragraph which is quoted below, under the heading:

"Kitchener Gives Run."

"Every man on the battle line will fight on a full stomach," said Lord Kitchener at the outbreak of hostilities with the Germans, and the publication of Tommy's meat shows plain that England's war minister has made good his word. Every soldier is allowed a pound and a half of bacon and beef per day and a half of bread with cheese or jam; two

ounces of tobacco, and much to the surprise of the more radical section of the people, a generous allowance of rum.

The same item appeared in other papers under various headings. It is only fair to state that that information was sent to these papers in type-written form by the Inter-Provincial News Agency, 15 Wilton avenue, Toronto. This 'News Agency' is run in the liquor interests in Canada, and its work is to supply Canadian papers free of charge, with a weekly news letter, which is compiled by an editor in charge. The one aim of this 'News Agency' is to discredit the temperance cause, and the news articles sent out are distorted or twisted in every conceivable way, the effort to accomplish that purpose. The above slander on Lord Kitchener is a fair sample. Kitchener did say, "every man on the battle line will fight on a full stomach," but the balance of the paragraph is the work of the liquor trade's 'News Agency.' The facts are that Kitchener has forbidden the use of liquor in any way in the army, and has given orders that consignments from friends must not be forwarded. The liquor trade is only showing its hand when it will like a man like Kitchener in order to make it appear that there is some sort of intoxicating drinks. The Montreal 'Witness' article on another page, shows that the use of liquor has been prohibited in the Russian army and in the Canadian camp, as well as in the British ranks—Free Press.

Dr. A. W. Chase's 25c. Catarrh Powder is the most famous of the famous. It is the only medicine that cures the eye, nose, throat, and bladder. It is the only medicine that cures the eye, nose, throat, and bladder. It is the only medicine that cures the eye, nose, throat, and bladder.

They may talk about the editor, and say that they are poor, with very few credits, and little earthly store. But there is one thing certain, you cannot keep them down. For when they can't support them selves, they still support the town.

Mr. B., who was doing out, had done lavish justice to the good things before him. By way of a graceful apology he remarked with a beaming smile directed toward his hostess: "I've always heard, ma'am, that the high-toned compliment one can pay the housekeeper is to eat heartily. You observe that I have been exceedingly polite."

"Thank you, Mr. B.," smiled back the hostess, "indeed, I think you have carried politeness to the point of satiety."

Some remarkable advice to seafarers is given in an old Portuguese book, published for the guidance of mariners. Amongst other things, it deals with the rights of captains to assault sailors, and the methods in which the attacks are to be legally met.

The sailor is advised to bear calmly any verbal abuse that an irate skipper may hurl at him, but if he is passed to blows he was to run away into the bows and firmly take his stand beside the anchor chain.

Should an infuriated master, armed with a belaying pin or other lethal weapon, chase him to his stateroom, the mariner was to slip around to the farther side of the chain—should he still be pursued, he was to call his messmates to witness that the master had broken the rules by circumventing the chain.

Then, at last, he was to defend himself. Other little matters of discipline are set out, and to fortify a noble effort to make the punishment fit the crime.

The ship's clerk, a privileged person who acted as bookkeeper, purser, and cargo-master, was liable to be branded in the forehead, to lose his ears, and to forfeit all his property if he made a wrong entry in the ship's book, or connived at such an entry.

A seaman who fell asleep on his watch was only put on a diet of bread and water, unless the offence was in a hazardous place, in that case he must be stripped naked, flogged by his messmates, and ducked thrice in the sea.

If he were an officer, however, he would only lose all food except his bread, and have a pall of water hung over him from the head downwards.

Two hundred members of the French public went out of a total of 907, are serving with the army. The oldest is 70, and the youngest is 17. Considering how it can best be served, these members to have their posts temporarily, so that they may take part in the forthcoming extraordinary session of parliament.

Owing to the scarcity of copper in Germany the government intends to commandeer all copper household and cooking utensils. Minimum prices are to be introduced for aluminium, antimony, nickel and tin.

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Kingston, Canada.

OBJECTIVE OF ENEMY

License For Explosives Factory Opposed by Admiralty and Refused

Nobel's Explosives Company, Ltd. failed at Sittingbourne, England, to get an explosives factory at Harry Isle. Evidence in support of the application was given by Sir Frederick Nathan, formerly of the Army, as Brigadier-General Stone.

On the other side, Major-General Maxwell, General Officer Commanding the East Coast Defences, on behalf of the Admiralty, said if an explosives factory were established on the proposed site it would form an objective for an enemy, who, if successful in securing a landing there, would be able to take the defence of Sheerness in the rear.

Captain Schwann, assistant director of the Air Department of the Admiralty, said an explosives factory there would hamper the operations of the Instructional Flying school at Eastchurch.

The chairman of the Bench announced, after a private consultation, that they could not disregard the evidence of General Maxwell. The objection of the Admiralty must be upheld, and the license refused.

There is no other subject around which such a mass of signs and superstitions has arisen than the weather. In spite of the repeated assertions of the most careful scientists, people will probably go on to the end of time taking of "wet" moons and "dry" moons and looking for weather changes with the varying phases of the moon. Most meteorologists are inclined to say that the moon can have no effect whatever in the making of weather changes, while some will suggest that the only possible influence it can have upon the atmosphere is similar to the tidal effect upon the ocean waters, but that even this must be so slight as to be insignificant.

Another favorite superstition is that of the equinoctial gales. Careful calculations made by the observatory at Toronto, based on the analysis of gales in Ontario, Quebec and the Maritime Provinces covering a period of forty years, lead them to the conclusion that there is no marked increase in storm energy about the time of the equinox, and that a term of any other kind of days in any part of the month of March or September would give quite as many gales occurring, whether moderate or heavy, as the months of July and August.

There are millions of people who cling faithfully to the belief that it rains more on the winter days—July 15—it will rain for forty consecutive days thereafter, and that in spite of the incontrovertible scientific fact recorded by the Greenwich Observatory for twenty years that not once did it rain for forty days.

On such of these superstitions is our belief that a certain cold day is the "coldest ever"; and that when it gets really warm, "it never was so hot before." It is of interest to note the information on this point in an article on "Meteorology in Canada" as reprinted from the Journal of the Royal Astronomical Society of Canada.

In order to gather information as to whether any attraction was paid to Meteorology and Climatology in the early days of Canadian history, the "Records of the Jesuits" have been carefully gone over, and all references to climate phenomena have been copied and arranged under various headings, such as winter, summer, drought and other phenomena; and from these notes it has been possible to draw conclusions as to the general character of the seasons in Canada during the 17th and 18th centuries. . . . and a study of the notes leads to the conclusion that the climate information to be gathered from this source is that this climate then was just about the same as it is now.

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WEATHER PROPHETS

VERY UNRELIABLE

That is, the Unscientific Forecasters Who Base Their Guesses on Mere Superstition

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Kingston, Canada.



Peep again in your oven. See those loaves, those pleasing loaves you've made. How fat—rounded—substantial. No, they won't fall when colder. Because the Manitoba strength that is in FIVE ROSES will hold them up till eaten. This sturdy elastic gluten has kept them from dropping flat in the oven. No unsightly holes—twist crust and crumb-never. All risen evenly—to stay risen. Never heavy—sudden—eggy—indigestible. Yours are the FIVE ROSES loaves—Crusty and appetizing of crust. Golden brown and tender. Snowy of crumb—light as a feather. FIVE ROSES helps a lot. Try it soon.

Five Roses Flour

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Feed Molasses

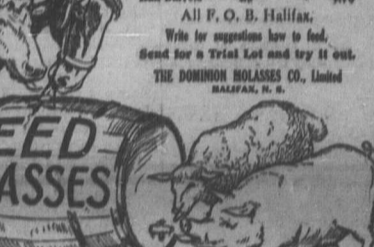
ALL CATTLE LOVE IT

Reduce your feed bill this winter by one-fourth per head. At the same time improve your stock. Feed Molasses is recognized as the cheapest and best feed for all live stock.

Punchcans, about 85 gallons - \$15.00
Barrels, " 42 " - 7.50
Half-Barrels " 25 " - 4.75

All F. O. B. Halifax.
Write for suggestions how to feed. Send for a Trial Lot and try it out.

THE DOMINION MOLASSES CO., Limited
HALIFAX, N. S.



The Scientific American has no less than two articles discussing the reported sinking of H. M. S. Audacious during which it points out that this particular loss is equivalent to the sum total of all other British naval losses during the war. 'And yet, so vast,' it says 'is the British navy, and so great its ship building capacity,' that despite this loss, the British dreadoughts will number 32 on Dec. 31. It dwells upon the fact that not only was the loss covered by a new dreadought, but that two others were virtually ready. This is comforting, but additional comfort lies in the fact that according to the latest information, the Audacious is not a total loss, and within a few weeks will be again in the firing line.

It is not generally known that if a piece of apple is dissolved in the water in which potatoes are to be cleaned it will be found they will scrape much quicker, also, if a little milk be added to the water in which they are boiled it will improve the flavor and also keep the mint from turning them dark.

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QUALITY. SERVICE. PRICE.

These are three important factors in every purchase. To sacrifice any one of them means dissatisfaction. If you order your Fall Suit or Overcoat here you will be satisfied because you get what you want (QUALITY) when you want it (SERVICE) and you are always getting full value (PRICE)

New Goods Arriving Every Day.

Ladies' Coats.

Don't worry about having to go to the city or sending away for your fall and winter coat. Wait and see my line. Very latest style, best that can be got. \$18 to \$38 and no two alike.

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Ordering your Storm Sashes and Doors from us

FLOORING SHEATHING INSIDE FINISH ALWAYS IN STOCK

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Teams or Autos always ready for a drive through the Evangeline Land. Teams at all times and boats. Weddings carefully attended to by Auto or team. Give us a call. Telephone 58.

T. E. HUTCHINSON, Proprietor.

R. J. Whitten & Co.

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Carefully Screened and Promptly Delivered.

Sprightly, Aiton Nut and Old Sydney.

GIVE US A TRIAL.

Burgess & Co.

Wm. Rogan, HARNESS MAKER.

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Get a copy of our catalogue and ask for our prices on lines that are not listed therein. Cut out, fill in and send coupon below:

Wentzells Limited, The 'Big Store,' Halifax, N. S.

Please send your catalogue to:

Name: _____

Address: _____

Send us your order early and AVOID FIVE HOURS.