

"I FEEL LIKE A NEW BEING"

"FRUIT-A-LIVES" Brought The Joy Of Health After Two Years' Suffering



MADAM LAPLANTE
25 St. Rose St., Montreal, April 4th.
"For over two years I was sick and miserable. I suffered from constant headaches, and had palpitation of the heart so badly that I feared I would die. There seemed to be a lump in my stomach and the constipation was dreadful. I suffered from pain in the back and kidney disease. I was treated by a physician for a year and a half and he did me no good at all. I tried 'Fruit-a-lives' as a last resort. After using three boxes, I was greatly improved and twelve boxes made me well. Now I can work all day and there are no headaches, no palpitation, no heart trouble, no constipation, no pain or kidney trouble and I feel like a new being—and it was 'Fruit-a-lives' that gave me back my health."
MADAM ARTHUR LAPLANTE.
Dr. a box, 5 for \$2.50, trial size, 25c. At all dealers or sent postpaid by Fruit-a-lives Limited, Ottawa.

White Ribbon News.

Women's Christian Temperance Union first organized in 1874.
Aim—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 Good and White Ribbon.
WATCHWORD—Agiats, educate, or ganize.
OFFICERS OF WOLFVILLE BRANCH.
President—Mrs. I. W. Shep.
1st Vice President—Mrs. J. Cullen.
2nd Vice President—Mrs. R. Reid.
3rd Vice President—Mrs. Geo. Fitch.
Recording Secy.—Mrs. W. O. Taylor.
Cor. Secretary—Mrs. J. E. Duncan.
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Lambert—Mrs. J. Kempton.
Willard Home—Mrs. M. Freeman.
Temperance in Sabbath schools—Mrs. (Dr.) Brown.
Evangelistic—Mrs. Purves Smith.
Sons and Daughters—Mrs. J. Reid.
Pans—Miss Margaret Hare.
White Ribbon Bulletin—Mrs. Walter Mitchell.
Loyal Temperance Legion—Mrs. I. Reid.

"Some Time."

Sometimes, when all life's lessons have been learned,
And sun and stars for ever more have set,
The things which our weak judgment here have sprung,
The things which we grieved with
Lashes wet
Will flash before us out of life's dark night
As stars shine most in deeper tints of blue.
And we shall see how all God's plans are right,
And how, what seemed reproof, was
Love most true.
And we shall shortly know that
lengthened breath
Is not the sweetest gift God gives
His friend,
For that sometimes the sabbal pall of death
Conceals the fairest boon His hand can send.
If we could push aside the gate of life
And stand within, and all God's workings see,
Should we not put an end to doubt
and strife,
And for each mystery find a perfect key?
—Australian Friend.

What Liquor Men Say.

The liquor men in the United States are somewhat aghast at the increased force of the prohibition wave but are whistling hard to keep their courage up. Some of the liquor journals declare that the movement is only spasmodic, and they predict that all the prohibition States will wither and die. Others declare that the people are drinking as much as ever in spite of prohibition, and the San Francisco Wine, Brewing and Spirit Review thinks prohibition is an awful sham, creating bootleggers and moonshiners, inducing insanity developing the use of drugs, and increasing poverty and taxation. Just how it can at the same time fail to prohibit and yet force people to resort to drugs because they can't get whiskey we are not told, but liquor men were never strong on argument. All the papers without exception seem to lament the increase of the illicit trade, but not one suggests that the brewers and distillers crush out this trade by refusing to supply it. One of the most interesting comments is by Mr. J. M. Gilmore, publisher of Boston's Wine and Spirit Circular (New York). He declares that on all sides he hears the remark "The saloon is doomed." He thinks, or at least he hopes, that the prohibition movement is simply a revolt against the saloon, and he seems to favor heading to the storm and letting the saloon be swept into oblivion. "But at the same time he is not quite sure that all that prohibition means, and he says, "Do these drastic laws mean that the people are ready and willing to give up the use of wine, beer and whiskey? If so, then good-

night! The epoch of the whole argument is that prohibition is a menace to the trade, but at the same time just as much liquor is sold, yet because people cannot get it they take to drugs; prohibition also doesn't mean that people want to get rid of liquor, but it does mean they want to get rid of the saloon, hence the brewer and distiller are safe enough, and yet they had better fight prohibition to the drop of the hat. To us the argument seems somewhat twisted, but our liquor friends seem to think it a all right.—Exchange.

A Perilous Custom.

This perilous custom of treating has spread very widely. When a customer has made a good purchase he is often invited by the merchant to go off to a restaurant or a bar-room for a bottle of wine to "close up the bargain." The drummers for commercial houses seek very often to win customers by polite invitations to a drinking resort, or to a theatre, or sometimes to hasten too vite to be mentioned. I know of a very affable salesman in a wholesale dry-goods establishment who became a dissipated man from having to invite customers to lunch with him over a bottle of wine! His employers set that bright young man to tempt other people, and he did it at the cost of his own character. The various athletic contests and inter-collegiate ball games are attended with an enormous amount of hard drinking; much of it takes the form of "treating" by those who have won their games or their bets. It is not too much to say that a vast amount of intemperance with its terrible results to purse, character and immortal souls can be traced directly to that cunning device of the devil which puts poison into a man's brain under the pretense of putting "kin'ness into his heart."
—Dr. Cuyler

PILES

Do not suffer greater pain than you need to. Dr. Chamberlain's Pile Remedy is the only reliable remedy for Piles, Hemorrhoids, Itching, Swelling, Pain, Bleeding, and all other ailments of the rectum. It is a sure cure, and it is so simple that it can be used by anyone. It is sold by all druggists and is also available in single boxes for 25c. Write for a free trial box to Dr. J. C. Chamberlain, 200 North Broadway, New York, N. Y.

About Catching Cold.

(ISSUED BY THE DEPARTMENT OF THE PUBLIC HEALTH, NOVA SCOTIA.)
At this season of the year common colds are especially prevalent. There is a great deal of misapprehension about the cause of colds. Exposure to inclement weather and to draughts may doubtless play a part in bringing on an attack, but the majority of those who suffer from colds are unable to trace their illness to such factors. Overheating, lack of fresh air, insufficient sleep, insufficient exercise, which are looked upon by some as causes, are certainly inefficient, either separately or combined, to produce a cold. The most common cause can do is to reduce one's resistance to infection. For colds are due to infection. Non, and they are spread from person to person much like other infectious conditions which involve the respiratory tract.

One takes cold because he comes into more or less close touch with someone else who has a cold, or because he is exposed in some way to infection. The germ is given off in the spray which is ejected from the mouth and nostrils in sneezing, and from the mouth in coughing and in talking loudly. Crowded public assemblies, train cars, railway cars, and such places are probably the most likely situations in which one becomes infected. Other means by which infection may be transferred include handkerchiefs, towels, dishes, cutlery, etc. One frequently sees a mother use her own handkerchief to wipe away the discharge from her child's nostrils. The practice is accountable for the spread of infection in altogether too many instances.

Every one who has a cold should be most careful to cover the mouth and nose when coughing or sneezing, and to do everything possible to prevent the discharges from his throat or nose coming into contact with articles which others may subsequently handle. Frequent washing of the hands is to be commended as a wise preventive measure, for the hands are doubtless more frequently responsible for carrying germs of infectious diseases than anything else.

A cold may prove to be a very serious matter. Just as in the case of other infectious diseases, with all, only a little condition may be in the majority of those attacked, there are always some who suffer severely. It is unwise to trifle with any infectious condition—even with an ordinary cold.

Don't Be Dyspeptic.
The dyspeptic has thought only of the stomach when the real trouble is in the Liver, Kidneys and Bowels. Dr. Chamberlain's Kidney-Liver Pills thoroughly cleanse and purify the digestive and excretory system and in this way put the organs of digestion into splendid working condition. A little patient urging on of these organs when sluggish will restore the habit of healthful digestion.

Any man may be justified in believing his own horn, but not in going on a foot.
Any man will gladly accept your contribution—if it comes in the form of a subscription.
It's a pity we can't reverse things and start at the top. It would be so easy to reach the bottom.

CASTORIA
For Infants and Children.
The Kind You Have Always Bought
Beware of cheap imitations.
Signature of Dr. J. C. Chamberlain.

TO INVESTORS

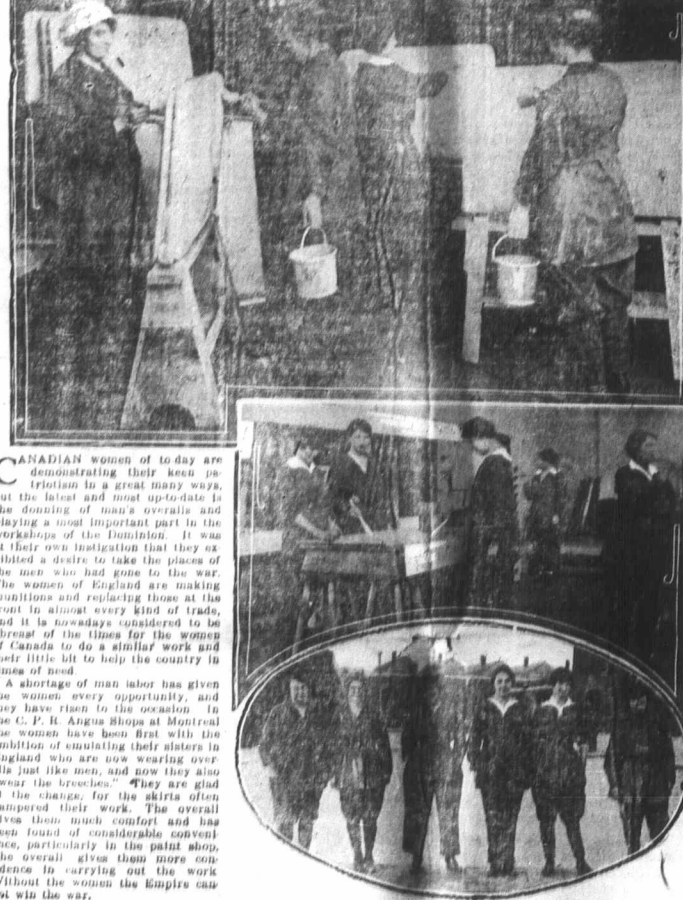
THOSE WHO, FROM TIME TO TIME, HAVE FUNDS REQUIRING INVESTMENT MAY PURCHASE AT PAR

DOMINION OF CANADA DEBENTURE STOCK

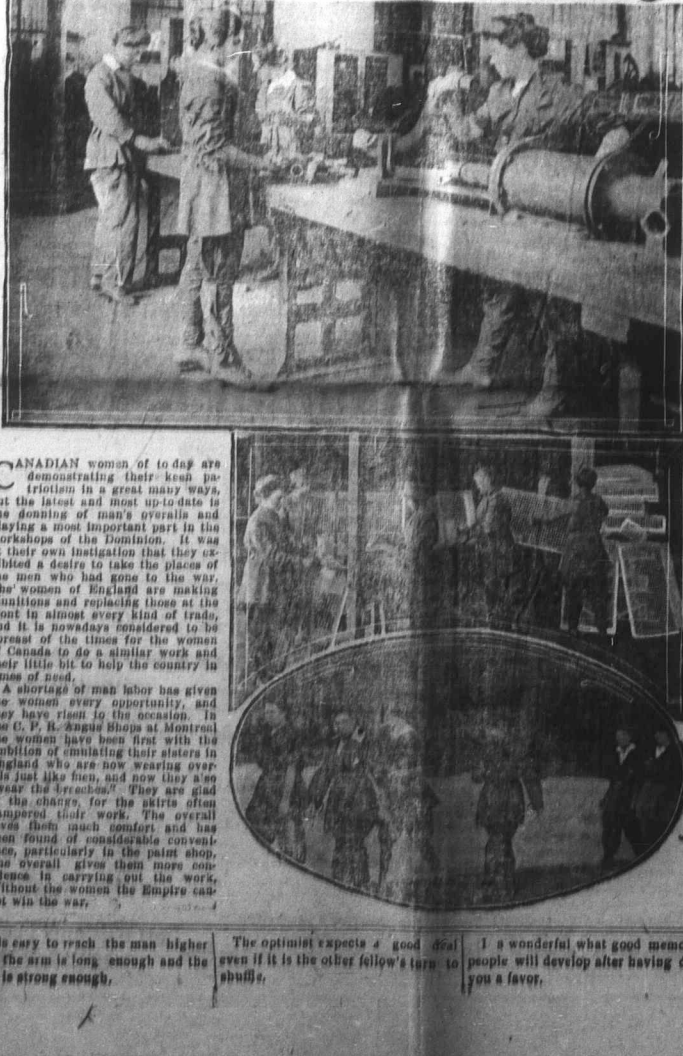
IN SUMS OF \$500, OR ANY MULTIPLE THEREOF

Principal repayable 1st October, 1919.
Interest payable half-yearly, 1st April and 1st October by cheque (free of exchange at any chartered bank in Canada) at the rate of five per cent. per annum from the date of purchase.
Holders of this stock will have the privilege of surrendering at par and accrued interest, as the equivalent of cash, in payment of any statement made under any future war loan issue in Canada other than an issue of Treasury Bills or other like short date security.
Proceeds of this stock are for war purposes only.
A commission of one-quarter of one per cent will be allowed to recognized bond and stock brokers on allotments made in respect of applications for this stock which bear their stamp.
For application forms apply to the Deputy Minister of Finance, Ottawa.
DEPARTMENT OF FINANCE, OTTAWA
OCTOBER 7th, 1918.

UP TO DATE WOMEN WORKERS



Fashions in the Factory



Importance of Securing Vigorous Potato Seed Stock.

(EXPERIMENTAL FARM NOTES.)
Experiment conducted at the Dominion Experimental Station, Kentville, N. S., with eight lots of Garnet Chili potatoes secured from different growers in 1915 show a variation in yield from 36 bushels to 240 bushels per acre, or a difference of 2.4 bushels per acre in yield when grown under uniform conditions. Seed from these eight lots planted in 1916 yielded from 68 bushels to 212 bushels per acre a difference of 144 bushels per acre. The respective positions of the different lots were changed very little in the second year, but the lowest yielding ones increased somewhat and the highest yield was not so great.
Seed from fifteen others of this variety was planted in 1916 and the lowest yield obtained was 158 bushels and the highest 278 bushels per acre, a difference in favor of the best over the poorest of 120 bushels per acre.
Ten lots of pure stock of Green Mountain from different growers ranged from 180 1/2 bushels per acre to 313 bushels per acre, a difference of 132 1/2 bushels. Seventeen lots of Irish Cobbler ranged from 95 bushels per acre as the poorest to 235 bushels as the best, a difference in favor of the best yielding strain of 140 bushels.
This would show that there might be as great a difference between potatoes of the same variety, as there is between potatoes of different varieties, and that it is wise to secure stock from which have had high yielding crops. Because the Green Mountain has failed in giving a crop on a certain farm is not proof that this variety will not yield well there; it may have been due to low vitality in the seed stock. Such a reason in yield may have been due to disease, or unfavorable soil or climatic conditions which affected the crop at some time and it may be better to discard the stock entirely than to try to bring it up to its former vitality by selection.
The publisher of the best Farmer's paper in the Province in writing to us states:
"I would say that I do not know of a medicine that has stood the test of time like MINARD'S LINIMENT. It has been used for years in our household ever since I can remember, and has outlived dozens of would-be competitors and imitations."

Higher Christianity.

Two women were coming from the prayer service.
"You shocked me to night beyond measure," said one.
"In what way, pray?" asked the other in surprise.
"Why, you spoke of that horrid creature."
"Well, what of it? I did no harm."
"But you did harm. You committed an awful sin."
"An awful sin!" echoed the other. "You surely do not mean to say that it is right to cut any one in the house of God?"
"I do," emphatically. "God's house is just the place where Christians should pass sinners by—unnoticed."
P. A. G. M.

Rigid Economy a Duty.

Rigid economy is the duty we owe to ourselves and to the men fighting for us at the front. It is treachery to spend a single penny on unnecessary luxuries. To squander money is to squander victory. Neglect of the easy duty that falls to us at home must imperil the triumph gained in varying degrees, to all else. No one has the right to buy anything that is not a real necessity. The nation is staking its all on the great issue. The individual must be prepared to do the same.

Children Cry FOR FLETCHER'S CASTORIA

The girl who is wise never gives a young man a lock of her hair. She may decide to change the color of it later.
When a man treats his wife with more considerate than usual she begins to wonder whether he is trying to square himself.
"Cupid is way out of date."
"What's the matter with the little fellow?"
"Still carries a bow and arrow."
"Nothing short of a revolver would bring down some of the modern beauties."
"Children Cry FOR FLETCHER'S CASTORIA"
"If I had a million tongues I could not appropriately sing your praises, Mamma Lovelace."
"Not with that much aid!"
"Oh, no!"
"You could, though, if you had a million dollars."
"Henny, how much did you give that girl in the cloak room?" "Only a dime, my dear." "I don't believe it. I have never seen one of those odious creature smile that way for less than a quarter."

Children Cry FOR FLETCHER'S CASTORIA

The wife he didn't get in any man's deal with.
A magnetic speaker is usually a drawing card.
Men who know themselves are often suspicious of others.

Children Cry FOR FLETCHER'S CASTORIA

The optimist expects a good deal even if it is the other fellow's turn to shuff.
I'm wonderful what good memories people will develop after having done you a favor.

Lantic Sugar

The best sugar for the sugar bowl is Lantic Sugar.
Its purity and "fine" granulation give it the highly sweetening power. It dissolves instantly in your teacup or on your breakfast cereal.
2 and 5-lb Cartons
10 and 20-lb Bags
"The All-Purpose Sugar"

Mail Contract

SEALED TENDERS, addressed to the Postmaster General, will be received at Ottawa until noon, on Friday, the 26th of February, 1919, for the conveyance of the King's Mail, three times per week between KINGSTON STATION and LACY ROAD under a proposed contract for four years, dating from the 1st April next. Printed notices containing further information as to conditions of proposed Contract may be seen and blank forms of Tender may be obtained at the Post Office of Kingston Station, Lacy Road and route offices and at the office of the Post Office Inspector, W. E. MACBILAN, Post Office Inspector's Office, Halifax, 8th January, 1919.

SEPARATE SEALED TENDERS.

addressed to the undersigned, will be received at this office until 4.30 P. M. on Monday, February 12, 1919, for the supply of: "Hysons and Brunels," "Graham's," "Hartley's," "Hose," "Oils and Greases," "Packings," "Paint and Paint Oils," "Mills," "Wire Rope," and "Steam Pipe Valves and Fittings" for the requirements of the Departmental Dredging Plant in New Brunswick and Nova Scotia during the fiscal year 1919-20. Each tender must be sent in a separate envelope and endorsed: "Tender for Hardware, New Brunswick and Nova Scotia," "Tender for Chain, New Brunswick and Nova Scotia," etc., etc., as the case may be. Persons tendering are notified that tenders will not be considered unless made on the printed forms supplied, and signed with their actual signatures. These forms can be obtained at the Department of Public Works, Ottawa, and at the office of the Superintendent of Dredges, Public Works Department, St. John, N. B. Each tender must be accompanied by an accepted cheque or a certified bank, payable to the order of the Honorable the Minister of Public Works, for amount stated in form of tender, which will be forfeited if the purchaser tendering declines to enter into a contract when called upon to do so, or fail to complete the contract. If the tender is not accepted the cheque will be returned. The Department does not bind itself to accept the lowest or any tender. By order, R. C. DESROCHES, Secretary, Department of Public Works, Ottawa, January 17, 1919. Newspapers will not be paid for this advertisement if they insert it without authority from the Department.

Children Cry FOR FLETCHER'S CASTORIA

"HAVE A CARE OF A SILENT DOG AND A STILL WATER"
Look out for the merchant or manufacturer that does not advertise. If he had anything worth the telling he would tell it quickly enough. But "just as good" substitutes or shoddy goods are not things to boast about. The week will inherit the earth—eventually, but not now. The progressive business man is not a shrinking violet. He advertises.

Children Cry FOR FLETCHER'S CASTORIA

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 Sleigh 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.

Wolville Time Table

DOMINION ATLANTIC RY & STEAMSHIP LINES
ST. JOHN TO CHERBOURG
DOMINION ATLANTIC RY & STEAMSHIP LINES
YARMOUTH TO CHERBOURG
LAND OF EVANGELISM ROUTE
Effective Nov. 1st, 1918
Service daily, except Sunday.
ARRIVING
Express from Kentville 6.15 a.m.
Express from Halifax & Truro 9.58 a.m.
Accom. from Middleton 11.55 a.m.
Accom. from Windsor 1.30 p.m.
Express from Yarmouth 4.20 p.m.
Express from Halifax 5.50 p.m.
LEAVING
Express for Halifax and Truro 6.15 a.m.
Express for St. John and Yarmouth 9.78 a.m.
Accom. for Windsor 11.55 a.m.
Accom. for Middleton 1.30 p.m.
Express for Halifax and Truro 4.20 p.m.
Express for Kentville 5.50 p.m.
ST. JOHN AND DIDDY
Daily Service (Sunday Excepted)
Canadian Pacific Railway R. S. Express leaves St. John 7.00 a.m. arriving in Digby at 10.00 a.m. Leaves Digby 2.00 p.m. arrives at St. John 4.30 p.m. making connection at St. John with trains of Canadian Pacific Ry. for Montreal and the West.
Boston Service
Express train leaving at 9.08 a.m. for Yarmouth connects with steamers of the Boston & Yarmouth S. Co. Ltd. sailing on Wednesday and Saturday for Boston.
Buffet parlor cars run each way, daily, except Sunday, on express trains between Halifax and Yarmouth.
R. U. PARKER
General Passenger Agent,
George E. Graham, General Manager
Kentville, N. S.

Professional Cards

DENTISTRY.

Dr. A. J. McKenna
Graduate of Philadelphia Dental College
Office in McKenna Block, Wolfville.
Telephone No. 42.
E. F. GAS ADMINISTERED

C. E. Avery deWitt
M. D., C. M. (MAGD.)
One year post graduate study in Europe.
Office hours—8-11 a.m.; 1-3, 7-9 p.m.
Throat work a specialty.
Tel. 81. University Ave.

M. R. ELLIOTT
A. B., M. D. (Harvard)
Office at residence of late Dr. Bowles.
Telephone 23.
Office Hours—8-11 a.m.; 1-3, 7-9 p.m.

F. J. PORTER
Licensed Auctioneer for towns of Kentville and Wolfville, N. S.

G. PURVES SMITH
M. B., C. M., Edinburgh
OCCULIST.
Consultation Hours: 10 a.m.—12 noon
2 p.m.—4 p.m.
Monday Excepted.
Telephone 163
Wolville, N. S.

Expert Piano Tuning Guaranteed.
Voicing, Regulating, Repairing Organs Tuned and Rebuilt.
M. C. COLLINS.
P.O. Box 321, Wolfville, N. S.

PUBLIC NOTICE.

The public are hereby forbidden the use of my property as a thoroughfare for teams between Main and Front Streets. Persons persisting in thus trespassing will be prosecuted without further notice.
EVANGELINE D. BOWLES.
Wolfville, Sept. 10th., 1915.

COALI COALI COALI

Carefully Screened and Promptly Delivered,
Springhill, Albion Nut and Old Sydney.
GIVE US A TRIAL
Burgess & Co.

R. J. Whitten & Co.
HALIFAX
Receivers and Sellers of all kinds of Farm Produce.
Consignments Solicited.
Prompt Returns.

McCallum, L'td
The largest dealers in Improved Farm Properties in Canada.
Halifax, N. S., Canada.

Are you offering the property of the Wolfville Fruit Land Improvement Co. Ninety acres of Orchards fully improved, in whole or part. Price exceptionally low.
C. A. Porter, Local Agent.
OFFICE: WOLFVILLE AND KENTVILLE.

FOR SALE!

Modern 8 room house and 60x150 lot, Prospect street, Wolfville, Bath, large basement with laundry, hot air furnace, fruit-press, magnificent view. Possession September, 1919. For particulars apply to Mrs. L. C. Hutchinson, 2402 East Colfax avenue, Denver, Colorado, U. S. A.