

## THE BLESSING OF A HEALTHY BODY

Has Not Had An Hour's Sickness Since Taking "FRUIT-A-TIVES".



MR. MARRIOTT  
73 Lees Ave., Ottawa, Ont.,  
August 9th, 1915.

"I think it my duty to tell you what 'Fruit-a-tives' has done for me. Three years ago, I began to feel run-down and tired, and suffered very much from Liver and Kidney Trouble. Having read of 'Fruit-a-tives', I thought I would try them. The result was surprising. During the 34 years I have taken them regularly, I have not had an hour's sickness since I commenced using 'Fruit-a-tives', and I know now what I haven't known for a good many years—that is, the blessing of a healthy body and clear thinking brain."

WALTER J. MARRIOTT.

50c. a box, 6 for \$2.50, trial size, 25c. At dealers or sent postpaid on receipt of price by Fruit-a-tives Limited, Ottawa.

## DOMINION ATLANTIC RAILWAY

On and after February 1st, 1917, train service on the railway is as follows:

Service Daily, Except Sunday  
Express for Yarmouth ..... 12:08 p.m.  
Express for Halifax and Truro ..... 2:08 p.m.  
Accom. for Yarmouth ..... 7:10 a.m.  
Accom. for Middleton ..... 7:10 p.m.

## ST. JOHN - DIGBY

DAILY SERVICE  
(Sunday excepted)  
Canadian Pacific Steamship "Empress" leaves St. John 7:00 a.m. at Yarmouth 10:00 a.m., leaves Digby 2:00 p.m., arrives at St. John about 6:00, connecting at St. John with Canadian Pacific trains for Montreal and the West.

## BOSTON SERVICE

Steamers of the Boston and Yarmouth S. S. Company sail from Yarmouth for Boston after arrival of Express train for Halifax, Wednesday and Saturday.

R. U. PARKER,  
General Passenger Agent,  
GEORGE E. GRAHAM,  
General Manager

## H. & S. W. RAILWAY

Accom.	Time Table in effect	Accom.
Tues. & Fri.	April 2nd, 1916	Tues. & Fri.
Read down.	Stations	Read up.
11:10	Yv. Middleton Ar.	15:45
11:38	" " "	16:17
11:55	Bridgetown	16:01
12:23	Granville Centre	14:56
12:39	Granville Ferry	14:21
12:55	" " "	14:05
13:15	Ar. Fort Wade Lv.	13:45

Connection at Middleton with all points on H. & S. W. Railway and Dominion Atlantic Railway.  
General Freight and Passenger Agent,  
P. MOONEY.

## Yarmouth Line

## STEAMSHIP "PRINCE GEORGE"

Leaves Yarmouth Wednesdays and Saturdays at 5 p.m. Returning leaves Central Wharf, Boston, Tuesdays and Fridays at 1 p.m.  
Tickets and Staterooms at Wharf Office

A. E. WILLIAMS, Agent  
Yarmouth, N. S.  
Boston and Yarmouth S. S. Co., Ltd.

## Chemically Self-Extinguishing

What do these words mean to you?  
They mean greater safety in the Home.

Perhaps you have noticed these words on our new "Silent" Parlor match boxes. The splints of all matches contained in these boxes have been soaked in a solution which renders them dead wood, once they have been lighted and blown out hereby reducing the danger of FIRE from glowing matches, to the greatest minimum.

Safety First and Always—USE EDDY'S "SILENTS"

1867-OUR--1917  
JUBILEE YEAR

We have begun our 50th year with every prospect of it being the best yet. Students can enter at any time.

For Rate Card.

S. KERR  
Principal

Minard's Liniment relieves Neuralgia.

FOR 40 YEARS THE STANDARD REMEDY

FOR STOMACH AND LIVER TROUBLE

At all Druggists, or direct on receipt of price, 50c. and \$1.00. The large bottle contains three times as much as the smaller. A. J. WHITE & CO. LIMITED, Craig Street West, Montreal.

## Lawrencetown

March 12.

Dr. Reginald Morse is in town for a few days visiting relatives.

Pastor Beals has been holding special services at the parsonage on Saturday at 8 p.m.

Next Sunday evening the Rev. S. J. Boyce will be the preacher in the Methodist Church.

Miss Minnie Banks of North Kingstons spent the week-end with her sister, Mrs. Horace Reid.

Mr. and Mrs. W. A. Hills and family leave today (Monday) for their home in Bowdler, Alberta. En route they will visit Mrs. Hills' brother, Mr. Wilbur Phinney, at Calgary.

Services for Sunday, March 13th: Baptist, 11 a.m.; Methodist, 11 a.m.; Episcopal, 11 a.m.; Missionary, 11 a.m.; in the Baptist Church at 10 a.m.; in the Sunday School at 10 a.m.; in the Methodist Church at 10 a.m.

On Thursday evening, in the Methodist Church, a magic lantern exhibition will be given by the Rev. E. W. Forbes, M. of W. Windsor. The subject is "The British Navy," and some 200 very interesting views will be shown. Admission is 10 cents.

The members of the Adult Bible Classes met at the hospitable home of Deacon and Mrs. Wm. McKewen on Wednesday evening last, and spent a very enjoyable time. Mr. McKewen has been the faithful teacher of the Men's Class for a number of years.

Mr. Martin Ullman sold two pairs of fancy hats last week.

Miss Lilla Parker has returned to her position in Woodbury's store.

Mr. A. M. Phinney has been ill with pneumonia since Tuesday. His condition at present is favorable for recovery.

Those of our community who have seen ill of late (and everybody says they never knew so many to be sick here at one time) are, so far as we can learn, recovering.

An exception to the above is the passing away on February 28th of Mrs. Isaac Whitman, age 81. I. J. Whitman is a son; also the late Rev. Beniah Whitman, at one time President of Columbia University.

Mr. Percy Cunningham, employed at Stellarton, fell into a tank of hot water and badly burned one leg and arm. An iron bar across the top of the tank saved his life. Mrs. Cunningham went on Monday, and last reports are that the injured limbs will be saved.

ALBANY

March 10.

Miss Robinson, our teacher, spent Sunday, 4th inst., at her home at Farmington.

The Young People's Club met at the home of Mr. and Mrs. Leonard Whitman on Tuesday evening, March 6th.

Miss Gladys Mathman is attending the Provincial Normal College at Truro—the second half year.

George Fair, who had his foot seriously cut on February 17th, is doing well under the treatment of Dr. Phinney.

Mr. Lyman Whitman made a business trip to Middleton on Wednesday. He is conducting quite an extensive trade in Albany.

Aid Society will meet with Mrs. Phineas and Mrs. E. J. Whitman on Tuesday, 13th, the first Tuesday of the month being stormy.

Mrs. Chas. Whitman recently spent a week or more with her son George and family at Nictaux Falls, the first having just recovered from pneumonia.

PHINNEY COVE

March 12.

Mrs. Burdett Chute had the misfortune to lose a valuable cow.

We are sorry to say that Mr. Robert Young is not any improved in health.

Mr. Marvin Farnsworth has been sick, but we are glad to report him out again.

Mr. Vernon Bent is home from St. John spending a few days with his family.

Our teacher, Miss Ida Poole, spent the week-end with her sister at Young's Cove.

Mr. W. Cooke has gone to Lawrencetown to visit his daughter, Mrs. Barpee Whitman.

Kenneth and Clyde Chute are home from St. John, where they have been working this winter.

Mr. and Mrs. Vernon Bent's little son, Ronald, has been very sick, but is better at time of writing.

Mr. Othit White and family have moved to North Williamstown. We wish them prosperity in their new home, but we are sorry to lose our old neighbors.

SPA SPRINGS

March 12.

Mrs. W. Bowley of Victoria was visiting Mrs. Reagh on Saturday last.

Miss Gladys Bowley spent the week-end with Mrs. William Clark of Victoria.

The Red Cross Society enjoyed a delightful party to the home of Mr. and Mrs. Willett Gates on Wednesday evening last. A very pleasant evening was spent by all present.

Mrs. Churchill of Overton, Yarmouth County, and Principal and Mrs. Jeffreys of Middleton were recent guests of Mr. and Mrs. Charles Daniels.

Mrs. Neil Coulston and daughter, Edna, of Port Williams are visiting her mother, Mrs. Mary Harris. Mr. Simon Brown of Aylesford is also a guest at the same place.

Minard's Liniment for sale everywhere

## ARE YOU READY

with some Zam-Buk on hand in case of accidents? We all know what serious results often follow minor injuries.

When Zam-Buk is applied to a wound it immediately destroys all harmful germs and extracts all poisons from the matter, and thus removes all danger from the wound.

Zam-Buk's soothing herbals extracts and the pain and blisters the soreness. Then the healing essences in this famous balm grow new, healthy skin.

A box of Zam-Buk kept handy, both in the home and at work, will save much suffering and loss of time and money. 50c box, 3 for \$1.25. All druggists and stores, or Zam-Buk Co., Toronto. Second class postage on free trial box.

MIDDLETON

March 12.

Miss Seaford of the Royal Bank, Middleton, is having her vacation.

Mr. C. S. Macdonald, inspector of the Royal Bank, spent a few days in town.

Miss Bella Master left on Wednesday last for New York, where she will spend a few weeks.

Mr. Thomas Cowling, having been wounded in the arm by a shrapnel shell, returned home last Monday.

Mr. Wharton and half-brother, Mr. Wentzell, are the guests of the former's daughter, Mrs. Doucet, Main St.

Mrs. W. A. Baker returned home from Halifax on Friday, where she had been spending a week with Mrs. Haverstock.

Mr. and Mrs. H. W. Dodwell and wife, the guests of Mrs. W. S. Pincus, at "The Rectory."

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Rev. H. A. Harley of Edge Hill school, Windsor, took the services at Holy Trinity and St. Andrew's churches on Sunday.

Mrs. W. G. Parsons left last Tuesday for Halifax to stay a couple of weeks. W. G. Parsons, K. C., accompanied Mrs. Parsons and returned on Thursday.

Leo Baker, who enlisted at Middleton with one of the earlier contingents for overseas, and who has been fighting, is back from the front. He is suffering from shell shock.

Mr. J. P. Kelly received official notice on Tuesday last that his son, Lieut. Melburne Kelly, was wounded on March 2nd. Melburne was one of the few boys who enlisted from Middleton at the outbreak of the war. His many friends hope that his wounds will not prove a serious nature.

MELVERN SQUARE

March 12.

Mrs. Frank East and little son are visiting relatives in the United States.

Mrs. D. M. Outhit recently spent a few days in Middleton visiting friends.

We are sorry to report Mr. Elsworth Cates on the sick list suffering from a severe attack of la grippe.

Miss Annie Martin is spending a few days with her sister, Mrs. B. R. Morse of Charlottetown, who has been quite ill.

Miss Evelyn Dent of South Farmington was the guest of her friends Mr. and Mrs. Avery Patterson, quite recently.

Mrs. Perry of Wolfville, widow of a former pastor of this place, has been visiting friends here during the past week.

Mrs. Agnes FitzRandolph of Williamstown was the guest of Mr. and Mrs. D. M. Outhit and Mr. and Mrs. I. P. Morse a few days last week.

One afternoon last week Douglas the little son of Mr. and Mrs. Harry McNeil, entertained a few of his little playmates at a birthday party. It is needless to say the little fellows enjoyed themselves thoroughly.

The old saying, "March hath many weathers," has certainly been verified within the last few days. First a few days mild and spring-like, ending up with a blustering March snowstorm, followed by rain, snow squalls and sleet. What comes next?

A full house greeted the members of the I. O. G. T. of Port George, who gave a drama in the Melvern Hall quite recently, being assisted by members of the Melvern lodge helped to make a very pleasant entertainment. Our Port George friends will always be welcome in Melvern Square.

NORTH RANGE

March 12.

Miss Mildred MacNeil is spending a few weeks with her friends in Bridgetown.

Mrs. Osgood Cook spent Sunday the guest of her mother, Mrs. J. Melanion, Plympton Station.

Mrs. E. J. Andrews, who has spent the winter with her daughter, Mrs. Hugh Armstrong, Lower Granville, has returned home.

Surprise parties still seem to be the order of the day. One was enjoyed recently in Bloomfield at the home of Mr. and Mrs. Albert Treffry, the occasion being the sixteenth birthday of their youngest son, Frank. A very enjoyable evening was spent in games, music, etc., after which light refreshments were served. Mr. and Mrs. Treffry proved themselves to be exceptionally fine host and hostess.

Another was held at the home of Mrs. L. D. MacNeil on the 9th inst., in honor of their daughter's and little Annie Bragg's birthday, where a very pleasant afternoon and evening was spent and presents exchanged. Quite a large number from Barton, Hillsboro and Acadiaville were present. Still another at the 9th inst., in honor of their daughter's and little Annie Bragg's birthday, where a very pleasant afternoon and evening was spent and presents exchanged. Quite a large number from Barton, Hillsboro and Acadiaville were present.

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## DEEP BROOK

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Mr. E. V. Hutchinson left for a few days' trip up the Valley on Monday.

Mr. B. R. Clements returned home on Wednesday from his trip to Boston.

Mrs. L. E. Sherman spent Friday with her sister, Mrs. Snell, in Bear River.

Mr. R. E. Felton of Lawrencetown was in the village on Saturday calling on friends.

Mr. and Mrs. Clarence Adams spent Sunday with his mother, Mrs. George Adams.

Mr. J. R. Dimars is busy these days with his gasoline engine, sawing up the people's wood-piles.

Mr. and Mrs. A. A. Shortliffe and Miss Beale Hooper motored from Digby on Sunday last and spent the day with Mrs. Shortliffe's mother, Mrs. William Ruggles.

MORGANVILLE

March 10.

Mr. Felton visited Morganville this week on business.

Mr. George Morgan has returned home from Five Mills River.

Miss Winifred Harris held a surprise party for the young folks on Saturday evening.

Preaching service in the Morganville Baptist Church on Sunday, March 13th, at 9 p.m.

Miss Ruby Annis and her friends visited Miss Amy Morgan on Wednesday last. They reside at Bear River.

Minard's Liniment cures Burns, etc.

ST. CROIX COVE

March 12.

Mr. and Mrs. Edwin Risteen, Port Lorne, were guests of Mr. and Mrs. Bradford Poole yesterday.

Mr. Ira Whitman, Clarence, and Miss Hattie Banks, Mr. Rose, visited Mr. and Mrs. Joseph Hall yesterday.

A pie sale at the home of Mr. and Mrs. Zacheus Hall last Wednesday evening passed off very pleasantly. Friends were present from Hampton, Port Lorne and Mr. Rose. The sum of \$3.45 was collected for the benefit of the church. The next sale is to be held at the home of Mr. and Mrs. C. Hall on Tuesday evening, April 2nd. If stormy, on Friday evening following.

Minard's Liniment cures Dandruff.

GILLET'S LYE EATS DIRT

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## NATIONAL SERVICE LITERATURE

One of the most valuable of recent literary contributions to the great cause is a booklet by Professor Stephen Leacock, entitled "National Organization for War." In this booklet, Dr. Leacock makes an urgent call for national thrift and national saving. He attacks in vigorous style the evils of extravagance at this crisis in Canada's history, and by trenchant phrase and apt illustration disposes of various common errors in regard to individual spending of money during war time.

This pamphlet was originally published by Dr. Leacock himself, but the National Service Board was so convinced of its value in connection with their Thrift Campaign that they have had it republished and have undertaken its distribution. Copies may be obtained by writing to the Secretary of the National Service Board at Ottawa, or by applying to the National Service Director in any Province.

The Boston Globe says:—"If that member of the German Embassy staff who was found at Halifax to have 200 suits of pyjamas in his possession had only had 165 more, he would have had a change for every night in the year if the British had let him take them to Berlin...."

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