A POSITIVE CURE FOR RHEUMATISM

Hundreds of People Have Found "Fruit-a-tives" Their Only Help

READ THIS LETTER

Superintendent of Sunday School in Toronto Tells How He Cured Himself of Chronic Rheumatism After Suffering for Years.

55 DOVERCOURT ROAD, Oct., 1st. 1913.

"For a long time, I have thought of writing you regarding what I term a most remarkable cure effected by your remedy "Fruit-a-tives". I suffered from Rheumatism, especially in my hands. I have spent a lot of money without any good results. I have taken "Fruit-a-tives" for 18 months now, and am pleased to tell you that I am cured. All the enlargement has not left my hands and perhaps never will, but the soreness is all gone and I can do any kind of work. I have gained 35 pounds in 18 months".

R. A. WAUGH

Rheumatism is no longer the dreaded disease it once was. Rheumatism is no longer one of the "incurable diseases". "Fruit-a-tives" has proved its marvellous powers over Rheumatism, Sciatica, Lumbago—in fact, over all such diseases which arise from some derangement of stomach, bowels, kidneys or skin.

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

White Ribbon News.

Woman'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.

BADGE—A knot of White Ribbon.

WATCHWORD—Agitate, educate, organize.

OFFICERS OF WOLFVILLE UNION.

President—Mrs. L. W. Sleep.
1st Vice President—Mrs. G. Bryant.
2nd Vice President—Mrs. J. D. Chambers.
3rd Vice President—Mrs. Geo. Fitch.
Recording Secy—Mrs. W. Mitchell.
Cor. Secretary—Mrs. Geo. DeWitt.
Treasurer—Mrs. H. Pineo.

SUPERINTENDENTS.

Evangelistic—Mrs. Geo. Bishop.
Temperance in Sabbath-schools—Mrs. (Dr.) Brown.
Scientific Temperance in Schools—Mrs. G. Cutten.
Lumbermen—Mrs. J. Kempton.
Willard Home—Mrs. M. Freeman.
U. B. Bulletin—Mrs. Langille.
Press Work—Miss Margaret Barss.
Parlor Meetings—Mrs. J. Kaye.
L. T. L.—Mrs. Howe.

What Sort of a Friend are You?

What sort of a friend are you?
Do you stick by a brother's side,
As you know you'd want him to do
If you were as sternly tried?
Is there ever a pleasure rare
That you willingly go without
To share another's care,
And smilingly help him out?

What sort of a friend are you?
Just one of the fair day kind,
A smile when the skies are blue,
Ahead when he falls behind!
Do you put yourself out at all,
Do you pass up a joy that's nigh
To answer a brother's call,
Or selfishly hurry by?

Do you stick when the days are glum,
As you did when they were fair?
When he wishes that you would come
Do you eagerly hurry there?
Or do you think of yourself
Each minute of the whole day through,
Of comfort, of fame and self?
What sort of a friend are you?

Boys We Like.

The boy who never makes fun of old age, no matter how descrepit or unfortunate or evil it may be God's hand rests lovingly on the aged head

Cheating is contemptible anywhere and at any age. His play should strengthen, not weaken, his character.

The boy who never calls anybody bad names no matter what anybody calls him.

The boy who is never cruel.

The boy who never lies. Even white lies leave black spots on the character.

The boy who never makes fun of a companion because of a misfortune he could not help.

The boy who never hesitates to say 'No' when asked to do a wrong thing.

The boy who never quarrels.

The boy who never forgets that God made him to be a joyous, loving, helpful being.

Scout Law.

The second part of the Scout's promise is that at all times he will be prepared to help others. Now that does not only mean that he will do his one good turn daily, but will also try to do just as many as he can possibly cram into twenty-four hours. The Scout who gets up in the morning and either forgets to put the knot in his tie or else does some simple little service and is satisfied for the rest of the day in not quite living up to his promise, is he? I guess not! I think personally that a Scout should keep the knot in his tie until he has done some real, big turn, and that he should always be on the lookout for chances to help others along the road. Then, too, to use an old saying, keep your eyes peeled for chances to make each day richer by hundreds of good turns. You know that it's twice as easy to smile and whistle after you have helped someone carry a heavy parcel, or directed someone to a place they were looking for, or any other service you may render. It isn't very hard to be cheery and happy if you live up to this part of the promise. Therefore, boys, make this the object of every day of your life. To help others and to do, not one, but as many good turns every day as you can.

Temperance Reform in Russia.

Russia has been notorious for the intemperance of its peasantry and the enormous consumption of the national liquor, vodka. Some years ago in order to turn this habit of the people to the advantage of the state treasury the Government made the liquor traffic a state monopoly. It then became more the fashion to drink to the good of the country. As the government had a common interest with distillers, consumption increased, until one quarter of the state revenue was derived from this source. Recently alarmed by the prevalent debauchery, the Duma has enacted a local option measure in which the women are to vote and by which a majority may either prohibit or restrict the traffic for the district. The Czar and the Upper House have approved the Duma's legislation, so that there is hope for extensive reformation. Penalties will also be placed on illicit trading, the campaign of education on temperance will be taken up in the churches and schools and a new attitude assumed in the courts by which the fact of drunkenness shall not be regarded as excusing the commission of crime.

CASTORIA

For Infants and Children.

The Kind You Have Always Bought

Bears the Signature of Chas. H. Fletcher

When pens and ink and other writing materials came into common use a great many years ago they were sold by peddlers from house to house After a while a few dealers in writing materials opened stalls and remained stationary at their place of business To distinguish the two classes of paper sellers the man in the stall was called a stationer, and the goods he sold came to be known as stationary

'Young man,' said the boss, 'come hither and listen.' He approached 'When you've made a mistake forge it and go on to the next job Don't poter around day after day adding lot of finishing touches.

A druggist can obtain an imitation of MINARD'S LINIMENT from a Toronto house at a very low price, and have it labeled his own product.

This greasy imitation is the poorest one we have yet seen of the many that every Tom, Dick and Harry has tried to introduce.

Ask for MINARD'S and you will get it.

Some people boast that they pay as they go, but it seems hard to get them started.

'If your mother bough four baskets of grapes, the dealer's price being a quarter a basket, how much money would the purchase cost her? asked the new teacher.

'You never can tell,' answered Tommy, who was at the head of the class. 'Ma's great at bargaining!'

The Teutonic war machine seems to have been all it was guaranteed to be, except that its component parts proved to be human and subject to human limitation, a condition the Kaiser and his war advisers seem to have overlooked

AILING WOMEN OF MIDDLE AGE

Mrs. Doucette Tells of her Distressing Symptoms During Change of Life and How She Found Relief.

Belleville, Nova Scotia, Can.—"Three years ago I was suffering badly with what the doctors called Change of Life. I was so bad that I had to stay in bed. Some friends told me to take Lydia E. Pinkham's Vegetable Compound and it helped me from the first. It is the only medicine I took that did help me and I recommend it. You don't know how thankful and grateful I am. I give you permission to publish what your good medicine has done for me."—Mrs. SIMON DOUCETTE, Belleville, Yarmouth Co., Nova Scotia, Canada.

Such warning symptoms as sense of suffocation, hot flashes, headaches, backaches, dread of impending evil, timidity, sounds in the ears, palpitation of the heart, sparks before the eyes, irregularities, constipation, variable appetite, nervous and sleeplessness, and dizziness, are promptly heeded by intelligent women who are approaching the period in life when woman's great change may be expected.

Lydia E. Pinkham's Vegetable Compound invigorates and strengthens the female organism and builds up the weakened nervous system. It has carried many women safely through this crisis.

If you want special advice write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass. Your letter will be opened, read and answered by a woman, and held in strict confidence.

Minard's Liniment for sale everywhere.

CHEESE FOR BREAKFAST

Used With Cereals It Makes Appetizing and Healthful Dish

Breakfast foods are not such cheap fare after all when you begin to count the cost of sugar and cream usually served with them. But expert cooks have found a substitute for the sugar and cream and it's nothing less substantial and inexpensive than cheese. This is what one chef has to say about it:

Cheese combined with cereal foods makes a rational dish as regards the proportion of nutrients it supplies. Cheese and some of the crisp "ready to serve" cereal breakfast foods is a combination which is common, the cheese being melted with the cereal food, or simply served with it.

There are many who relish a piece of cheese with the cooked cereal so commonly eaten for breakfast and find such a combination satisfying to appetite and taste. Oatmeal or some other home-cooked breakfast cereal prepared with cheese is palatable, and such dishes have an advantage in that they may be served without cream and sugar. Since such a dish contains considerably more protein than the breakfast cereals as ordinarily served, it has a further advantage in that it may well serve as the principal item of a breakfast menu, instead of a preliminary to other courses. Such a combination as cereals and tea, coffee, or chocolate, makes a palatable as well as nutritious breakfast and one which does not require much work to prepare and to clear away.

A recipe for preparing oatmeal with cheese follows: Wheat breakfast foods, either parched or unparched, corn meal, and hominy may be prepared in the same way.

Oatmeal With Cheese

Two cupfuls of oatmeal, one cupful of grated cheese, one tablespoonful of butter, one level teaspoonful of salt.

Cook the oatmeal as usual. Shortly before serving, stir in the butter and add the cheese, and stir until the cheese is melted and thoroughly blended with the cereal.

The cheese should be mild in flavor and soft in texture. The proportion of cheese used may be increased if a more pronounced cheese flavor is desired.

BEAUTY ON THE STAGE

Not Even Skin Deep at Times, But Only Paint Deep

"Several actresses are said to scorn the aid of make-up on the stage, but you may take it from me that if they did their audiences would be disappointed with their beauty," said a prominent lady of the limelight to an interviewer. "Natural beauty is nothing on the stage without make-up, and even the most attractive face becomes blank and meaningless.

"Now, my nose is somewhat small for the size of my face, and every night, before going on the stage, I make it appear a little larger by drawing a line of white down the centre, carefully blending it into the general tone of my complexion. It is impossible for this line to be detected from the auditorium, but the light striking upon it brings it into prominence, and makes the nose look larger.

"Every actress has generally to touch up her eyes for stage work, owing to the strange effect of the lights. When the eyes are deep set in the face—that is, dish-shaped—they have to be made-up very effectively, otherwise the lights will increase the defects a thousandfold, and a pair of 'lovely black eyes' would face the audience."

HOUSEHOLD HELPS

Cleansing with mustard is said to remove the smell of fish from pots.

If a knife is placed under a tumbler or glass dish, boiling milk or water can be put in without breaking the glass.

Rusty looking silk can be made clean and new looking if sponged with the water in which potatoes have been boiled.

When boiling eggs, wet the shells thoroughly in cold water before dropping in the boiling water, and they will not crack.

After washing lamp chimneys, try polishing them with dry salt. This gives the glass a brilliant shine and prevents it from cracking.

Fat or suet will keep sweet for a much longer time if separated from the skin, finely shredded and mixed with flour. Keep in a dry, cool place.

A good way of stiffening the bristles of hair brushes after washing is to dip them into a mixture of equal quantities of milk and water, and then dry before the fire.

To remove fruit stains from table cloths and serviettes, apply powdered starch to the stained parts, and leave for several hours till all the discoloration has been absorbed by the starch.

Always put scrubbing brushes to dry with the bristles face downwards. This lengthens their lives considerably, as if dried the other way the water naturally soaks into the wood and rots the bristles.

To remove paper labels from old bottles easily, wet the face of the label with water and hold it for an instant over any convenient flame. The steam formed penetrates the label at once and softens the paste.

Testing an Egg

To ascertain the freshness of an egg without breaking, hold it before a strong light and look directly through the shell. If the yolk appears round, and the white surrounding it clear, the chances are that the egg is fresh. Or drop it into water: If the egg sinks quickly and remains at the bottom it is in all probability fresh, but if it stands on end it is doubtful, and quite bad if it floats. The shell of a fresh egg looks dull, while that of a stale one is glossy.

GEMS OF THOUGHT

Silence is a great peacemaker.—Longfellow.

If thou wouldst be happy bring thy mind to thy condition, and have an indifferency for more than what is sufficient.—William Penn.

Happiness consists, not in possessing much, but in being content with what we have. He who wants little always has enough.—Zimmerman.

Putting up with things that cannot be helped means courage; putting up with things that can be helped means cowardice.—Lutheran Young People.

Great occasions do not make heroes or cowards, they simply unveil them to the eyes of men. Silently and imperceptibly, as we wake or sleep we grow and wax strong, we grow and wax weak, and at last some crisis shows us what we have become.—Canon Westcott.

Perfect Type of Beauty

MRS. L. THOMAS

Mrs. Leonard Thomas has been honored by the well known artist, Penhryn Stanslaus, who places her on the list of the eight most beautiful women in New York.

MILDEW AND STAINS

Some Hints as to How to Eliminate Them From Clothing and Linen

A neglected speck of mildew has often spoiled a good tablecloth, and the little blue spots often ruin dresses, or undergarments of white cotton. It doesn't pay to neglect mildew, or in fact any of the stains or marks that are so often found in white clothes.

It isn't easy to remove mildew from clothing, but soaking the spots in some acid, such as lemon juice, vinegar or buttermilk or salt and then exposing it to the direct rays of the sun is an effective treatment if applied at once. Or, the stains may be wet with a paste of soft soap and pulverized chalk and exposed to sunlight. If the stains do not yield to these methods javelle water may be tried.

To make javelle water take one pound washing soda, one-half bleaching powder (calcian hypochlorite), one quart boiling water, and two quarts cold water. Dissolve the soda in boiling water in a granite pan and let it cool. Dissolve the bleaching powder in cold water, let it settle and pour the clear liquid into the soda; let settle. This gives a 25 per cent. solution. Mixed with equal portions of water it may be used cautiously to remove spots. If the materials are to remain in the solution for some time it should be diluted to about a 2 per cent. solution. Wash thoroughly in several waters and lastly in diluted ammonia water.

Fruit stains are held in the material by pectin, a gelatinous substance soluble only in boiling water. Pouring boiling water from a height through the fabric will remove such stains.

Preserving Window Blind Cords

To prevent window-blind cords breaking, dust the cords, and then rub them over with a well-greased rag. The snapping is caused by friction, which impoverishes the cords, and they are further weakened by the sun and weather.

Guarding Against Burns

It is an excellent plan to keep in the kitchen a bottle filled with equal parts of linseed oil and lime water, to alleviate the pain of burns. Shake the bottle well before using the lotion, and keep the burned parts from the air by covering with lint.

To Prevent Basin Breaking

A very good way to prevent a cracked wash basin from breaking is to paint along the crack with white paint. Then place along it a piece of wide tape, the length of the crack. Paint well over tape, and when dry it will be as firm as cement and last for years.

Washing Varnished Paper

Varnished paper on walls should be cleaned with a flannel dipped in weak tea and polished with a dry cloth.

THAT AWFUL ACHE OF LUMBAGO RUBBED AWAY FOR ALL TIME

Hooray! No More Suffering—Every Ache Goes Quick

RUB ON NERVILINE.

Lumbago is a peculiar sort of rheumatic trouble that affects the muscles about the loins and back. At times its agony is intense. Severe spasms of pain shoot in all directions, and become more severe on stooping.

In treating lumbago, or stitch in the back, it is necessary to keep warm and covered to prevent a sudden chill. Attend to this and then apply Nerviline freely. Almost instantly you feel its warm, soothing action. Right through the cords and muscles the healing power of Nerviline penetrates. Quick as a wink you feel the stiffness lessening. You realize that a powerful pain subduing remedy is curing the pain, is easing your distress, is making you well again.

Nerviline quickly cures backache and lumbago because it has the strength, the power and penetrating force possessed by no other known remedy. Its amazing curative action is due to certain extracts and juices of rare herbs and roots, combined by a secret process and forming a truly magical medical marvel.

Any sort of aches in the muscles and joints Nerviline will cure quickly. It eats the pain right up—relieves stiffness, restores the muscles to their wonted elasticity and vigor.

It's the quickest thing imaginable for rheumatism, sciatica or neuralgia.

As for earache, toothache, sprains or strains, nothing can excel good old Nerviline.

Get the large 25 cent family size bottle, it's the most economical. Druggists, or 25 cents. All dealers or the Catarrhozone Co., Kingston, Canada.

Let's make a Jelly Roll—
With FIVE ROSES flour.
Its *Strength* and *Fineness* hold your batter together in the long well-greased pan.
Bakes *evenly*.
Smooth Texture—soft, golden Crumb, spongy, porous, yielding.
No holes, nor lumps to *vex* you.
And when you turn it out on the damp napkin hot and *savory*, and you spread the under side with "Jell"—
It doesn't get *soggy* nor crumbly.
Roll it gently, carefully.
Not a *crack*—not a *break*.
Perfect Smoothness—a Perfect Roll—*Yours*.
Bake anything, make anything.
Use FIVE ROSES—*bread and pastry*.
Melting puff paste—flaky pie crust—crinkly fritters—tooth some rolls.
FIVE ROSES for anything—*everything*.
Be flourwise.

Five Roses Flour

Not Bleached — Not Blended

LAKE OF THE WOODS MILLING COMPANY, LIMITED, MONTREAL

FOR SALE BY WM. C. BLEAKNEY

The Fragrant Orchid

—breathes again in this delightful Orchid line of Perfume, Toilet Water, Talcum and Cream.

Think of it! The redolence of this daintiest and rarest of flowers, skillfully extracted and retained for you in the purest of all Toilet Accessories.

Here is indeed a most charming odor.

Corson's

Perfumes & Toilet Requisites

Ask your druggist for a dainty 10c. sample

THE DOMINION PERFUMES LIMITED TORONTO, ONT.

Invasion of Canada.

No one in Canada need be alarmed by the efforts of the German Ambassador at Washington to define Germany's position with respect to the Monroe Doctrine. There is not the remotest possibility of an invasion of Canada by Germany. The United States press is quite clear that Germany has as much chance of invading Canada, while the British navy floats, as of invading the moon. Further, America has no wish to participate in such bloodshed, whether actively or passively, but a German occupation of Canada would make it a logical necessity in a coming generation. Britain is fighting for the peace and liberty in Europe which she has maintained with the United States for a hundred years in America. That is the real basis of American sympathy with the Allies in the great war.

Are you Bilious?

Don't let it run too long, it will lead to chronic indigestion. In the meanwhile you suffer from miserable, sick headaches, nervousness, depression and sallow complexion Justtry CHAMBERLAIN'S STOMACH & LIVER TABLETS. They relieve fermentation, indigestion — gently but surely cleanse the system and keep the stomach and liver in perfect running order.

TAKE THESE

At all dealers, 25c., or by mail from Chamberlain Medicine Co., Toronto

In the Kitchen.

When cleaning knives dampen them before rubbing on the boards, this will produce a better polish and they will clean much quicker.

To impart a delicate odor to linen, saturate a piece of cotton or blotting paper with oil of lavender and place it among the various articles.

A little bag of sulphur suspended in a bird cage is not only healthy for the bird, but keeps away the parasites with which some birds are infested.

If wood worms are in old furniture rub constantly with turpentine. The polish made of turpentine and beeswax is to be preferred to any other for this cure.

When boiling haddock fasten the head to the tail, add only sufficient water to cover, and boil slowly till cooked. Haddock is hard and indigestible if boiled fast.

Old holes in wood may be filled up by mixing sawdust with glue till it is the consistency of stiff paste. Press this compound into the holes, and it will become as hard as the wood itself.

When jars and jugs have been put away and smell musty, rinse them with lime water. This is particularly good for all vessels used for milk, as there is no likelihood of their not being properly cleaned.

DOMINION ATLANTIC RY
& STEAMSHIP LINES
TO ST. JOHN VIA DIGBY
AND TO BOSTON VIA
DOMINION ATLANTIC RY TO YARMOUTH Thence Steamers of the BOSTON & YARMOUTH STEAMSHIP Co. TO BOSTON
— — YARMOUTH LINE — —
LAND OF EVANGELINE ROUTE

Wolfville Time Table

Corrected to Sept. 20th, 1914

LEAVING.

Express for Truro and Halifax	6.15 a.m.
Accom for Halifax	12.35 p.m.
Express for Truro and Halifax	4.15 "
Express for St. John and Yarmouth	9.51 a.m.
Accom. for Annapolis	1.30 p.m.
Express for Annapolis Sat. only	5.54 "

Express leaving at 9.51 a.m. connects at Kentville with C. V. Branch train for Kingsport.

ARRIVING

Express from Annapolis Mon. only	6.15 a.m.
Express from Kentville	6.15 a.m.
Accom. from Annapolis	12.35 p.m.
Express from Yarmouth and St. John, N.B.	4.15 "
Express from Truro & Halifax	9.51 a.m.
Accom. from Halifax	1.30 p.m.
Express from Halifax	5.54 "

These trains only run on week days.

Boston Service

Express train leaving at 9.51 a.m. for Yarmouth connects with steamers of the Boston & Yarmouth S. S. Co., Ltd., sailing Tuesdays, Wednesdays, Fridays and Saturdays for Boston, until Sept. 26th, when service will be reduced to two round trips per week.

R. U. PARKER
General Passenger Agent,

P. Gilkins, Manager.
Kentville, N. S.

WANTED

For fox feed. Old horses, cows and calves. Cash on delivery.

McCONNELL & MacGREGOR,
Fox Ranchers,
Phone 20—11. Wolfville, N. S.

When a girl wins a fellow's heart a diamond generally goes with it.

Many a man has the starch taken out of him in the bosom of his family.

To keep your laundry tubs in order see that they are wiped thoroughly after each wash day with a cloth, using either kerosine or a good cleansing powder.

A Toronto magistrate has decided that there is nothing criminal in a man's keeping two households. It may not be criminal but it must be mighty expensive.

On the Deeslodge national forest in Montana, one lookout station has the record of reporting accurately by distance and direction, a fire that was sixty miles away.

The Dominion Government has established forest reserves in Manitoba, Saskatchewan, Alberta and the railway belt of British Columbia, totalling 18,022,024 acres, including the Dominion parks, which have the status of forest reserves.

Minard's Liniment Cures Garget in Cows.

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.

J. G. VANBUSKIRK

"THE CLOTHIER"

FRAME STOCK

SAWED TO ORDER.

Also Lathes, Shingles, Sheathing and Flooring.

WRITE FOR PRICES.

J. H. HICKS & SONS

BRIDGETOWN, N. S.

Wentzell's Fall and Winter Catalogue is Ready.

It's the best guide to the surest way of cutting down the cost of living. When you buy from Wentzells Limited you share in the great benefits which the 'Big Store' derives as the result of buying large quantities for cash at the source of supply.

No careful housekeeper should be without the Catalogue. If your name is not now on our mailing list fill in, cut out and mail the coupon below:

Wentzells Limited,
The 'Big Store,' Halifax, N. S.
Please send your catalogue to

Name .....

Address .....

.....

Address .....

Advertise in "THE ACADIAN"

R. J. Whitten & Co.

HALIFAX

Receivers and Sellers of all kinds of Farm Produce.

Consignments Solicited.

Prompt Returns.

COAL! COAL! COAL!

Carefully Screened and Promptly Delivered.

Springhill, Albion Nut and Old Sydney.

GIVE US A TRIAL.

Burgess & Co.

Leslie R. Fairn,

ARCHITECT,

AYLESFORD, N. S.

If You Ride Horseback,

or drive in a carriage, see before you make a start that the Trappings or

HARNESS

are in good order.

Repairs executed promptly. All work will prove highly satisfactory.

We carry a full line of Harness Dressing, Axle Grease, Whips, etc.

Also Buckles, Straps, Rivets, Punches. You'll not find our prices too high.

Wm. Regan,
HARNESS MAKER.

Expert Piano Tuning Guaranteed.

Voicing, Regulating, Repairing, Organs Tuned and Repaired.

M. C. Collins.
P.O. Box 321, Wolfville, N.S.