

# WOMAN'S BEST MEDICINE

## Mrs. Kelly Advises all Women to Take "Fruit-a-Tives"

HAGERVILLE, ONT., AUG. 26th, 1915.  
"I can highly recommend 'Fruit-a-Tives' because they did me an awful lot of good and I cannot speak too highly about them. About four years ago, I commented that 'Fruit-a-Tives' for a general break-down and they did me a world of good. We bought a good many boxes of them, but it was money well spent because they did all that you claim for them. Their action is so pleasant, compared with other laxatives that I found out pleasure, as well as health, in taking them. They seemed to me to be particularly suited to women, on account of their mild and gentle action, and I trust that some other women may start taking 'Fruit-a-Tives' after reading my letter, and if they do, I am satisfied the results will be the same as in my own case."

Mrs. W. N. KELLY

"Fruit-a-Tives" are sold by all dealers at 50c. a box, 6 for \$2.50, trial size, 25c. or sent by mail 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 teaching 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.—Aglais, educate, or give.

## OFFICERS OF WOLFVILLE UNION.

President.—Mrs. L. W. Sleep.

1st Vice President.—Mrs. G. Bryant.

2nd Vice President.—Mrs. J. D. Chalmers.

3rd Vice President.—Mrs. Geo. Fitch.

Recording Secy.—Mrs. W. Mitchell.

Cor. Secretary.—Mrs. Geo. DeWitt.

Treasurer.—Mrs. H. Pines.

## SUPERINTENDENTS.

Peace and Arbitration.—Mrs. L. Reid.

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. Leavelle.

Press Work.—Miss Margaret Baras.

Parlor Meetings.—Mrs. J. Kaye.

L. T. L.—Mrs. Howe.

## Housekeeper's Golden Rule.

First—Treat your servants as you would like to be treated yourself, if you were one of them.

Second—Early to bed, early to rise.

Third—Cleanliness is next to godliness.

Fourth—Have simple nourishing food and plenty of it.

Fifth—Market for necessities rather than frills.

Sixth—Keep down the bills.

Seventh—Keep strict accounts.

Eighth—Pay as you go.

Ninth—Have a household budget and keep within it.

Tenth—Out of debt, out of danger.

Eleventh—Remember, discretion is the better part of valor.

## Sore Absolutely Painless

**Corns** No cutting, no plasters or pads to press the sore spot. Putnam's Extractor makes the corns go without pain. Takes out the sting over night. Never fails—leaves no scar. Get a 25c. bottle of Putnam's Corn Extractor to-day.

## Some Lonely Islands.

Though scientific progress has made it possible to do a double journey between England and America in a fortnight, there remains many leads with which it takes years to communicate. Off the Scottish coast are the group of islands known as the Hebrides, Orkneys and Shetlands.

Of these the most isolated island is St. Kilda, some three miles long and

## DOCTORS DID NOT HELP HER

But Lydia E. Pinkham's Vegetable Compound Restored Mrs. Bradley's Health—Her Own Statement.

Winnipeg, Canada.—"Eleven years ago I went to the Victoria Hospital, Montreal, suffering with a growth. The doctors said it was a tumor and would not be removed as it would cause instant death. My friends said that my organs were affected and said I could not live more than a month in the condition I was in."

"After I came home I saw your advertisement in the paper, and commenced taking Lydia E. Pinkham's Vegetable Compound. I took it constantly for two years, and still take it at times, and both my husband and myself claim that it was the means of saving my life. I highly recommend it to suffering women."

—Mrs. ONILLA BRADLEY, 24 Johnson Ave., Winnipeg, Manitoba, Can.

Why will women take chances or drag out a sickly half-extended existence, missing three-fourths of the joy of living, when they can find health in Lydia E. Pinkham's Vegetable Compound?

For thirty years it has been the standard remedy for female ailments, and has restored the health of thousands of women who have been torn and shattered with such ailments as irregular menstruation, inflammation, etc.

In ordinary industries or mercantile establishments there is a chance to economize when the revenue declines, but it is not so with a newspaper. With its declining revenue, except by the most judicious management, it is liable to incur increasing expenses. It has to be kept up to date, and its circulation must be maintained.

Castorine is pleased with the results. You breathe Castorine—your doctor takes it. Large size 50c. Small size 25c. Sold everywhere.

Nothing Known So Sure For Throat Weakness, Bronchial Trouble, Etc.

No doctor attempts today to cure a genuine case of catarrh or bronchitis except by the inhalation method. Stomach doing has been discarded because useless medicine is taken which only the stomach never reaches the seat of disease.

The advanced physician recognizes that only air can be sent into the lungs and bronchial tubes. Fill this air with healing medication and you solve the problem. No combination of medicines is so successful as Castorine.

Children Cry FOR FLETCHER'S CASTORIA

The Newspapers of Canada have probably been struck harder by the present war than any other industry or enterprise in Canada. Three months of the war put the Vancouver World out of business. Its creditors lost heavily despite the fact that the World was one of the most widely circulated papers in that province.

The Montreal Star and dozens of other papers over Canada have found it necessary to increase their subscription and many other papers have been reduced in size.

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two miles broad. The inhabitants lead lives of great loneliness, for it takes a month to get to the next island, and the sea often makes any communication with St. Kilda impossible for months.

The group of eight Phoenix Islands in the Pacific has a total population of only a hundred and fifty eight. Another little island of the British Empire is Fanning Island. This is a landing place for the Pacific submarine cable, and usually there are about a hundred people in the place.

The loneliest of all parts of British territory is the island of Tristan Da Cunha, in the South Atlantic, which is also the smallest inhabited island in the Empire. It is eighteen hundred miles from land, has a population of seventy four Scottish Americans, and the inhabitants get news of the outer world usually once every two years.

## Nickel too Much.

The story is told of a crooked street car conductor who was being watched by a spotter of the company. The conductor divided the receipts on the fifty fifty basis—a nickel for the company and a nickel for himself, says the Kansas City Star.

At last he came to the last, an odd nickel, and couldn't decide whether it was to go to him or the company. He undertook to decide it by the flip of the coin, assigning heads to the company and tails to himself. The nickel came down heads up, the company winning.

"That's a horse on me," the conductor said. "I'll make it two out of three."

Up he flipped the coin again and lo and behold it came heads, the company winning again.

"Well, I'll take it," anyhow, the conductor said.

The spotter reported the incident and the conductor received this note from the management:

"We might have been able to stand for the fifty fifty arrangement, but when the company won that last nickel twice and you refused to abide by the result it was too much. You are discharged."

If All Played Out, Try This Prescription

When that overpowering weariness and a never rested feeling comes over you it shows some serious disorder is undermining your health. The cure is simple. Build up the system and nourish the body back to health by pure wholesome food.

The one sure means of doing this is with Dr. Hamilton's Pills. They are a marvelous aid to appetite—convert all you eat into nutriment and tissue building material. Thus a weak body is supplied with new nerve-fibre, hardy muscle and firm flesh. Lasting good health is sure to follow. If you really want to get well and stay well, use Dr. Hamilton's Pills, 25c. per box at all dealers.

France is following the example of Russia and is forbidding the selling of alcoholic liquor.

## To Check a Cold.

It is easy to check a cold if you begin in time. Frequent doses of Dr. Chase's Syrup of Linseed and Turpentine keep the cough loose, allay the inflammation and so prevent it spreading to the bronchial tubes and lungs. Mrs. S. Moore, Shortreed, B. C., writes: "I wish to state my gratitude to Dr. Chase's Syrup of Linseed and Turpentine, for it cured a cold which a friend said would put me in the grave."

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The British Red Cross Queen Alexandra is president of the British Red Cross Society, which was founded in 1905, and incorporated by Royal Charter in 1908.

Though the British Red Cross Society is affiliated with the International Association of Red Cross Societies, it is, as in the case of every country, worked upon a quite independent basis.

Roughly, the British society is divided into two parts—the men's and the women's detachments—and some idea of the progress made since the inauguration in 1905 may be gathered from the fact that at the present time the British Red Cross Society can turn out nearly 65,000 nurses—men and women—in nearly two thousand detachments.

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BRASS BANDS IN BATTLE Napoleon I. was a firm believer in the inspiring effects produced by music on armies and utilized it with telling results. During the peninsular campaign the British bands had a conspicuous part. At Busaco, when the English, weakened and starving, were hard pressed by the French, the Duke of Wellington sent forward the bands to play the national anthem. Instantly the men fought with renewed vigor and the battle was won.

An officer said, "I saw one company waver, but a non-commissioned officer shouted that as long as the music lasted the fighting would go on and threatened to put a bullet into the first man who showed signs of cowardice. He did not have to fire."

At Talavera two bands were entrenched in a ravine and played stirring music to goad the men to fight against the enemy.

During the Schleswig-Holstein War of 1848, Prince Frederick Charles, the father of the Duke of Connaught, ordered his regimental bands to play a religious chorale praying for victory—and victory came. During the Franco-Prussian War a general wrote to headquarters, "Send me a thousand men and the music of the 'Marseillaise' and I will guarantee you a victory."

Before Plevna in the Russo-Turkish War, Skobelev, a Russian general, was about to order a retreat when he caught sight of the Imperial Guard's Band standing in the rear. He at once ordered it to play the Russian national anthem, and the disheartened soldiers, with a great access of courage, swept over the Turks, utterly routing them.

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The Last Shot. There was probably no incident in the Franco-Prussian War of 1870, says the Boston Herald, more dramatic than that which marked its close.

Herr Foreckenbeck, president of the Prussian Chamber of Deputies, was sent with a colleague to Versailles to congratulate King William on his election as Emperor. Bismarck, who had just concluded the terms of peace with France, invited the two delegates to supper, and in the course of the meal said:

"Tonight, at twelve o'clock, the last shots will be exchanged between our troops and the French, and I have conceded to the French the honor of the last shot."

Foreckenbeck and his colleague left their host before midnight, drew their watches, stood underneath a lantern of the Hotel du Reservoir, and waited. First there was a cannon shot from the German lines; then a solemn stillness. Then followed the last reply from Monte Valerien. The tower clock at Versailles struck twelve; the war had ended.

A Wonder Worker. "It looks like magic," is a favorite expression when Dr. Chase's Ointment is used. It works quickly, stops all itching at once, often heals it a single night. For eczema, salt thern, barbers' itch, skin irritations or eruptions, it is a most satisfactory treatment. Being antiseptic, it prevents blood poisoning.

When a man has more dollars than sense he is badly in need of a little change.

A woman at a bargain sale always acts as if there was never going to be another one.

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