

Notes and Comments

If a train moving at a speed of forty-five miles an hour were to stop suddenly, it would give the passengers a shock equal to that of falling from a height of fifty-four feet.

The report that in some parts of the States as high as 10,000 per cent. has been made in a year's business on sugar transactions will not tend to reconcile the public to the recent boosting of prices.

Business men of Calgary and other localities are assisting farmers in their seeding by placing at their disposal every available team of horses. The assistance of Calgary's quota of about 200 teams makes possible 42,000 acres in three weeks.

Centuries ago an edict was issued in China that upon the failure of a bank the heads of the president, cashier and directors should be struck off and piled up in a corner with the assets. The edict has never been repealed, nor has there been a bank failure in China for more than 900 years.

Five municipalities will assist in the construction of the new Montreal-Sherbrooke highway, the cost of which is estimated at \$25,000 per mile. The federal government road agent will superintend the work, the expense of which are borne 40 per cent by the federal government, \$3,000 per mile by the municipalities, and the remainder by the province.

Publishers everywhere are experiencing considerable difficulty in obtaining their wanted supply of paper stock. An evidence of this is contained in the published notice that the two well-known Curtis publications, "Saturday Evening Post" and "Country Gentleman," will discontinue circulation in Canada for three months at least because of the shortage of paper.

The bogey of the sugar shortage has been pretty thoroughly exploded by the revelations of hoarding made in the United States. It is not improbable that similar investigations were conducted in Canada it would be found that all the time the country was being warned about the tremendous scarcity, great stocks of sugar were stowed away in various parts of the country, not to say in the refineries.

The vote for, or against, the prohibition of the importation, and the bringing of intoxicating liquor for beverage purposes into Nova Scotia, will be taken on Monday the twenty-fifth of October, it was announced by Rev. H. R. Grant, who said he had been advised that that was the date fixed by the Dominion Government, following the request made by resolution of the Provincial Legislature.

The incorporation of the Fraser Paper Co., Ltd., with a capitalization of \$10,000,000, promises the establishment of the largest industrial enterprise in the province of New Brunswick. A sulphide mill is to be established at the mouth of the Tobique river with a capacity of 150 to 250 tons per day, and also a paper mill for the manufacture of newsprint. Some 5,000 horse-power will be developed and an army of men employed.

HEARTBURN
or heaviness after meals are most annoying manifestations of acid-dyspepsia.

KI-MOIDS
pleasant to take, neutralize acidity and help restore normal digestion.

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MAKERS OF SCOTT'S EMULSION

Anaemia Robs Its Victims by Stealth

CONDITIONS OF THIN BLOOD THAT COULD BE CORRECTED EASILY ARE STEALING THE HEALTH AND ENERGY OF MANY MEN AND WOMEN, AND BOYS AND GIRLS

Anaemia, which literally means bloodlessness, is one of the most prevalent troubles of the present day. If neglected it is apt to develop into pernicious anaemia, one of the most hopeless diseases. While anaemia attacks men and boys, it is more prevalent among young girls and women and for this reason every woman, particularly every mother, should know how to recognize the signs of this trouble which makes its approach so gradually and so stealthily that it is often far advanced before the nature of the trouble is noticed. One general symptom of anaemia is pallor. The cheeks gradually lose their color, and the lips become pale or white. With this loss of color there come a tendency to fatigue, a palpitation of the heart, and breathlessness after slight exertion, with occasional headaches. In the more severe cases fainting spells frequently occur.

In ordinary anaemic conditions, including the anaemia that affects young girls in their teens, Dr. Williams' Pink Pills are all the medicine required. Fresh air, sunlight and nourishing food will do the rest. Any woman or girl taking Dr. Williams' Pink Pills can tell by the growing redness of her lips that the pills are making her blood rich and red.

Miss Mabel Feener, Liverpool, N. S., says:—"Before I began the use of Dr. Williams' Pink Pills I felt like a complete wreck of my former self. My blood was thin and watery; I suffered from faint and dizzy spells, and had headache almost every day. I was taking doctor's medicine, but it was not helping me and at this time I was learning my trade as a tailoress, and was forced through my illness to give up work. After reading an advertisement of Dr. Williams' Pink Pills one day I decided to give the pills a trial. After taking two boxes I felt that I was being benefited, and continued their use until I was fully restored to health. The pills certainly did wonders for me, and I cannot recommend them too highly."

The purpose of Dr. Williams' Pink Pills is to build up the blood. They do this one thing and they do it well. They are for this reason an invaluable remedy in diseases arising from bad or deficient blood, as rheumatism, neuralgia, after effects of the grip and fevers. The pills are guaranteed to be free from opiates or any harmful drug, and cannot injure the most delicate system. You can get Dr. Williams' Pink Pills through any dealer in medicine or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

Aldershot to be Open This Year

Tentative dates for militia training camps have been issued by the militia department. Aldershot Camp will probably be open from the fourth to the eighteenth of September, Halifax, September 4th to 7th, for artillery, and Sussex, June 22nd to July 3rd.

"Mention twelve animals of the Polar regions," said the teacher at Allenby. The despairing student wrote: "Six seals and six Polar bears."

Minard's Liniment Cures Distemper.

What Good Roads Mean

While there may be some difference of opinion as to what kind of roads we require, or how we are to get the necessary finances needed to build these roads, yet there is no difference of opinion that we need better roads in Nova Scotia.

Good roads benefit a community by making travel quick, safe and comfortable. They extend neighborhood limits, bring more people into personal touch with each other, increase social opportunities and remove the monotony of isolation. They bring greater content to the youth on the farm, make city and country near neighbors, reduce illiteracy by increasing school attendance, and thus develop a broader knowledge of life and higher standard of living. Permanent roads are giving an ever-increasing share of service in providing safe, dependable highways for heavy motor truck traffic, relieving railroads of much short haul, lessening terminal congestion, and in these ways making the handling and shipment of supplies urgently needed both at home and abroad much easier.

Permanent roads make daily rural mail delivery a fact. Every home in the community is put on a new wire with political, financial, industrial and trading centres of the world. The best thought in every line of endeavor is transmitted daily to the communities served by a network of well-surfaced roads. The permanent road saves more than it costs. It is open to maximum traffic all the year. It brings greater freedom and ease all around in essential travel and transportation. It permanently increases land values.

But the need is for more good roads now; permanent roads that will bring these benefits with them and leave disastrous drawbacks behind—roads that will not bankrupt the community with a heavy maintenance expense. There is always this fact to be remembered: While the initial expense of a good road may seem heavy, its upkeep is considerably less than that of a poor road, which stands in need of constant repair, and in the long run an expensive road may be the cheaper of the two.

Boston Canadian Club Elects Officers

The annual election of officers of the Boston Canadian Club was held on Thursday evening, May 13th. F. I. Davison was re-elected President; F. J. McLeod, 1st Vice President; Percy A. Guthrie 2nd Vice Pres.; J. H. McNaughton, 3rd Vice Pres.; S. Usher, Treas.; W. S. Mulhall, Secty; John F. Masters, Historian; A. K. deBlois, Chaplain; R. Dysart, Auditor; Executive Com.—Col. A. P. Graham, W. E. C. Goudey, John B. Patterson, J. F. Masters, Capt. A. F. MacDonald, David E. Sprague was elected song-leader and John F. Masters, Albert T. Cann, W. E. C. Goudey and D. E. Sprague to fund committees.

A contribution of \$1000 was added to the proposed Canadian endowment fund. Already more than \$5000 has been contributed or pledged. The Canadian Club increased its membership by 484 during the past year, bringing the total number of members to 781.

Dr. DeVan's French Pills
A reliable Regulating Pill for Women \$5 a box. Sold at all Drug Stores, or mailed to any address on receipt of price. The Seebell Drug Co., St. Catharines, Ontario.

PHOSPHONOL FOR MEN
Restores Vini and Vitality; for Nerve and Brain; increases "gray matter;" a Tonic—will build you up \$5 a box, or two for \$5, at drug stores, or by mail on receipt of price. The Seebell Drug Co., St. Catharines, Ontario.

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2 years -	24.76	49.52	123.60	247.60	
3 years -	37.70	75.41	188.52	377.04	

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