

THE WONDERFUL FRUIT MEDICINE

Thousands Owe Health And Strength To "Fruit-a-lives"

"FRUIT-A-LIVES", the marvellous medicine made from fruit juices - has relieved more cases of Stomach, Liver, Blood, Kidney and Skin Troubles than any other medicine. In severe cases of Rheumatism, Sciatica, Lumbago, Pain in the Back, Impure Blood, Neuralgia, Chronic Headaches, Chronic Constipation and Indigestion, "Fruit-a-lives" has given unusually effective results. By its cleansing, healing powers on the eliminating organs, "Fruit-a-lives" tones up and invigorates the whole system.

50c. a box, 6 for \$2.50, trial size, 25c. At all dealers or sent postpaid by Fruit-a-lives Limited, Ottawa.

DOMINION ATLANTIC RY.

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

Service Daily, Except Sunday
Express for Yarmouth . . . 12:05 p.m.
Express for Halifax and Truro . . . 2:05 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. arrives Digby 10:00 a.m. leaves Digby 10:30 a.m. arrives at St. John about 6:00 p.m. Canadian Pacific trains for Montreal and the West.

BOSTON SERVICE

Service of train from Yarmouth for Boston after arrival of 8:25 p.m. train for Halifax, Wednesday and Saturday.

R. H. PALMER, General Passenger Agent.
GEORGE E. GRAHAM, General Manager.

H. & S. W. RAILWAY

Connection at Middleton with all points on H. & S. W. Railway and Dominion Atlantic Railway.

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.

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"

JANUARY SECOND

All classes at the Maritime resume regular sessions. On the basis of 1916 applications for Maritime-trained or competent in several months.

MARITIME BUSINESS COLLEGE

HALIFAX, N. S.
E. KAULBACH, C. A.

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.

S. KERR, Principal

Minard's Liniment relieves Neuralgia.

Lawrencetown

Chester Banks sold a cow last week to Dr. Simms for one hundred dollars. An interesting program is being prepared for an Easter concert in the Baptist Church.

Mr. and Mrs. Miner Daniels entertained a large number of friends on Monday evening last.

Mrs. D. M. Balcom visited her sister, Mrs. Clarence Young of Bridgetown, for a few days last week.

Mrs. (Rev.) P. H. Beals of Wolfville came on Saturday evening to give a talk here. Pastor and Mrs. Beals are guests of Mrs. Edwin Banks.

The members of Nelson Division, Sons of Temperance, visited Oliver Branch at Bridgetown on Tuesday evening, and report a good time.

Miss Irene Jackson, a "B" student of the high school, entertained her classmates at the home of her parents, Mr. and Mrs. A. J. Jackson, at Clarence, on Saturday afternoon.

Mrs. L. R. Moore, Sr., passed away on Saturday morning at the home of her daughter, Mrs. O. V. St. John. The funeral took place on Monday in the Baptist Church at 2:30 p.m.

Mr. Frank E. Whitman and Miss Annie Laura Banks were united in marriage by Rev. E. S. Philbrook, pastor of the First Baptist Church of Annapolis, on the 19th inst.

The temperance program, which was given in the Baptist Sunday School on Sunday morning, was as follows:

Service of Song by the school.
Leader: Principal B. S. Banks.
Organist: Miss Sadie Banks.
Paper: "Temperance in the Sunday School" by Mrs. C. S. Balcom.

Readings by Mrs. J. Stoddard, Mrs. I. Morgan, and Mrs. J. Stoddard.
Music by choir.
National Anthem.

Miss Myrtle Morrison spent the 14th in Middleton.

William B. Eaton of Middleton spent a few days of last week in Springville.

Mrs. Albert Varner and Mrs. J. T. Varner, who are in Bridgewater several days of last week.

Halliburton Daubine, P. Tufts and Wilbur Zittel have gone to Halifax to work in steelworking.

Mr. P. O. Gidman, of J. C. Gidman & Son, was in St. John last week from Monday until Wednesday.

Captain Verge of the Composite Battalion, Halifax, is in town securing recruits for a Forestry Battalion.

Oscar McNayr returned from Cape Breton, and Hallet and Clarence Allen from Halifax, on Saturday of last week.

Rev. E. H. Howe of Greenwood, Kings Co., has been in Springville and vicinity recently, lecturing on the war.

Mr. and Mrs. Vernon Beak arrived on Saturday to visit Mrs. Beak's parents, Mr. and Mrs. E. Young, who are both in poor health at present.

AM-BK

Purely Herbal - No poisonous coloring. Antiseptic - Stops blood-poison. Soothing - Ends pain and swelling, etc. Pure - Best for baby's health. Heals all sores.

50c. box. All Druggists and Stores

CLEMTONSPORT

March 19.
Capt. Amos Burns spent over Sunday last at his home here.

The Real Cross met at the home of Mrs. William Mills on Monday of this week.

Mr. C. W. Titus of St. John, N. B., called, was here on business during two days last week.

Capt. Joseph Rawling of Bear River was the guest of his son, Capt. E. Rawling, one day last week.

Mr. and Mrs. W. V. Vroom left here on Saturday last for Middleton to visit friends for a few weeks.

Work is progressing on Shaw's Point and we expect to see in the near future still greater developments.

Mrs. Bernard Harris of Bear River, was an over Sunday guest of her parents, Mr. and Mrs. Joseph Rupp.

Miss Rena Robinson and Miss V. Morehouse were the guests of Mr. and Mrs. McElbourne Parly last week.

We learn that Mr. E. Stangor, painter and decorator, is at present engaged in this work at Annapolis Royal.

Mr. Herbert Hicks sold two fine young horses to the Royal Canadian Mounted Police, on Saturday last.

Mrs. C. Parker and two children, who have been visiting friends at Greenville Ferry, arrived home recently.

Mr. John Lockwood of Halifax, formerly pastor of St. Clements Parish, spent over Sunday last visiting friends here.

Mrs. Charles Merritt and daughter were guests of the Rev. J. Stoddard, Mr. J. Potter, Clementsvale, last week.

Several commercial travellers were in the village last week transacting business for the different firms which they represent.

We are glad to learn that the Boy Scouts are getting along nicely in their drill. The days for drill are Thursday and Saturday of each week.

Mr. L. Y. Shaw, a young man, making a good showing. We hope to see more in progress ere long. The good old summer time is coming. Get ready for it.

Mr. John Lowe, formerly keeper of the County Alms House at Bridgetown, was eighty years old on Saturday last, and in connection with that event was surprised by some twelve or more of his male friends of the village coming to his home in the afternoon to enjoy a five o'clock tea with him and to celebrate the occasion.

A sumptuous repast was partaken of and in the course of the evening many engaged in this very pleasant time was spent. At the parting his friends present expressed to him the wish that he might cut down many more occasions. His many friends will be glad to know he is enjoying at present a fair amount of health, and his aim is to realize this wish.

DEEP BROOK

March 19.
Miss Birdie Miller spent Saturday and Sunday in Digby.

Miss Ethel Dumas spent Sunday with friends in Bear River East.

Middleton

Mrs. Edwin Bartheaux spent Sunday at Torbrook.

Mrs. St. Clair Elliott leaves this week for her home in the West.

Miss Pauline Wright has returned to take charge of Bentley's millinery department.

Miss Nellie Hillz of South Berwick was home to attend the funeral of the late Mrs. Hoffman.

Mrs. Belle Eaton and son returned Friday from Halifax, where they spent the past four weeks.

Mrs. N. W. Baker returned home last week from Halifax, where she had been the guest of her brothers, Lewis and Inglis Finney.

Mr. G. W. Andrews left last week for Victoria, B. C., to bring home his son, Loring, who is suffering from a serious nervous breakdown.

Dr. Messinger took Mrs. Warren and Mrs. Swallow of Port George to Halifax to the Victoria General Hospital for surgical treatment.

Corp. Cecil Wharton has received the Military Cross for gallantry in the enemy's trenches at night. Corporal Wharton is a brother of Mrs. A. D. Deuce of this town.

Mr. Coffey, accountant at the Royal Bank, has been transferred to New Waterford, C. B., leaving for that place on Monday. Mr. Russell Leck of the Commerce Bank has been transferred to Bridgewater.

Mr. Smith will succeed Mr. Leck. Both Mr. Leck and Mr. Coffey have made many friends during their stay in Middleton, who will be sorry to hear of their removal.

On Friday last the friends in Middleton and Nictaux of Mrs. William Hoffman of Nictaux South were shocked to hear that she had passed away the night before. She had only been sick a few hours. She leaves to mourn, a loving husband, father and mother, one brother at home, and one brother and one sister in the United States.

Another sad death is that of Mrs. Johnson, sister-in-law of Mrs. H. F. Rupp of this town. She was suddenly and doubly sad in that her husband, France, and she leaves a family of five weeks old. Much sympathy is felt for the Johnsons and his little child.

FALKLAND RIDGE

March 19.
Lester Starratt has returned to Halifax.

Mrs. R. A. Weaver is still in very poor health.

Isaac Durling of Lawrencetown was in this place on Friday.

Adeline Itcey was the guest of Annie Rupp on March 10th.

John McMillen sold a pair of steers to A. Lowe of Dalhousie for a fancy price.

Steth Langelle of Springdale spent the 11th with his uncle, Jacob Stoddard.

Mrs. L. H. Stoddard of Lawrencetown was spending a week with friends here.

Mildred Starratt and friend, Annie Saunders, of East Dalhousie are visiting friends in New Albany.

Rev. E. H. Howe of Harmony spoke in the church here on March 11th and again on Wednesday evening.

Dr. Wilson's HERBINE BITTERS

For those with only a limited amount of land or time at their disposal, there is no more effective way to help increase the food supply than by vegetable gardening. If every person who has the opportunity to raise vegetables would do what he could, the result would be a reduction of living expenses, an added pleasure in the diet, and healthful recreation in spring and summer.

The wholesomeness of vegetables too is a matter not to be overlooked. A small plot devoted to vegetable gardening will produce surprisingly large returns. If people generally engaged in this work, the aggregate result would be a material increase in the wealth of the country.

The interest in gardening during the coming season promises to surpass any ever shown in this subject before.

This is the time to make garden plans and to decide what crops to grow. If seeds are not already on hand they should be ordered now, so as to be sure to get the kinds wanted and to have them in time. Persons planning to plant garden should send for seed catalogues and make a careful study of the varieties offered.

There is much to be learned from a primary seed catalogue. Order seeds from reliable seedsmen and get seeds of the best quality even if they cost more than the ordinary seeds. It is only by trying to grow profitable crops of certain vegetables with cheap seed that the garden for ease in cultivation. Grow the vegetables in rows rather than in beds. If horse cultivation is to be employed, place the rows lengthwise of the plot and from two or three feet apart. If the cultivation is to be by hand, the rows in many instances may be closer, say from 14 to 20 inches apart, depending on the kind of crop and the richness of the soil.

If the ground was not prepared last fall, it should be ploughed or dug to a moderate depth as early in the spring as it is fit to work. It should be given frequent surface tillage or cultivation until the time for sowing the seed, thus conserving the moisture for the crop and bringing the soil into a fine state of tilth.

If manure is applied in the spring, it should be fine and well-rotted and be well-worked into the soil. If manure is not obtainable, a complete fertilizer applied broadcast at the rate of 1500 to 2000 pounds per acre is recommended. For an ordinary home garden of 10 square rods this would cost about \$2.00, or about 20c a square rod. This fertilizer will mix readily with the soil and will not interfere with the later cultivation. Its fertilizing materials are readily available and give the plants a quick start. It contains no humus, the lack of which can be partly compensated for by frequent cultivation of the crop.

Persons interested in the subject of vegetable gardening can get leaflets from the Horticultural Division, Agricultural College, Truro, riding suggestions on the planning of the garden, preparation of the soil and culture of the different crops.

The restaurants in Ware, Mass., are no longer putting sugar on the tables. The waiters are authorized to put what they think is a sufficient quantity of sugar in the tea or coffee cups of the patrons.

OTTRAM

March 19.
Miss Lillian Banks spent last Friday the guest of Mrs. Blakely Brown, Port Lorne.

Mr. William Dent sold a very fine two-year-old colt to Mr. Ralph O'Neal of Hampton.

Mr. Gerald Hines of Mr. Alberta who have spent the last year or more in Lynn, Mass., returned to their home here last week.

Miss Bertha Hudson, who has been spending several months with her mother, Mrs. H. Hudson, left on Thursday for Lynn, Mass.

Mr. and Mrs. Stanley Farnsworth, who have spent the last year or more in Lynn, Mass., returned to their home here last week.

Mr. J. K. Winchester, having received word of the illness of her son-in-law, Mr. V. Farrington, left on Wednesday for Lowell, Mass.

SPA SPRINGS

March 19.
Egbert Reagh and Miss Winnie Hall spent Sunday in Margaretsville, Ontario.

Mrs. J. K. Woodbury and Harry were visiting Mrs. Edgar Foster, North Kingston, one day last week.

Miss Winnie Hall of Margaretsville is staying a few weeks with her aunt, Mrs. Reagh, who is still suffering with foot trouble.

Word was received here from Ottawa on Saturday that Lieut. Charles Dodge of the 6th Batt. had been admitted to the hospital suffering from shot wound in the foot.

Children Cry for Fletcher's



The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of Dr. J. C. Fletcher, and has been made under his personal supervision since its infancy.

Allow no one to deceive you in this. All Castoria, in its original and "Just-as-good" are but experiments that trifle with and endanger the health of Infants and Children - Experience against Experiment.

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrup. It is pleasant, it contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic, all Peething Troubles and Diarrhoea. It regulates the Stomach and Bowels, assimilates the Food, giving healthy and natural sleep. The Children's Panacea - The Mother's Friend.

GENUINE CASTORIA ALWAYS

Bears the Signature of

Dr. J. C. Fletcher

In Use For Over 30 Years

The Kind You Have Always Bought

THE GREAT CANADIAN COMPANY, NEW YORK CITY.

THE FARM

METHODS SUGGESTED FOR UTILIZING VACANT GROUND FOR GARDENS

(Experimental Farms Note.)
From the experience gained in several Canadian cities and towns during the past few years in utilizing vacant lots for garden purposes, the following methods are suggested for those who have not yet undertaken this work.

1. An organization should be formed, on the executive committee of which are, at least, two men and women who are enthusiastic and who are willing to devote some time to looking after the preparation of the land and the laying out of the plots.

2. Owners of vacant land should be invited to offer such property for garden making.

3. Assuming that a fairly large number of lots have been offered by their owners, it should be widely advertised that one of these is available to any citizen who will be willing to work it, experience having shown that all classes in the community are interested in this work.

4. It has been learned by experience that it is important for the organization to, at least, plough and harrow the land for the plot holders the first year. Few persons who have not done any gardening before can be induced to prepare the land for seed sowing on their own initiative.

5. There are four methods by which funds may be raised to prepare the land:

(a) By appeal to wealthy citizens for contributions.

(b) By a grant from the city or town council, if necessary, on the understanding that the money will be returned by the plot holders when they have harvested their first crop.

(c) The city or town council might appoint a committee to carry out such work, the city to add in every possible way. In order that a movement of this kind may have at least the greater sympathy of the civic officials, it would seem advisable for the organization to have a room in the city or town hall for its meeting.

(d) By charging each plot holder a small amount for preparing the plot for him.

The last method is the one which is likely to be the most satisfactory for most cities and towns, and is the one recommended here.

For information in regard to rules or by-laws the reader is referred to the accounts of the work of the several organizations in Canada referred to in a bulletin being printed by the Dominion Government, as in it there will be no doubt, be found sufficient suggestions to enable by-laws to be drawn up for particular needs.

Boy Scouts Can Help

Boy Scouts can be made very useful in encouraging garden making and the use of vacant lots. In Ottawa they were employed in 1915 by the Public Health Committee of the Local Council of Women in delivering vegetable seeds which had been donated for the purpose of encouraging the poorer people to make gardens. Seed can be obtained in bulk at a cheaper rate than in packages and can be put up in packages by the Scouts. The Scouts also delivered pamphlets on Vegetable Gardening. This personal touch did much, it is believed, to decide those to make gardens who had been in doubt before, as many people would accept pamphlets if brought to them, who would not take the trouble to get them themselves.

Cattle feeding, like any other business, must be followed year after year, if one is to be successful. There will always be "ups" and "downs" and the feeder who jumps in one year and out the next will likely go in for a bad year and stay out when the profits would be large.

The first essential in seed of any kind is strong vitality. The extent of the injury to grain, from the standpoint of its suitability for seed, is measured by the extent to which its vitality, or strength of growth, has been impaired.

Minard's Liniment cures Burns, etc.

MIRRAD CIGARETTES

The blending is exceptional

Everywhere Why? Finest Quality

FIFTEEN CENTS

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, 1916.

Interest payable half-yearly, 1st April and 1st October by cheque (free of exchange at a 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 allotment 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, 1916.

AFTER MEALS

When digestion fails, whether from loss of tone, climatic changes, overwork, or errors of diet, nothing so soon restores tone and healthy activity to the digestive system as the root and herb extract - Mother Seigel's Syrup. It tones and regulates the liver and bowels, and clears the system of the decayed products of indigestion - the fruitful cause of headaches.

TAKE THE DIGESTIVE TONIC

Languor, acidity, heartburn, flatulence, brain fog, and biliousness. It makes food nourish you, and thus builds health on good digestion.

MOTHER SEIGEL'S SYRUP.

The new 1/2 liter contains three times as much as the old size sold at 50c per bottle.

S. KERR
Principal

Minard's Liniment relieves Neuralgia.