

# TORTURED BY RHEUMATISM

"FRUIT-A-TIVES" Brought Quick Permanent Relief



MR. P. H. MCHUGH  
108 Church Street, Montreal,  
December 10th, 1917.

"I was a great sufferer from Rheumatism for over 10 years. I consulted specialists, took medicines, used lotions; but nothing did me good. Then, I began to use 'Fruit-a-tives'; and in 15 days, the pain was gone and the Rheumatism was better. Gradually, 'Fruit-a-tives' overcame my Rheumatism and now, for five years, I have had no return of the trouble. Also, I had severe Eczema and Constipation, and 'Fruit-a-tives' relieved me of those complaints; and gave me a good appetite; and in every way restored me to health."  
P. H. MCHUGH,  
50, a box, for \$2.50, trial size 50c. At dealers or sent post paid on receipt of price by Fruit-a-tives Limited, Ottawa, Ont.

## W. C. T. U. Notes.

**Danger.**  
A very interesting visitor from overseas at the world's gathering in Toronto, was Dr. C. W. Saleby, the eminent English sociologist and eugenicist.  
In the course of his address in Massey Hall and to the Toronto press, he said, in part:  
"Drunkenness is the least of the evils of alcoholism, and he explained that he spoke as a medical man. 'Alcoholism leads to venereal diseases, those twin evils about which doctors have been shamefully silent too long, he asserted.  
"Is alcohol in any way necessary?" he asked, in reference to the doctor's special mission to Toronto.  
"Not at all—except for industrial purposes. It has been invaluable during the war as a great source of energy. It is nothing but injurious to man, either in small or large doses. No animal drinks it—the whale, the tiger, the eagle."  
"What is the effect of alcohol upon the race?"  
"It is a racial poison," replied the doctor; "lead poison is another. Its effect is seen in stunted offspring, rickets, tuberculosis and other diseases."  
"But are not the Germans a virile race, yet they are great drinkers?"  
"This question roused the doctor. 'Do you know there was more infant mortality in Germany than in any other country. Tubercular rate is higher. No, the Germans are not a physically healthy race. If you want physique go to the Dominion tropics. You should have seen them when they marched through the streets of London—they stood out as men of true physique. That is because they got plenty of good milk and wholesome food."  
"Is prohibition possible in Britain?"  
"We have a long way to go," replied the doctor, with a far-away look. "You see, labor is hostile. They think it is a trick of the capitalists to get more work out of them. The fact is the other way, for alcohol has been used to keep them subdued and contented with their conditions; it is an industrial narcotic. There could be nothing more beneficial to the working man than prohibition. If it were brought about in some of the factory districts in the Midlands they wouldn't know they were in the same world."

**THIS WEAK, NERVOUS MOTHER**  
Tells How Lydia E. Pinkham's Vegetable Compound Restored Her Health.

Philadelphia, Pa.—"I was very weak, always tired, my back ached, and I felt sickly most of the time. I went to a doctor and he said I had nervous indigestion, which led to my weak condition. I was so worried about my condition that I could not sleep. I heard so much about Lydia E. Pinkham's Vegetable Compound that I decided to try it. I took it for a week and felt a little better. I kept it up for three months, and feel fine and can eat anything now without distress or nervousness."  
—Mrs. J. WOODMAN, 1942 North Taylor St., Philadelphia, Pa.

The majority of mothers nowadays, however, there are so many demands upon their time and strength, the result is invariably a weakened, run-down, nervous condition with headaches, back-ache, irritability and depression—and soon more serious ailments develop. It is at such periods in life that Lydia E. Pinkham's Vegetable Compound will restore a normal healthy condition, as it did to Mrs. Woodman.

Minard's Liniment Cures Burns, Etc.

## Notes and Comments

The railways of Canada will go back to the old time on Oct. 27th. King Albert of Belgium, Queen Elizabeth and Prince Leopold arrived at New York on Oct. 2nd.

The French Chambers of Deputies on Oct. 2nd ratified the peace treaty with Germany by a vote of 372 to 53.

Canada is at present paying war pensions to nearly 90,000 individuals, at an annual cost of over \$24,000,000.

Glasgow cleansing department has made over 89,000 pounds during the past 20 years from the sale of old tins, waste paper, scrap iron, etc., sent to the city's refuse destructor.

Owing to the high rate of exchange in New York, the Dominion Postoffice Department has issued instructions that no further postal notes whatever will be sold for remittance to the United States.

Capt. Bertram Hayes, commander of the troopship Olympic, which carried many thousands of Canadian soldiers to and from the war zone, has received the Knight-hood Order of St. Michael and St. George.

Canton, S. D., has an Old Clothes' Club, the members of which are pledged to wear old clothing, to reduce the cost of living. The official badge of the club is a patch, which must be worn in a conspicuous place. Any member may wear several patches, if he wishes.

A laundryman laughed when he saw a Philadelphia society girl wearing a most individual frock, rather uniquely embroidered in Chinese motifs. "I wonder," he said, "if she knows that the trimming on her gown spells 'Good morning.' I live with my mother-in-law. Good night!"

The days of the bugbear are numbered as a result of the discovery that poison gas intended for use against the Germans can be utilized to kill vermin, according to Professor Roux, director of Pasteur Institute. It is suggested that the gas or chemicals that form the gas can be sprayed into a closed room and left to asphyxiate the bugs.

Steamer men along the Maumee river in Ohio say that they are having trouble running their boats because of great schools of gold fish. Paddle wheels of side-wheel steamers, river men say, throw up bushes of the little fish at every revolution. Sun striking on the red gold of the fish made persons ashore think one boat was on fire and an alarm was turned in to the Fire Department.

Cigarette smoking among London women is now being varied by the occasional sight of a woman in a restaurant, smoking a cigar. Another development of smoking by women is street smoking and frequently one may see a girl at the lunch hour in the city sauntering along enjoying her cigarette, while during the evening young women may often be seen in the West End streets smoking.

Rumors are current that Princess Marie, the beautiful daughter of the King and Queen of Roumania, may become the bride of the Prince of Wales. Princess Marie is nearing her twentieth birthday. She is thoroughly English in her tastes, fond of English literature, games and social life, and during her recent visit to London with her mother became very popular with the English court and society.

The average Canadian citizen, probably, finds himself divided in mind between love and duty in regard to the proposed grant to our brave soldiers; between love for the lads who did so much for the country; and the duty which we all owe, and must discharge, to our common country. The war is over, but its worst effects, so far as good or bad times are concerned, are yet to come. The proposal to add eight hundred millions to the national debt at this time is a very serious matter; and raises financial difficulties of which little conception has been shown by speakers and writers who have supported the demand. For our part we see no objection to the demand for an investigation of the whole question; and we hope it will be made. But to grant, off-hand, in our present financial position, \$2,000, \$1,500 and \$1,000 to every man who was at the front, overseas, or on service at home, is not to be thought of. We conceive that it becomes the duty of those who propose this huge expenditure, to justify it not only on grounds of gratitude which is easy, but also on grounds of good and wise financial government of the nation, which may not be so easy. If they are prepared to do this before an investigating commission, we should like to see the chance given them.

## It Helps Others Will Help Me

With This Belief Many Thousands Have Learned the Exceptional Value of Dr. Chase's Nerve Food.

You hear people talking about Dr. Chase's Nerve Food. You read about it in the newspapers. You wonder if it would benefit you. And while you are hesitating others are using it to great advantage.

This treatment for the restoration of the blood and nerves is so different to most medicines that you may not realize why you can be so certain of benefit from its use. In order to maintain the vigor of the nervous system an abundance of pure, rich blood is necessary. When the nervous system becomes exhausted and you are easily tired and suffer from headaches, sleeplessness, irritability or indigestion, it is because the blood is failing to supply proper nutrition to the nervous system.

By forming new, rich blood, Dr. Chase's Nerve Food naturally and certainly restores the vigor of the nerves. Since it cannot fail to be of benefit, and there is no reason why it will not help you just as it has helped thousands of others, you may be sure of its value.

Mrs. Stephen J. Thomas, Box 206, Jordan, Ont., writes: "For about a year I was troubled with nervousness, and took many medicines, but it did not seem to relieve me. I could not sleep nor content myself to do anything. I had severe headaches, was tired all the time, and afraid to stay alone. I also tried several nerve medicines until almost discouraged. At last I discovered Dr. Chase's Nerve Food, and found relief in this. I had only taken one box when I began to feel better. I continued using this treatment until my nerves were restored to perfect health. I think the Nerve Food splendid for nervous troubles of any kind, and cannot recommend it too highly."  
(Rev. S. P. Coffman, Vineland, Ont., states: "This is to certify that I know Mrs. Thomas' statements are correct.")  
Dr. Chase's Nerve Food, 25 cents a box, a full treatment 6 boxes for \$2.75, at all dealers, or Edmanston, Bates & Co., Limited, Toronto. Do not be talked into accepting a substitute. Imitations only disappoint.

A most extraordinary naval surgical operation has been performed by naval engineers at Chatham, England. During the war the British ship Zulu was torpedoed in her bow by a U-boat. At the same time another British ship the Nubian, was torpedoed in the stern by another submarine. These two boats were placed in the dry docks at Chatham and the engineers decided to make one whole ship out of two damaged ones. This there has been launched the Zuban a combination in name and fact of the Zulu and the Nubian.



## The Best Health Insurance

Men exposed to the elements forget the damp, piercing chill of the salt sea air when clad in Atlantic Underwear.

All men whose work exposes them to extremes of temperature should wear this heavy, comfortable underwear. Its extra heavy weave keeps out the cold, cutting winter winds and yet it neither binds nor bunches, but allows full freedom of movement.

Sold in five different weights and qualities. Our lower-priced lines are not equal to the more expensive ones, but each is guaranteed to be the best value of its class. Compare them with others of like price and see for yourself.

A GUARANTEE WITH EVERY GARMENT  
Look for this Trade Mark



ATLANTIC UNDERWEAR LIMITED  
UNSHRINKABLE  
MONCTON, N.B.

## Where Mexico Leads Nova Scotia.

In order that a scientific knowledge of reforestation and the protection of existing forests of the country may be obtained, the Mexican Government has established a National Forestry School at Coyacan Federal District.

The course of instruction will cover a period of three years. The students came from nearly all the states and the school was opened on March 1 with a large attendance. The forest areas of Mexico are very large, but up to this time no scientific regulations or knowledge have been applied to the cutting of timber. The government plans also to reforest the more barren sections of the country as rapidly as the work can be carried on.

A despatch from Winnipeg dated Sept. 6th, says that the Great War Veterans Association is considering the organization of a chain of co-operative stores in Manitoba under the management of a Veterans Co-operative Store Company. If the scheme is carried out it will mean the establishment of 100 stores in Manitoba. It is planned to make Winnipeg the clearing centre for all the outlying branches, with a system of co-operative purchasing, selling and exchange in all commodities, including beef, pork, dairy and farm produce, general groceries and clothing. Funds are to be secured by the sale of shares, the total capital to be pooled and profits divided. The association is considering the appointment of a managing director to place in charge of the scheme. This is good news, and very encouraging to those who have long been advocating co-operative action in business.

Dear Island, Aug. 26, 1918.  
Dear Sirs,—Your traveler is here today and we are getting a large quantity of your MINARD'S LINIMENT. We find it the best Liniment on the market making no exception. We have been in business 13 years and have handled all kinds, but have dropped them all but yours; that sells itself, the others have to be pushed to get rid of.

W. A. HAGERMAN.

Any doubts of the practicality of the housing scheme might well be set at rest by reports from Moncton which has not only adopted the scheme, but has already built thirty houses under the new plan, and found the idea a highly satisfactory one. The town approved of the theory and worked it out with excellent results and they are now loud in praise of the housing scheme. Moncton is to be congratulated upon its energy and progressiveness.

We hope to see Wolfville benefit by this scheme in the near future.

Following is the list of wedding anniversary days, generally observed throughout the civilized world:

- 1st, Cotton.
- 2nd, Paper.
- 3rd, Leather.
- 4th, Fruit and Flowers.
- 5th, Wooden.
- 6th, Sugar.
- 7th, Woolen.
- 8th, India Rubber.
- 9th, Willow.
- 10th, Tin.
- 11th, Steel.
- 12th, Silk and fine linen.
- 13th, Lace.
- 14th, Ivory.
- 15th, Crystal.
- 20th, China.
- 25th, Silver.
- 30th, Pearl.
- 40th, Ruby.
- 50th, Golden.
- 60th, Diamond.

Some authorities call the 75th anniversary the diamond wedding, but it is preferable, in Canada at least, to apply it to the 60th anniversary, which some married couples here live to celebrate. One would probably have to go to Bulgaria to find a couple who lived long enough to celebrate the 75th anniversary of their wedding.

## \$30,000.00 Farm At Blomidon.

One of the largest farm properties to change hands in the Annapolis Valley so far this season has recently been sold to Major F. R. Henshaw, of Halifax, by the Valley Real Estate Agency of Wolfville.

The property which comprises over five hundred acres is made up of three farms formerly owned by Mr. N. W. Eaton, Mr. J. D. Bennett, and the J. A. Doyle Estate, respectively.

Mr. Henshaw, who made the sale, says that if he can't sell a farm as it stands he either splits it up or else gets some more to go with it.

The former report that a Montreal Syndicate had obtained options on these properties was incorrect. Mr. Henshaw had all three places regularly listed.

**To Prevent Unemployment.**  
Next year will be well advanced before Canada's main expenditures for war, can be completed. Every dollar that can be raised for the Victory Loan 1919 will be required.

Although hostilities ceased in 1918 the war expenses went on. This is just as much a war year as last year was, as far as the money is concerned. Pressing liabilities incurred by the war and involving vast sums of money have to be cared for. The simplest and most profitable manner in which this can be done is for the people to provide the money themselves.

**Moncton Has Built 30 Houses Under Housing Scheme.**

Any doubts of the practicality of the housing scheme might well be set at rest by reports from Moncton which has not only adopted the scheme, but has already built thirty houses under the new plan, and found the idea a highly satisfactory one. The town approved of the theory and worked it out with excellent results and they are now loud in praise of the housing scheme. Moncton is to be congratulated upon its energy and progressiveness.

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**DR. A. W. CHASE'S 25c BATHING POWDER**  
It is said that the finest parts of the human body are the feet. They are the feet that support the body, and they are the feet that are most exposed to dirt and grime. Dr. Chase's Bathing Powder is the best for keeping the feet clean and fresh. It is made of pure, soft soap and is very gentle on the skin. It is sold in 25-cent boxes at all dealers.

The news nowadays differs from a baseball match in the fact that in the latter there are three strikes and out, but in the news of today the strikes go on forever.

**Children Cry FOR FLETCHER'S CASTORIA**

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**McClary's Pandora**

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There is no guess-work baking either. The oven has a glass door which keeps the baking in full view. The thermometer tells whether the oven is hot enough or not. The oven, as you must have heard, is very evenly heated.

This dependable range has easy-working grates; porcelain enamel exterior, which may be removed for cleaning.

The Pandora is the sort of range you have always wanted. See it.

Sold by L. W. SLEEP

## Dreaded Influenza

MEDICAL MEN BELIEVE IT WILL AGAIN VISIT CANADA THIS AUTUMN AND WINTER

There is a widespread belief among medical men that the epidemic of the grippe, or influenza, which swept over the world last year will again appear in Canada during the autumn and coming winter. This dangerous trouble spares neither age nor sex, but it naturally finds its easiest victims among those who are run down in health or whose blood is weak and watery, and it is among the latter class in which the greatest number of fatalities occur. The surest way to prevent an attack of this dreaded trouble is to keep the blood rich and pure, and the safest and best way to do this is through the use of Dr. Williams' Pink Pills.

No reasonable precaution to avert an attack of influenza or a gripe should be spared. The disease itself is deadly, but its after-effects, among those who are spared, make the life of the victim one of constant misery. Ask almost any of those who have been attacked by influenza what their present condition of health is and most of them will answer, 'since I had the influenza I have never been fully well.' This trouble leaves behind it a persistent weakness of the limbs, shortness of breath, bad digestion, palpitation of the heart, and a tired feeling after even slight exertion. This is due to the thin-bloodedness in which the gripe almost always leaves its victims after the fever and influenza have subsided. They are at the mercy of relapses and complications, often very serious.

This condition will continue until the blood is built up again, and for the purpose of building up the blood and strengthening the nerves nothing can equal a fair treatment with Dr. Williams' Pink Pills. From first to last these pills make new, rich blood, which reaches every organ and nerve in the body. Thus the lingering germs are driven out, and the weak, despondent victims of influenza are transformed into cheerful, healthy, happy men and women.

But better still, you can put yourself in a condition to resist an attack of influenza by enriching the blood through the use of Dr. Williams' Pink Pills, and this, it seems, is the sensible thing to do at once.

Dr. Williams' Pink Pills are sold by all dealers in medicine or will be sent by mail at 50 cents a box, or six boxes for \$4.50, by The Dr. Williams' Medicine Co., Brockville, Ont.

**Pointed Paragraphs.**  
Just the same, some homely people are awfully thick skinned. There are times when a rounder finds it difficult to square himself. The average man believes in future punishment—for his neighbor.

**SUMMER COLDS**  
Many have their worst colds during the warm months. A very little of Scott's Emulsion after meals, puts that quality into the blood that helps thwart that ravenous condition that is so depressing. Build up your vitality—try Scott's.

If people had to think twice before acting lots of actors wouldn't get a chance to act.

Our idea of a smart salesman is one who can sell a fountain pen to a man who can't write.

A girl never likes to see a young man she admires squander his money on another girl.

A girl is never satisfied until the right man comes along and says the right thing at the right time.

**Children Cry FOR FLETCHER'S CASTORIA**

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Sold by L. W. SLEEP

## Winter Protection of Plants.

(Experimental Farm Note)  
Alternate freezing and thawing may be the cause of plants winterkilling, or the winterkilling may result from continued cold drying out the wood. This latter killing is noticeable in the case of raspberries and roses. The more mature the canes or wood the less the liability to injury. Conditions favourable for late fall growth may produce wood that will lessen the injury due to a low temperature. To protect raspberry canes they are bent over along the row and covered with soil. Care is necessary not to break the canes. The canes are bent over and the tips covered and soil filled under; parts that do not touch the ground mounding up until the whole plant is covered. This covering is removed gradually early in the spring. Climbing roses may be taken down and covered as indicated for raspberries, and the bush roses mounded up one shaped to a depth of eight to ten inches around the plant. The branches above this may be killed but the necessary buds will be kept alive below the covering and all the dead branches can be cut out to good buds the next spring. Over this mound around the rose plants a mulch of three or four inches of straw manure should be placed. This should be done just before continuing cold weather sets in, and removed as soon as the sap begins to flow in the spring. In mounding avoid leaving deep holes for water to lodge in near the roots of the plants.

Perennials are better of a light mulch about two inches deep. However, care should be exercised in not making it too deep to cause rotting of the crown. This is particularly liable to happen with the biennials such as digitalis or foxglove, campanula, pansies, sweet william and hollyhock, for which a light covering of straw just sufficient so that the plants can be seen through the straw is what we find the best, or just sufficient to prevent excessive freezing and thawing but not enough to hold the crown wet during a continued mild spell.

W. S. BLAIR, Superintendent, Experimental Station, Kentville, N. S.

**The Food Profiteer.**  
Just consider the value of these food-profiteers to the country which has the misfortune to own them as citizens. What is their worth to us? Have they any love of country? Certainly not when money is in question. Have they any human sympathies for their fellow men? Apparently none which will hold them back from running their two hands through poorly furnished pockets. The thing to do with these men is to put them in jail; to mark them as social outcasts; to seize their excess profits, and to go as far as possible to prevent them from again exercising their predatory instincts.

There is no cruelty like the cruelty of the greedy, German crimes in the war were done in passion, in hot blood, or as a part of a system which had at least some sort of shadow of an excuse in fighting for their country; but the cruelty of the greedy profiteer has no shadow of excuse or extension of any sort whatever. Mean contemptible greed; an itching desire to lay one banknote on another, a sordid love of gain that is not needed these are causes and the motives of profiteering excesses.

**CASTORIA**  
For Infants and Children  
In Use For Over 30 Years  
Always bears the Signature of Dr. J. C. Fletchering

Movers in New York are charging from \$10 to \$20 an hour for every van they use; so that it often costs \$100 to move the furniture of a modest three or four room apartment, even for a short distance.

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**McClary's Pandora**

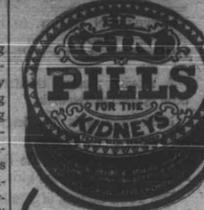
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The Pandora is the sort of range you have always wanted. See it.

Sold by L. W. SLEEP



Help the Kidneys in Time

As soon as that warning backache comes, get a box of CinDills, which will promptly put matters right. Before it is too late, it may result in an operation. Now is the time to help the kidneys to keep strong. CinDills relieve pain and congestion like magic in the back, stomach. Dealer sells them at 50c a box with money-back guarantee. Send for free sample.

Address: The National Drug & Chemical Co. of Canada, Ltd., Toronto  
U.S. Address: No-Drugs, Inc., 282 Main St., Buffalo, N.Y.

**CinDills FOR THE KIDNEYS**

**PUBLIC NOTICE!**

All persons having legal demands against the estate of Avar J. Woodman, late of Wolfville, merchant and undertaker, deceased, are requested to render the same duly attested within twelve months from the date hereof, and all persons indebted to said estate are requested to make immediate payment to:

SELINA WOODMAN, Administratrix,  
OTTA FOSHAY, Administrator.  
Wolfville, October 3, 1919

**Professional Cards.**  
**DENTISTRY.**

**A. J. McKenna, D. D. S.**  
Graduate of Philadelphia Dental College. Office in McKenna Bldg., Wolfville.  
Telephone No. 43.

**Geo. C. Farrell, O. D.**  
Webster St., Kentville.  
Every Thursday, Friday and Saturday. Appointments for Examination of the Eyes may be made by mail or phone.

**Charles Hogan, C. E.**  
Provincial Land Surveyor  
surveys, Plans, Levelling & Easements.  
Church Street,  
Greenwich, Kings Co., N. S.  
Long distance telephone, Wolfville exchange

**If You Have Funds**  
to invest and want advice notify me and I will call.

**R. W. TUFTS**  
Phone 37. BROKER,  
Agent Halifax Fire Insurance Co.

**DR. J. T. HOTCHKIS**  
Veterinary Surgeon  
WEBSTER ST., KENTVILLE.  
Phone 10

**M. R. ELLIOTT**  
A. B., M. D. (Harvard)  
Office at residence of late Dr. Bowles. Telephone No. 23.  
Hours—8-10 a.m., 1-3, 7-9 p.m.

**E. S. NOTTING**  
V. S., B. V. Sc.  
Veterinary Surgeon, Physician, Etc.  
Niellet Bldg., Alardeen St., Kentville  
Phone No. 214.

**Better Than Pills for Liver Ills.**  
You can't feel so good just what you will make you feel better.

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