

NEARLY IN CONVULSIONS

With Acute Indigestion. "Fruit-a-lives" Cured Me.

NEWBURY, ONT., MAY 29th, 1913
"I am not a strenuous user of medicines or patent medicines, but I have taken nearly everything recommended for Indigestion and Constipation."

I have been so bad with Acute Indigestion that I was nearly in convulsions and had to be held. I have used "Fruit-a-lives" and I have not had another attack nor suffered at all with Indigestion since taking them.

"Fruit-a-lives" is the only remedy I ever used that did me any good, and I am grateful to "Fruit-a-lives" for making me as well as I am today, and everyone agrees that I look in first-class health.

My husband likes "Fruit-a-lives" very much and takes them whenever he has occasion to use a remedy for Constipation."

Mrs. D. McRAE

"Fruit-a-lives" are sold by all dealers at 50c a box, 6 for \$2.50, trial size, 25c, or will be sent to any address on receipt of price by Fruit-a-lives Limited, Ottawa.

MADE THE POTATO POPULAR.

The one-hundredth anniversary has just occurred of the death of M. Parmentier, the Frenchman to whom the potato owes its popularization in Europe as an article of human food. It was he who submitted potatoes to Louis XVI., and persuaded him to put them on the table at a Court banquet. The experiment, we are told, was not entirely a success, for the royal chef made the mistake of cooking and serving the leaves instead of the roots, and both host and guests pronounced the refectory execrable. Subsequent inquiries among the well-informed, however, elicited the fact that the tuber was really the edible end of the potato; and at a fresh meal served on that hypothesis, the Court revised its views of the vegetable, which rapidly became a regular article of diet in all countries.

Of course potatoes were known long before Parmentier was born. The potato is a native of mountain valleys in South America, and it was probably carried to Spain by returning explorers in the sixteenth century. It was in turn taken to Florida by other Spanish explorers, from there to Virginia, and from that colony to the continent of Europe. The year 1586 is generally regarded as the date of introduction into Great Britain, Sir Thomas Harriot, a companion to Sir Walter Raleigh, being its introducer.

Some authorities are inclined to give the credit of its introduction to Britain to Admiral Drake, who is stated to have sent planters to Virginia especially to bring over the tubers. Scotland seems to have disregarded the potato until the middle of the eighteenth century. So rapidly did it grow in popularity that in 1747 we read of seven hundred bushels of potatoes being exported from Carolina—"Scotsman."

An Oklahoma girl advertised for a husband and not him. The total expense for advertising, wedding outfit, and so forth, was \$11. He died within a year, leaving her a life insurance policy of \$11,000. And yet there are people who claim it does not pay to advertise.

WHAT IS A "TRAMP" SHIP?

A tramp steamer is a "tramp" because she wanders the world over, carrying the most advantageous cargoes she can procure and proceeding to any part, no matter how unfamiliar and remote, to which her manifest takes her; she is not a "tramp" because she goes about in the tatters of poverty. Quite the contrary is true. There are great tramp lines immensely wealthy and powerful, and the ships that fly these flags are modern in every respect, equipped with wireless, of vast tonnage and most comfortably appointed in respect to the officers' quarters. When his vessel lies in port the tramp captain appears to the envious "long-shore onlooker to live a life of the most agreeable sort. As a general rule, however, the captain himself holds his occupation in no such high regard. It is seldom that he urges his sons into his own profession; but the sons themselves, a wilful progeny with the wish to roam in the far-off lands upon them, more often than not follow in his wake. Tramp captains may gratify their desire for romance, it is true, but only in a limited way, after all; and their prospect for material prosperity is of the smallest. The cash return is little enough; for all the responsibility assumed, the rich cargo and lives carried through months of anxious weather, of gales and fogs at sea, of lonely and monotonous wastes, the wage is not much greater than a commonplace bookkeeper may take ashore.

The pay of a junior officer aboard a tramp steamer, would outrange the feelings of an alert office boy; the pay of a first mate would shock a bank clerk. But once a first officer becomes a captain his pay is practically doubled. When the happy day, after years of ambitious service, at last arrives, and the well-trained fellow steps into command of a small tramp, his owners forward to him, or to his wife if he is trading in foreign waters, the sum of \$30 a month, out of which he is sometimes expected to find himself in charts and chronometers. If his owners possess no other ship than his the chance for advancement is extremely slight; but if he is in the service of one of the great freighting lines his prospect at the best is that of eventually the newest ship at a wage of \$1,500 a year. The junior officer is, of course in competition with a host of others as keen and as aspiring as himself; fourth officers, stranded in English ports, have been known to ship before the mast as able-bodied seamen on voyages to Australia or other eastern ports, where greater opportunities exist. As for the tramp captain, his next move in fortune is to the command of a mail steamer. Having obtained this eminence in the service of one of the most considerable trans-Atlantic lines, he is paid no less than two thousand a year, and possible as much as four or five. It is the ultimate sought-for job.—George Harding, in Harper's Magazine.

TO GET SOMEWHERE.

I rather think, to get somewhere, I'll so direct my labors That I can meet those standards rare I set up for my neighbors. I wonder as I think it o'er, I never thought of that before. —John Kendrick Bangs

QUEER FEATHERS.

Baron Kenyon, at one time Lord Chief Justice of England, loved to hear himself talk, and his surmings up were at times extraordinary examples of flamboyant speech. Here is a specimen taken from "Law and Laughter."

"Addressing a butler, convicted of stealing his master's wine, Lord Kenyon once said:

"Prisoner at the bar, you stand convicted on the most conclusive evidence of a crime of inexpressible atrocity—a crime that defies the sacred springs of domestic confidence and is calculated to strike alarm into the breast of every Englishman who invest largely in the choice vintages of southern Europe. Like the serpent of old you have stung the hand of your protector. Fortunate in having a generous employer you might without discovery have continued to supply your wretched wife and children with the comforts of sufficient prosperity and even with some of the luxuries of affluence, but, dead to every claim of natural affection and blind to your own real interest, you burst through all the restraints of religion and morality and have for many years been feathering your nest with your master's bottles."

When You're Sick Your Wages Stop

You know what that means—misery—worry—big bills—debts! You know you can't afford to get sick. Keeping in good health means food and clothing for you and your family. It is up to you to take care of yourself. It is up to you whenever you don't feel right, to take something to make you right, to strengthen you, build you up, ward off sickness—protect you and your family. That thing we have in Rexall Olive Oil Emulsion. In offering it to you, we protect you against money risk, by personally promising you that, if it does not restore your health, we will give back your money without word or question. We believe it is the best builder of health, energy and strength you can get. It is helping many of your neighbors. It doesn't help you, we will give back your money.

Rexall Olive Oil Emulsion is composed principally of pure olive oil and the hypophosphites. It has long been endorsed by successful physicians. Here they are for the first time combined. The result is a remarkable nerve, blood and strength-building remedy that is both food and medicine. For all who are nervous, run-down and debilitated—no matter what the cause, for old people; for convalescents; for puny children, we know of nothing that will give health and strength as quickly as Rexall Olive Oil Emulsion. It is a real builder of good blood, strong muscles, good digestion. Pleasant to take, it contains no alcohol or habit-forming drugs. If you don't feel well, economize both money and strength by beginning today to take Rexall Olive Oil Emulsion. Sold only at the Rexall Stores and in this town only by us. \$1.00. W. A. Warren, Bridgetown, N. S.

An old Scotch lady had the habit of driving to church. Her coachman, when he considered the sermon nearly at an end, would slip out quietly to have the carriage ready. One Sunday John, after hanging about the door, grew impatient. Creeping down the aisle toward his mistress, he whispered, "Is he no near done, yet?" "Done!" returned the old lady in high indignation, for her patience had been exhausted, "he's done half an hour since, but he'll no stop."



PLOUGHING BOTH WAYS.

For centuries in the fields of China, India, Asia Minor, Egypt and the western world the young and the old ploughed the soil in furrows which ran one way. The oxen or the horses moved either from east to west or from north to south; and man was satisfied that he knew the only way to care for the land which was to produce the food.

In one of the public schools of Joliet, Illinois, five thousand years, at least, after the first crude plough was invented, a school teacher, whose name I cannot now secure, made this statement:

"It is from the soil that all support of human life comes. The nitrogen, oxygen and hydrogen imprisoned there in various compound forms contain, when properly cared for by man, every natural power to produce the richest corn, wheat, oats, potatoes or any other possible soil product that human life needs."

"To bring this about it is only necessary for man to know how to use the soil in the best way." The last statement of the teacher, made in the year 1906, particularly caught the attention of one of his pupils, Israel Reibert, then fourteen years old, American born, but whose parents were of Russian descent. He repeated to his father and mother that night this part of the schoolmaster's talk.

"To know how to use the soil in the best way." After that he gathered samples of soil from Hickory Creek, below Joliet. He secured samples from Lockport, Romeo, Lemont, and even as far north as the valley of the Sag and from out of the valley of Willow Springs.

His first methods of soil analysis were crude. He knew very little of the subject, and such books as he possessed gave him few clues as to how to positively know if a soil was being neglected or cultivated for all it was worth.

Through 1906, 1907 and into the spring of 1908 he continued his experiments, improving upon them month after month, making mistakes but using the education of his blunders to lead him into more correct work. May 4th, 1908, he left school and engaged himself as a worker, a field hand, with a Will County farmer. His wage was twenty dollars a month and food and shelter.

He said nothing to the farmer of his soil tests, but worked with the cattle and in the fields day after day, taking up from the acreage clods of earth and in his own private hours working over them. He held his peace until late in September of 1908, when the fall ploughing was to begin. Then he said to his employer:

"There are twenty acres of corn land and twenty acres of wheat land, which I can make worth twice as much to you next year as they have been this year if you will let me cross plough them as I wish." The reply was:

"Cross-ploughing would take twice as much time. What is the use?" "The soil is the use. The more its chemical properties can be broken up and exposed to snow, rain and the sun, the greater will be its producing power. The more the soil is left untouched when it is farmed, the less there can be got out of it. Give me the chance."

The farmer, very skeptical, gave his consent, and Israel ran his first furrows north and south, then ran his cross furrows from east to west. The snows came and in the spring after the first rains he harrowed and seeded. At the harvest time the corn land yielded two and one-third times more crop than it had the year previous and the wheat land almost doubled its product.

The results of the experiment were reported to the United States Department of Agriculture, Israel had an interview with then Secretary Willson, of the Department. He became by 1911 a teacher of the proper methods of fertilizing the soil and cross-ploughing, and he is engaged in that work today.

In the far north of the Alberta country of Canada in the Manitoba land, in the Dakotas, and as far south as Texas, this boy's discovery of the worth of cross-ploughing is being used by the most intelligent of the young and the old farmers.

He had the courage of his own mind to work out a problem suggested by a casual talk of his school teacher. Later, he discovered a great truth in that problem, and he applied it to what man is yet the most ignorant of—the care of the soil.—E. G. Hirsch Rabbi, Sinai Congregation, Chicago.

Joker's Corner

"What did the tramp say when you asked him to weed the garden for a meal?" "He said he couldn't do it because weeding made his trousers bag at the knees."

A small boy handed in the following in an examination paper in United States history: "General Braddock was killed in the Revolutionary War. He had three horses shot under him, and a fourth went through his clothes."

A mother was giving her child, a boy of seven years, some Bible instruction. She was telling him the story of Adam's fall. Having narrated the tale of the apple and what mischief it did, the mother asked:—"Now don't you think Adam did very wrong to eat the apple?" The little fellow thought a moment, and then answered—"Mamma, would it have been polite to refuse the apple when the lady offered it to him?"

The son of Erin was digging post holes one day when the boss rambled along to size up the job.

"How are you making out, Pat?" asked the boss.

"Foine as silk," answered Pat, keeping right on with his work, "as ye will notice yersell!" "The work looks all right, Pat," jokingly responded the boss, "but do you think you will ever be able to get all that dirt back in the hole again?" "No, sir, not as it is now, but it's my intention to dig the hole a little deeper."

A history teacher in a certain public school had repeatedly admonished her pupils at the time to ask questions was whenever anything was said in the class that was not understood.

One day she had expressed herself to the above effect. Then, preparing to go on with the lesson said:

"We will begin with James I., who came after Elizabeth." At once a scholar raised his hand. "What is it?" asked the teacher.

"What made him come after her?" asked the pupil, eagerly.

HARD LUCK.

A hanc once was talking about hard luck and his friend was listening with a sour expression. "Why, you don't know what hard luck is!" said the friend. "I have always had it. When I was a kid there was such a bunch of kids in the family that there had to be three tables at meal time, and I always got the third one." "What's your hard luck about that?" snapped the other.

"Why," says his friend, "it was fifteen years before I ever knew a chicken had anything but a neck." There were two Browns in the village, both fishermen. One lost his wife and the other his boat at about the same time. The vicar's wife called, as she supposed, on the widower, but really upon the Brown whose boat had gone down. "I'm sorry to hear of your great loss," she said. "Oh, it ain't much matter," was the philosophical reply; "she was not up to much." "Indeed," said the surprised lady. "Yes," continued Brown, "she was a rickety old thing. I offered her to my mate, but he wouldn't have her. I've had my eye on another for some time." And then the disgusted lady fled.

HIS OPPONENT'S CASE.

Known everywhere as the canniest Scot north of the Tweed, Sandy McCute astonished a solicitor one day by walking into his office and squandering six-and-eight-pence recklessly in order to make some trivial inquiry about the law of the landlord and the tenant. Ah, but there was a reason behind Sandy's question.

"Now that you've heard the case," he asked presently, "I've think it worth fighting do ye?" "Worth fighting, man?" replied the solicitor. "Why, I'm almost prepared to guarantee a favorable verdict."

Sandy nodded his head wisely. "Ah, weel," he remarked, "I'm much obliged tae ye, but I dinna think I'll go tae law this time, for, ye see, the case I've laid before ye is my opponent's."

Kidneys Wrong?

If they are you are in danger. When through weakness or disease the kidneys fail to filter the impurities from the blood, trouble comes at once. Backache, Rheumatism, Sciatica, Gravel, Diabetes, Gall Stones and the deadly Bright's Disease are some of the results of neglected kidneys. Dr. Morse's Indian Root Pills contain a most effective diuretic which strengthens and stimulates the kidneys so that they do their work thoroughly and well. Try Dr. Morse's Indian Root Pills

MILITARISM.

"When I try to realize what is meant by the 'peace' of today, I feel tempted to call it economic war. Certainly it is little better than war. Speaking without exact figures, should say that some forty per cent. of the outlay of the various States is absorbed by the armies and navies which are to carry on the great campaign of the future, and by the debts left by the campaigns of the past."

"Sketch a picture in your mind's eye of all that those sums, 'if properly spent,' could effect for the nations who now waste them on heavy guns, rifles, dreadnoughts, fortresses, and barracks. If this money were laid out on improving the material lot of the people, in housing them hygienically, in procuring for them healthier air, medical aid, and needful periodical rest, they would live longer and work to better purpose, and enjoy some of the happiness or contentment which at present is the prerogative of the few."

"Again, all the best brain-work of the most eminent men is focussed on efforts to create new lethal weapons, or to make the old ones more deadly. Take the newest conquest of man—the air. People can fly today. They have achieved the triumph at the cost of the lives of some of the most heroic individuals of all nations! But how do they think of applying aviation? They are obediently following the lead of their respective Governments and endeavoring to make the air-ship one of the most death-dealing pieces of mechanism in use. Add they may succeed. For one of the arts in which cultured nations have made most progress is warfare. The noblest efforts of the greatest thinkers are wasted on inventions to destroy human life. When I call to mind the gold and the work thus dissipated in smoke and sound, and compare that picture with this other: villagers with drawn, sorrow faces, men and women and dimly conscious children perishing slowly and painfully of hunger—I begin to ask myself whether human culture and the white man who personifies it are not wending towards the abyss." —Count Witte, the great Russian Statesman.

WISE AND OTHERWISE.

When Mr. Gladstone was travelling once he purchased a beautiful bunch of grapes. At the custom house the officer refused to let the grapes pass, saying that they were dutiable. Gladstone refused to pay, whereupon the custom house officer insisted. Gladstone took them out of the basket and ate every one of them. "Now stop me!" said the "grand old man" triumphantly, as he took his seat in the train bound for Brussels.

Minard's Liniment for sale everywhere.

USE ONLY ZAM-BUK FOR CHILDREN'S SORES

REMEMBER! The ointment you put on your child's skin gets into the system just as surely as food the child eats. Don't let impure fats and mineral coloring matter (such as many of the cheap ointments contain) get into your child's blood! Zam-Buk is purely herbal. No poisonous coloring. Use it always. 50c. Box at All Druggists and Stores.

USE ONLY ZAM-BUK FOR CHILDREN'S SORES

FIRST OF ALL! WHAT TIME IS IT?

This important question is correctly answered by one of our fine line of time keepers. After a practical inspection of the various watches I have selected the Waltham line for my trade. The prices of these in various cases range from \$6.00 to six hundred dollars, and for the capital invested are unexcelled. A straight discount of 10 p. c. from all present prices during February. Fine repairing a speciality.

Ross A. Bishop Lockett Building

THE LAST QUARTER

opens on April 1st. You do not need to wait till then. We admit students any school day. The demand for young men is on the increase. Competency is the word, not where to find employment. Ability to earn the salary provides access to the position. Promotion follows naturally. For free syllabus write to

Maritime Business College Halifax, N. S. E. Kaulbach, C. A.

"MY BACK HAS NEVER TROUBLED ME

Since Taking GIN PILLS

Lyons Brook, N.S., Feb. 26th.

"You are perfectly free to use my name in any way to benefit GIN PILLS, for they deserve the highest praise. My back has never troubled me since taking GIN PILLS, and my wife feels much better after taking GIN PILLS for her back. She thinks GIN PILLS will make a complete cure."

JAMES L. NAUSS

GIN PILLS will always relieve La Back, Sciatica in Back and Leg, Rheumatism, Burning and Scalding Urine, Painful Urination, Weak or Strained Kidneys, and always prevent taking cold in the kidneys and bladder. Every box is sold with a positive guarantee to give prompt relief or money refunded. 50c. a box, 6 for \$2.50. Sample free if you write National Drug and Chemical Co. of Canada, Limited, Toronto.

DOMINION ATLANTIC RY. "LAND OF EVANGELINE ROUTE"

On and after Nov. 3rd, 1913, train service of this railway is as follows: Express for Yarmouth.....11.54 a.m. Express for Halifax.....2.02 p.m. Accom. for Halifax.....7.50 a.m. Accom. for Yarmouth.....5.50 p.m.

Midland Division

Trains of the Midland Division leave Windsor daily (except Sunday) for Truro at 7.05 a.m., 8.10 p.m. and 7.55 a.m. and from Truro at 6.40 a.m., 2.50 p.m., and 12.50 noon, connecting at Truro with trains of the Intercolonial Railway, and at Windsor with express trains to and from Halifax and Yarmouth.

Buffet Parlor Car service on Mail Express trains between Halifax and Yarmouth.

ST. JOHN AND DIGBY

DAILY SERVICE (Sunday Excepted) Canadian Pacific Steamship leaves St. John 7.00 a.m., arrives in Digby about 10.15 a.m., leaves Digby 2.00 p.m., arrives in St. John about 5.00 p.m., connecting at St. John with Canadian Pacific trains for Montreal and the West.

Boston Service

Steamers of the Boston & Yarmouth S. S. Company sail from Yarmouth for Boston after arrival of Express train from Halifax and Truro, Wednesday and Saturday. F. GIPKINS, General Manager, Kentville.

April 30th For England

Any person anticipating a trip to Europe this Spring, should sail by the S. S. "Digby" from Halifax, Thursday, April 30th.

There is no comfort lacking aboard this ship. The staterooms are large, light and airy; the saloon equals that of the finest liners; the promenade decks are lengthy and wide. In short, the S. S. "Digby" provides almost every service of the transatlantic liner.

To Liverpool from Halifax, Saloon Passengers is \$60.00 Second Class . . . \$45.00 For further particulars apply immediately to

Furness Withy & Co. Limited AGENTS, Halifax, N. S.

H. & S. W. RAILWAY

Accom. Mon. & Fri.	Time Table in effect Oct. 6th, 1913.	Accom. Mon. & Fri.
Read down.	Stations	Read up.
11.30	Lv. Middleton A.R.	16.25
12.01	" Clarence	15.34
12.20	Bridgetown	15.36
12.50	Granville Centre	15.07
13.07	Granville Ferry	14.50
13.26	" Kapadala	14.34
13.45	Ar. Port Wade L.V.	14.10

*Flag Stations. Trains stop on signal CONNECTION AT MIDDLETON WITH ALL POINTS ON H. & S. W. RY AND D. A. RY. P. MOONEY General Freight and Passenger Agent

FIRE INSURANCE

Insure your buildings in the OLD RELIABLE "NORTHERN"

Established 1836 DALY & CORRETT, Provincial Agents HALIFAX, N. S. FRED E. BATH, Local Agent Bridgetown May 14, 1923-17

Minard's Liniment Cures Dandruff.