INDIGESTION AND CONSTIPATION

Quickly Relieved By "Fruit-a-tives"

ROCHON, P.Q.

"I suffered for many years with *terrible Indigestion and Constipation*. A neighbor advised me to try *"Fruit-a-tives"*. I did so and to the surprise of my doctor, I began to improve and he advised me to go on with *"Fruit-a-tives"*.

I consider that I owe my life to "Fruit-a-tives" and I want to say to those who suffer from Indigestion, Constipation or Headaches — try "Fruit-a-tives" and you will get well".

CORINE GAUDREAU.

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

White Ribbon News.

Woman's Christian Temperance Union was first organised in 1874.

AIM.—The protection of the home, the abolition of the liquor traffic and the triumph 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—Agitate, educate, organize.

OFFICERS OF WOLFVILLE UNION.

President—Mrs. B. O. Davidson.
1st Vice President—Mrs. G. W. Miller
2nd Vice President—Mrs W. O. Taylor
Recording Sec'y—Mrs. Ernest Redden
Cor. Secretary—Mrs. (Dr.) McKenna
Treasurer—Mrs. H. Pineo.

'Wind the Ribbon Round the Nations.'

Among the oldest of the great anti-liquor organizations of the United States is the Woman's Christian Temperance Union. Although the cause which it was created to advance has been taken in hand by other and perhaps more aggressive movements in recent times, it is nevertheless as serviceable as ever in certain ways. The spiritual and moral welfare work which it is doing unostentatiously in the several cantonments and naval training stations is compelling attention and winning commendation, even if neither has been sought. Frances Willard would rejoice to see the Union, to which she was devoted, engaged in such helpful, practical, and patriotic work.

Motor kitchens provided by the White Ribboners of Great Britain are being eargerly patronized by the soldiers. One which has been in use at Shoreham for several months is besieged by the men between the hours of seven and eleven in the evening. A lieutenant writing home about the good that is being done by a field kitchen 'somewhere in France,' said: 'Recently I saw a B. W. T. A. field kitchen. I asked how it was going on, and the man in charge said it was well patronized and filled a great want; it could go where no other canteen could. This kitchen is to be stationed about six miles from the front and then travel to and fro. What fine, useful work! We wish there were hundreds of these kitchens.'

Through Miss Mary S. Powell, the W. C. T. U. of Dunedin, New Zealand, recounts W. C. T. U. activities that display both initiative and courage. In toiling earnestly to remove liquor from the army and navy canteens, they builded better than they knew, for the European war had not then commenced. To-day the camp and the transports are dry. White Ribboners fitted out the first army recruits. Miss Powell says: 'We alone are responsible for the manufacture of warm clothing for the mine-sweepers in the North Sea. The cold on those trawlers is simply appalling. We received a compliment from the authorities in connection with our W. C. T. U. fund for Y. M. C. A. camp activities which totalled over $13,000. Thousands of Christmas presents were sent to the men at the front.'

Miss F. Stapleton, recording secretary of the W. C. T. U. of Cape Province (South Africa), writes most interestingly of their twenty eighth annual convention held at Port Elizabeth. She says, 'We thank God for our great leader, Miss Emilie Solomon, who has done and is doing so much for our cause. In her able annual address Miss Solomon said: 'There never was greater need for the work of our organization. We face a parliament either actively antagonistic or at best, with a few notable exceptions, indifferent.' Mrs. Watts reported new branches, splendid war work, influential public meetings and Congress of Nations. In New York under Mrs. Brown held crowded meetings. Important resolution called for war prohibition and condemned the Contagious Act of 1885, as bad in principal and degrading in operation. The general officers were re-elected. Mrs. Mackenzie of Kimberly was made first vice president and Mrs. Campbell 'Y' secretary. The convention was filled with a spirit of courage, hope, determination and enthusiasm. Miss Solomon rejoiced that Canada is practically dry and that in the United States the dream of prohibition by 1920 bids fair to be realized.'

The West Australia W. C. T. U. convention held at Perth—the twenty-sixth anniversary—was a time of renewed inspiration. Some of the high points of the convention were the children's patriotic parade and the opening demonstration; the informing address of the president, Mrs. F. T. J. Metcalf; an inspiring greeting from Mrs. Helen Barton; gratifying department reports and the fine spirit of co-operation with the Woman's National Movement and all engaged in temperance organizations in working for war prohibition and the protection of the health and morals of the men in uniform. The prayer and praise services were uplifting. Courtesies from the Y. W. C. A., the Trinity Ladies' Guild and the Women's Service Guild were graciously extended. The general officers were re-elected.

'If really for once, the entire civilized race of mankind should abstain from alcohol for thirty years, so that a completely sound generation could come into existence, there would result a transformation, a raising of the whole culture niveau, a heightening of the happiness and welfare of men which could easily be placed beside the greatest historical reformations and revolutions of which we know anything.'

PILES

Do not suffer another day with itching, bleeding, or Protruding Piles. No surgical operation required. Dr. Chase's Ointment will relieve you at once and as certainly cure you. 60c. a box; all dealers, or Edmanson, Bates & Co., Limited Toronto. Sample box free if you mention this paper and enclose 2c. stamp to pay postage.

Away With Luxuries!

Each time you buy a thing you do not need you do your country an ill turn. Very likely you have not bought of that. But 'evil is wrought by want of thought as well as want of heart'—especially in these times.

So think it out. This is how the matter stands. The less you buy, the more material and the more labor you leave available for war purposes. Necessities you must have. But restrict your buying simply to them.

Not is this all. The less you buy the more money you will save and be able to lend our country. So buy necessaries only. Away with all luxuries! Keep your hands out of your pockets. Save your money. Lend it to your country when the call comes. That call may come soon.

Children Cry
FOR FLETCHER'S
CASTORIA

One About Haig.

Here is a story our wounded boys have brought back from the front about Sir Douglas Haig. Sir Douglas was, some weeks ago in a great hurry to get to a certain place. He found his car, but the chauffeur was missing. So Sir Douglas got in the car and drove off by himself. Then the driver appeared and saw the car disappearing in the distance.

'Great Scot!' cried the driver to the re's 'Aig a-driving my car!'

'Well, get even with him,' said a Tommy, standing by, 'and go an' fight one of 'is battles for him.'

Children Cry
FOR FLETCHER'S
CASTORIA

The Battle of Dollars.

In this war dollars are decisive. They must come from you. It is a battle of dollars quite as much as it is a battle of bullets. But it is not enough to make dollars; they must be saved. Are you saving them?

Everybody can save something. With dollars as plentiful as they are in Canada to-day saving is a mere matter of will. The call to save is imperative; it comes to one and all. We must save because we must win, and dollars are necessary to victory.

The wasted dollar assists the enemy. The dollars that are not for us are against us, and they will all count. What are you doing with yours?

A Paris shopkeeper wrote to one of his customers as follows: 'I am able to offer you cloth like the inclosed sample at 9 francs the meter. In case I do not hear from you I shall conclude that you wish to pay only 8 francs. In order to lose no time, I accept the last mentioned price.'—Pittsburgh Chronicle-Telegraph.

Mrs. Hawbuck—Hiram, it takes you twice as long to drive the pigs as it used to.

Farmer H.—I know it. You wouldn't expect me to speak harsh to a lot of critters worth $50 apiece, would you?—Boston Transcript.

A teaspoonful of glue mixed in a basin of hot water poured over a broom and then allowed to thoroughly dry will greatly stiffen it, and prolong its usefulness and life.

Children Cry
FOR FLETCHER'S
CASTORIA

Lord Bryce's Committee Makes Many Suggestions To Reform House of Lords

REFORM of the House of Lords is not a live topic during the war, but it will be when the war is over. It seems to be conceded on every side in the Motherland that the hereditary principle, and almost exclusive peers' representation in the House of Lords must disappear. The long fight of the Asquith Government against the veto power of the Lords damaged the power of the Upper Chamber very seriously, and schemes for a reconstruction of it, on more modern lines, became frequent. Lord Bryce, formerly British Ambassador at Washington, was appointed chairman of a large committee to draw up the official scheme for reconstructing it, and this committee, after 48 sessions, has just reported. The committee of conference consisted of 16 members of the Lords and Commons, and the recommendations forwarded to the Premier were passed by a large majority, only Earl Loreburn, Lord Sydenham and Mr. Scanlan dissenting.

Lord Bryce, in a letter to the Prime Minister, gives an account of the proceedings of the conference, and sets out the reasons which led to the recommendations.

"It was generally agreed," he writes, "that a Second Chamber would be of little use unless it were strong enough to differ from the House of Commons when a proper occasion arose — a proper occasion being one in which there was reason to believe that some decision of the Commons did not express the full and deliberate will of the people. But it was also agreed that the Second Chamber ought not to be so strongly entrenched as to dispose it to engage in frequent contests with the House of Commons, so as to embarrass the executive and clog the wheel of legislation. It thus became necessary to steer a middle course between these extremes, assigning to the Second Chamber such powers only as the interests of the nation seem to require and finding expedients by which differences between the Houses might be adjusted with the minimum of friction and delay, avoiding conflicts by methods of conciliation.

The following table shows the proposed composition of the Second Chamber:

Elected by M.P.'s	246
Elected by Joint Committee of both Houses	81
	327

Representatives of Ireland are included this would increase the total of members by about 27.

The 246 would be elected by panels of M.P.'s distributed in geographical groups, thus:

Area.	Seats in No. of Second grouped Chamber.	M.P.'s
London	27	63
South-Eastern	15	36
South Midlands	15	38
East Anglia	15	39
Wessex	18	45
C.-W. Midlands	15	36
N.-W. Midlands	15	36
E. Midlands	15	40
Lancashire	27	66
Yorkshire	24	57
Northern	15	34
Wales and Monmouth	30	35
Scotland	30	73
	246	598

The voting by M.P.'s shall be by ballot and by Proportional Representation by the method of the single transferable vote. It should be noted that six peers and Lord Hugh Cecil were opposed to election by members of the House of Commons, even acting in groups. Tenure of seats in the Second Chamber will be for 12 years, one-third, whether elected by M. P.'s or the Joint Committee, to retire every four years. In the first instance the persons chosen by the Joint Committee shall be selected from hereditary peers and bishops, but afterwards choice is to be unrestricted providing that peers and bishops sitting on the nomination of the committee are not less than 30.

So that the Chamber may be constituted one-third would be elected by groups of the members of the present House of Commons, and retire in four years; one-third would be elected by the members of the next House and retire in eight years; the remaining third would be elected by the Joint Standing Committee and retire in 12 years.

Clergymen of the Church of England, of the Roman Catholic Church, of the Church of Scotland, and of the Protestant Episcopal Church in Ireland not now eligible for the House of Commons shall be eligible for the Second Chamber. Peers who are not members of the Second Chamber shall be eligible for the House of Commons. If members of the Second Chamber are to be paid, it is recommended that the salary should be the same as that of the House of Commons. It is laid down that the Second Chamber shall not have power to amend or reject a Financial Bill; what constitutes such a bill being carefully defined. As for the adjustment of differences between the two Houses, either Chamber may demand the reference of a rejected bill to a Free Conference, consisting of twenty members of each House appointed at the beginning of Parliament and ten members of each House added by the Committee of Selection for the special bill under consideration. The Free Conference will try to bring about agreement, and if it fails the bill will go over to the next session, when, if the Free Conference again passes the bill and it is rejected by the Second Chamber and accepted by the House of Commons it is presented for the royal assent.

A Constipation Cure

A druggist says: "For nearly thirty years I have commended the Extract of Roots, known as Mother Seigel's Curative Syrup, for the radical cure of constipation and indigestion. It is an old reliable remedy that never fails to do the work." 30 drops thrice daily. Get the Genuine, at druggists.

COAL COAL! COAL!

Carefully Screened and Promptly Delivered.

Springhill, Albion Nut and Old Sydney.

GIVE US A TRIAL.

Burgess & Co.

SOME STRANGE CHANGES.

Russians Have Even Revised the Angel's Song.

Lady Muriel Paget, organizer of the Anglo-Russian Hospital, which in two years cared for enormous numbers of wounded on the eastern front, arrived in New York recently on her way back to England. "Stories of the revolutionary changes made by committees were heard everywhere," she told a New York Times reporter. "On one of the ships of the Black Sea fleet a committee was formed to decide whether or not there was a God. They deliberated, heard both sides of the argument, and finally pronounced the judgment that there was no God; and the chaplain was accordingly dismissed. At another place a committee was appointed to revise the prayerbooks of the church. For the phrase 'Lord God,' they substituted 'President God of the Heavenly Republic,' and they made the Christmas service read, 'Glory to God in the highest, and on earth peace without annexations and indemnities and good will to men.'

"There is a marvelous simplicity and unconcern about the Russians. On a tramcar in Petrograd one of my passengers was caught in the act of picking another passenger's pocket. A committee was formed which promptly found him guilty and bound him hand and foot. When the tramcar came to the Neva the committee stopped it, took the thief out, threw him off the bridge into the river; then the car started up again and the conversation went on undisturbed.

"On the streets a well-dressed person is sure to be held up and compelled to give up coat or shoes at the point of the revolver. A friend of mine was met by a robber who demanded his fur coat; but he had the wit to plead that he had just stolen it himself that morning, and left it to the robber's sense of justice if he should not be allowed to enjoy it for a while. This seemed fair enough, so he was permitted to go his way still in possession of the coat.

"Another friend was compelled to give up his coat, but in this case the robber was amenable to the plea that a man without an overcoat would be terribly cold. 'Very well,' he said, 'you may have mine.' It was not a very presentable garment, but the man who had been compelled to take it in exchange felt better when he got home and found in the pocket 600 rubles, apparently the proceeds of previous hold-ups."

Highly Priviliged Men.

The recent appointment of several notable people—Sir Eric Geddes and Mr. Justice Darling amongst them—to be members of the Privy Council serves to call to mind the many quaint old-time privileges that still cling to this most ancient and honorable office. To attempt the life of a Privy Councillor, for instance, is a capital offence; and, although he may be merely an ordinary commoner, at all state functions a P.C. takes precedence immediately after the Knights of the Garter.

The King himself presides in person over their deliberations, whereas he is never present at a meeting of the Cabinet. It is the King who summons them to take private counsel with him, whereas an ordinary Cabinet meeting is summoned by the Prime Minister.

The offices of the Privy Council are at the Treasury Building in Whitehall, where the Lord President—who is always a Cabinet Minister—has his private room. Here, too, assembles from time to time the Judicial Committee of the Council, the most august legal body in the world, probably constituting as it does the final Court of Appeal for the whole of the British Empire.

Creeds In the Army.

Difficulties as to religion in the army are not new. The dictators are not always on sure ground. When a literary man went to attest after the outbreak of the war, the officer responsible put it to man after man, "Church of England, I suppose?" and they all answered in the affirmative until it came to the journalist. "No, Dissenter," he said firmly. The officer gasped. "Well, but—er—you believe in the Bible, don't you?" he said. It was ever thus, remarked a writer in the Daily Chronicle. Gladstone heard with delight the story of an earlier recruit. The enlisting officer, a militia captain, said, "Are you a Protestant?" "Nea." "Then are you a Catholic?" "Nea." "Then what the devil are you?—are you a heathen?" "Nea, I'm a Puseyite." According to the Hon. Lionel Tollemache, the narrator of the story, the captain, after ascertaining what this latter term meant, decided that the recruit should be sent to the Catholic service in the morning and to the Protestant in the afternoon.

Britain's Birth Rate.

Sir Bernard Mallett, the Registrar-General of Births and Deaths, shows that since the war began the population of the United Kingdom has increased by excess of births over deaths to such an extent as to more than counterbalance the whole of the losses of our armies in the field. On the other hand, the civil population of the Central Empires has steadily, and even rapidly, declined since the war began, and he estimates that this loss, added to the loss by deaths in the field, has reduced the total population of the Central Empires by at least four millions.

Against Pacifism.

Capt. S. Bruce has been returned by a majority of over six thousand over his Labor opponent in the by-election in Flinders, Victoria, Australia, to fill Sir W. H. Irvine's seat in the Commonwealth House of Representatives. There is no doubt that many Laborites supported Capt. Bruce owing to the recent peace manifesto of the Victorian Labor party, which Senator Gardiner, the real leader of the Labor party, repudiated, thereby greatly assisting recruiting.

The woman hodcarrier has made her appearance in New York city.

COAL!

Acadia Lump,
Albion Nut,
Springhill
Inverness

A. M. WHEATON

E. B. SHAW

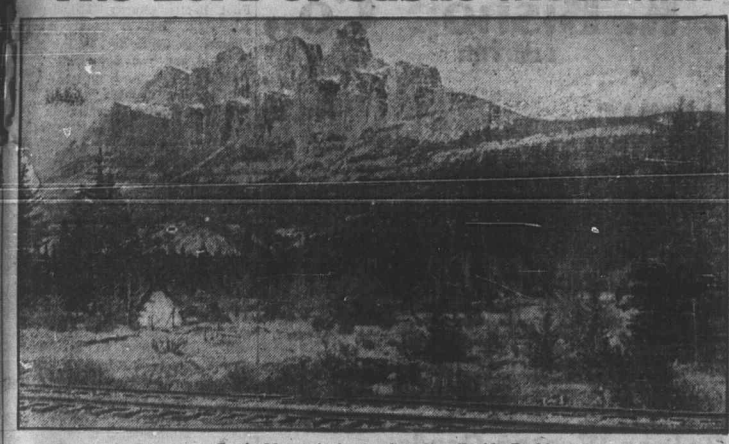
Repairing of Boots and Shoes of all Kinds

Has resumed business at the old stand in his new building.

Orders Solicited and Carefully Executed

Minard's Liniment cures Diphtheria.

The Lord of Castle Mountain



Castle Mountain in the Canadian Pacific Rockies.

THE early fall had come in the mountains. Hunting parties patrolled the valleys still green and untouched by frost. The lower slopes of the rising ground were dark with spruce, brightened here and there with the lighter green of poplar and willow. Higher still the spruce forests climbed in ever narrowing tails up the water fed gulches, while here and there large patches of poplar gleamed golden yellow, for the frost was nipping things at six thousand feet.

Above the timber line the grey crags towered, their highest peaks and plateaus shining with the virgin brightness of the first snows. In the midst of the mountains, standing alone in seeming aristocratic exclusion, the colored battlements of Castle Mountain reached heavenward above the timber. Castle Mountain is a freak of nature. For a hundred miles south there is none like it. To the north the range runs to the Arctic with no similar outcropping. Eastward to the prairies where the Bow River crashes down from the first steps of the foothills it is not duplicated, but westward, fifteen or twenty miles, there first appear signs of similar formation. Castle Mountain is igneous rock thrust from the bowels of the earth by some fierce heat spasm of forgotten ages, thrust up in the midst of the firmer grey of sandstone and limestone formation of the first belt of the Canadian Rockies. On the edge of a sheer precipice a magnificent specimen of the Rocky Mountain sheep, or bighorn, nibbled daintily at some tender lichens. A shadow flitted across his eye, but he paid no heed, for the lambs that were small in the spring were now well-grown and could take care of themselves should some bold eagle try to topple one off the ledges. The big buck had no worries therefor. The bears were down below fattening on berries; the wolves were in the timber getting good feed from among the partridges, rabbits and perhaps some wounded deer or moose. The precipice on which the sheep stood dropped sheer for some six hundred feet to the snow-covered rubble of the upper edges of the timber belt, stunted, scattered trees barely eking out a precarious existence where the rock walls started to climb. Away in the valley bottom a black dot crawled unheeded. It was a Canadian Pacific freight train laboring along from Banff to Lake Louise.

A man, rifle on back, crawled like a fly up a steep "chimney"; sweat dripped from his brow, his breath was labored; he crept slowly upwards, using hands and feet and sometimes his chin. Field glasses had told him the splendid buck was above and he wanted a shot at the king of the peaks. At last he reached the plateau and looked. There five hundred yards away on the further side of a canon, which it would take a half day to circle, stood the game placidly feeding. Waiting in concealment behind a rock until his breathing grew normal and his strained muscles became steady, the hunter adjusted his rifle and took preliminary sight. It was late afternoon and the light was deceptive. Something struck the rock at the foot of the sheep, "whee-ee-d" off into the clear air, and then from a distance came a short, sharp report. The animal lifted his glorious head and stood in splendid pose, very perfect nerve and muscle quiveringly ready to bunch and tauten to throw the big body to safety as soon as the source of danger was discovered. The hunter raised his sights a trifle, sighted a little further back, and pulled the trigger. The sheep heard no sound of the rifle. Something struck him and crushed through his body; something that sped faster than sound. Blindly, frantically, he leaped up and out over the chasm. The hunter scrambled madly to the chimney and slid, rolled and ran to the shale slope at the foot of the precipice, the shale where the first new snow lay thinly on the rubble, where the stunted trees shivered in the cold air; for he knew his game would lay there dear as the very rocks. And there he found it; its head lying up the slope, a dark blotch on the snow. And it had a pair of horns that many a sportsman has spent a thousand dollars to obtain, but in vain.—L. V. K.

THE VALUE OF IRRIGATION

Irrigated Wheat, 1918, Brooks, Alberta.

Alfalfa, Brooks, Alberta, 1918.

THE finest crops in the country are to be seen on the irrigated land in Southern Alberta. This is a remark invariably made by those who have travelled through Western Canada. And there is no doubt that this remark is true if all the crops on irrigated land in Alberta are as good as those near Brooks. This is a small town on the main line of the Canadian Pacific Railway, about a hundred miles from the city of Calgary, and the centre of one of the most fertile pieces of country on the continent. Though already settled it is estimated that a quarter of a million bushels of wheat will be harvested from irrigated lands in this district this year. Many fields will yield from thirty to forty bushels to the acre. While there is nothing extraordinary about yields of this kind, such being obtainable every year, the fields upon which water has been applied afford a very striking contrast to those to which no water has been applied. The summer having been exceptionally dry and hot has made the crops on non-irrigated land in this territory in some cases almost a total failure. But where water has been applied healthy crops will not only remunerate the farmer for his labor and the capital invested in his land, but will also help to fill the Allies' granaries.

It is not only the older settlers who have these large crops. South of Brooks a farmer who came to Alberta last fall had about two hundred acres sown to wheat on new breaking. Parts of it were irrigated in the fall and twice in the spring and summer. Here a yield of forty bushels to the acre is assured. Other parts which were irrigated twice this spring and summer but not at all last fall, should yield up to thirty-five bushels to the acre. Still other parts were irrigated once only, this year, and the yield will not be so good. Altogether this farmer's crop on two hundred acres should average about thirty-five bushels to the acre, the returns from which at present market prices being not at all bad for the first year's working. One of the best yields is that of a farmer who settled in Alberta not quite two years ago. This field consists of ninety acres of wheat which the owner anticipates will thresh out at forty bushels to the acre. Two brothers who came from Nebraska two years ago with very little capital expect to thresh from their crop of two hundred acres of wheat at least thirty bushels to the acre. Doubtless there are several other cases similar to these.

Cantaloupes, grown with Irrigation, Duchess, Alberta.

Large crops of oats, barley, all kinds of grasses, clovers and alfalfa are also to be seen on land where water has been applied. The diversity and abundance of the crops that can be grown here surprise one. It is not difficult to realize the immense boon water is. Grains, grasses, alfalfa, vegetables, small fruits yield bountiful crops under its magic spell. Assuming the farmer, as it does of remunerative crops every year, it will

Some men actually know a few of the things they believe.

Many a so called political broom turns out to be a hoe-merang.

Rumor has caused many a good nerve to stick in the mud.

Men who love women for their good manners never marry.

It is best to settle a quarrel without any outside interference.

Health may be wealth for some but it is poverty for the doctor.

Many a lame man who doesn't limp is crippled under his hat.

CASTORIA

For Infants and Children

In Use For Over 30 Years

Always bears the Signature of Chas. H. Fletcher

Foch is on the eve of yet greater possibilities and if our brave men will only keep on their heroic work the world may be surprised at what will yet be done in this year, 1918.

STIR YOUR TEA

Stir the pot of Tea a minute or so before pouring. This evenly distributes the Tea essence that has been drawn from the leaves, but is lying mostly at the bottom of the pot. You will then get the full flavor from your Tea. And if it's KING COLE Orange Pekoe, note when you stir, the delightful fragrance of the infused leaves. Note also the rich color of the Tea when poured—both indications of unusual quality.

KING COLE Orange Pekoe is different from other Teas.

ASK YOUR GROCER FOR IT BY THE FULL NAME

SOLD IN SEALED PACKAGES ONLY.

KING COLE ORANGE PEKOE TEA

THE EXTRA is CHOICE TEA

Black as Dirt About the Eyes

Liver Was All Upset and There Was Pain Under the Shoulder-blade — Two Interesting Letters.

So many people suffer from derangements of the liver that we feel sure these two reports, just recently received, will prove interesting reading and valuable information to many readers of this paper.

Mrs. F. L. Harris, Keatley P.O., Sask., writes: "I was suffering from liver trouble—had a heavy pain under one shoulder blade all the time, and was nearly as black as dirt around the eyes, so I concluded to try some of Dr. Chase's Kidney-Liver Pills. I did so, and before I had taken one 25c. box the pain had left me and I commenced to gain in flesh, and by the time I had taken two boxes I was completely cured and felt like a new person. My trouble was caused by heavy work out-of-doors, and, of course, heavy eating and constipation. I would advise anyone suffering from kidney or liver trouble to give Dr. Chase's Pills a trial."

Mrs. Charles Terry, Tweed, Ont., writes: "Before I was married I was troubled with enlargement of the liver. My liver became so enlarged that you could detect the swellings on either side, and it was only with difficulty that I could get my clothes on. A friend advised me to get Dr. Chase's Kidney-Liver Pills and take them. I commenced this treatment, and used nine boxes, which cured me at that time. Then, about two or three years afterward I was troubled again with the swelling, but only on my right side. I secured some more Kidney-Liver Pills, and took them, which finally cured me. I have not been troubled in this way since. I can cheerfully recommend Dr. Chase's Kidney-Liver Pills to anyone having kidney or liver trouble.

"We have also found Dr. Chase's Linseed and Turpentine excellent for coughs and colds. In fact, any of Dr. Chase's medicines which we have used have been good."

Dr. Chase's Kidney-Liver Pills, one pill a dose, 25c. a box, 5 for $1.00, at all dealers, or Edmanson Bates & Co., Limited, Toronto.

Even If War Is On You Must Have Clothes

And we are well prepared to serve you in this line.

Our work in

MEN'S CLOTHING OF ALL KINDS

Is winning us a reputation. We use the best materials, employ the best workmanship and our styles are always right.

We guarantee every garment and shall be pleased to show goods and quote prices.

A. E. Regan, Wolfville

"THE SLEEPING FOX CATCHES NO POULTRY"

The merchant who does not advertise catches no trade. He is fortunate if he can retain what he has, because he is never progressive, so his more alert competitors who do advertise, gradually get all the business. Advertising is an evidence of alertness and generally the advertiser gives better value and prompter service. As a consequence he seldom has shelf-worn goods to dispose of. It pays to patronize the advertisers.

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For Sale or Exchange.

A thoroughbred Guernsey Cow—Dairy Queen of Hillside (123)—10 years old, due to calve in Spring. Will sell or exchange for good new milch cow.

PERCY E. BROWN.