

INDIGESTION AND CONSTIPATION

Quickly Relieved By
"Fruit-a-lives"

Woman's Christian Temperance Union
founded in 1874.
"I suffered for many years with
terrible indigestion and constipation.
A neighbor advised me to try
"Fruit-a-lives". I did so and to the
surprise of my doctor, I began to
improve and he advised me to go on
with "Fruit-a-lives".

I consider that I owe my life to
"Fruit-a-lives" and I want to say to
those who suffer from indigestion,
constipation or headaches—try
"Fruit-a-lives" and you will get well.
—CORINE GARDNER.

See a box of Fruit-a-lives at 25c.
At all dealers or sent postpaid by
Fruit-a-lives Limited, Ottawa.

White Ribbon News.

Woman's Christian Temperance Union
first organized in 1874.

Aim—"The protection of the home,
the abolition of the liquor traffic and the
upholding of Christ's Golden Rule in custom
and in law."

Motto—"For God and Home and
Native Land."

Banner—"A knot of white ribbon,
watchword—Agitate, educate, or
organize."

Officers of Wolfville Union.

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

SUPERVISORS.

Evangelist—Mrs. George Bishop.

Parlor Meetings—Mrs. Young.

Laborer Work—Mrs. Fielding.

Red Cross and Luncheon—Mrs. J. W. Vaughn.

Press and Willard Hall—Mrs. M. P. Freeman.

White Ribbon Bulletin—Mrs. Hutchison.

Temperance in Sabbath-schools—Mrs. C. A. Patriquin.

Let us not therefore judge one another
more, but judge this rather, that we
may put a stop to a block or a scandal
to fall in his brother's way.—Rom. 14:10.

Business meeting of the W. O. T. U.
last Friday of every month.

Our Own M. P. P.

BRITISH COLUMBIA.

We women of British Columbia to
low the career of Mrs. Ralph Smith
M.L.A., with special interest, and we
were delighted with her fine speech in
the House the other day. Our Van-
couver member advocated a number
of reforms, and amongst other things
Mrs. Smith declared that she desired
to see a full investigation of the pro-
hibition administration, no matter
whose head might fall in the basket.

She asked for the early appointment
of a superintendent of neglected chil-
dren, and stated that she was disap-
pointed because nothing had been
done to bring in Mothers' Pensions.

The provincial inspection of meat and
state health insurance. Mrs. Smith
commented also upon the wisdom of
co-operation between the agriculture
and educational departments in order
to provide some system of nursing in
rural districts, particularly in ex-
pensive mothers. Congratulating the
Government upon the good work be-
ing accomplished by the University
of British Columbia, Mrs. Smith went
on to say that something definite
could be done for the returned sol-
diers, if a veteran's delegation and
two provincial cabinet ministers went
to Ottawa to inquire of the Federal
authorities the reason of their delay
in this matter.

The many things that a woman
may accomplish, is set forth in a very
able article in the Western Women's
Weekly, by Mrs. J. L. Solloway, the
president of the Jewish City W.C.T. U.

To establish travelling libraries,
and so bring reading within the reach
of all; help save the forest from de-
struction; clean up her own backyard
and make it a thing of beauty that
will be an inspiration to her neigh-
bors; see that the health of her fellow-
citizens is cared for by securing the
appointment of a public nurse whose
duty is the care and instruction of the
poor; secure lighted streets at night
and thereby prevent crime; insist upon
paved sidewalks, demand clean
streets and get them; help to prevent
the injustice of child labor; do away
with slums; "keep the streets clean";
prevent telephone and wireless com-
panies from backing off and mutilating
the branches of trees; prevent lower
life by seeing that all wires are under-
ground; arouse public interest in public
welfare; keep her garbage can clean
and covered; and insist upon her
neighbors doing the same; regulate
the public care of the aged, sick,
lunatic and pauper; see that only sane,
wholesome and humane treatment of
these dependents is possible; make
the parks, art galleries and museums
accessible to all; see that every citizen
can be a clean one through the estab-
lishment of public baths; establish
night schools; open schools for de-
fective children; visit the tenement house
district with the inspector, her eyes

KEEP STRONG

As an aid to robustness, thousands
upon thousands use

Scott's Emulsion

as regular as clock-work the year
around. A rich tonic, Scott's
abounds in elements that con-
tribute to the up-building of
strength. It is sure that you
buy Scott's Emulsion.

Scott & Bower, Toronto, Ont.

Children Cry

FOR FLETCHER'S
CASTORIA

may help him; here is a recipe to
improve the building of healthy homes
for the poor, and to prevent over-
crowding, create such a demand for
pure food, pure water and pure milk
that no other will find a sale.

CHRIST'S HOSPITAL.

The Quaint Old School in Newgate
Street.

"The old school in Newgate street,
founded in 1552, and sacred to the
memory of Charles Lamb, Samuel
Taylor Coleridge, and John Ruskin,
many other distinguished men, was
built on the cramped site of an an-
cient monastery. The new school at
West Horsham occupies one of the
finest sites in Sussex. Picture vast
spacious buildings, grouped at inter-
vals round the wind-swept play-
grounds, a large truck-shop, and
plenty of sunlight and air; then go
to Newgate street, and you will re-
alize how the Blue Coats have pro-
spered." Thus did the retiring head-
master, recently, the headmaster and
of the famous Blue Coat School. It
is all true, of course. No one who
travels down to Portsmouth, say,
from London, and looks out of the
window as the train rushes through
West Horsham, and takes note of the
glorious playing fields of the new
Christ's Hospital can fail to agree
with Dr. Upcott that the Blue Coat
boys have, indeed, prospered. And
yet, although the new Christ's Hos-
pital has been erected in the heart of
making history, and, during the past
few years, with its thousands of Old
Newgate street, and the new school
has made much of the old. The new
Christ's Hospital still centres round
Newgate street. It does so, perhaps,
the more perfectly because the story
of its 350 years in Newgate street is
a closed book. The famous buildings,
the much-loved cloisters, the Hall of
Coleridge's memories, the Hall, the
Counting House, the Mathematical
school have not been "adapted to
other uses." They have been swept
away, and are so preserved in his-
tory as the school left them.

As a matter of fact, Christ's Hos-
pital was ever used to changes. The
architects never hesitated to pull
down a building and put up another
in its place, if the advantage of do-
ing so was obvious. Thus the famous
Grammar School, founded in 1552,
and associated with Lamb, Coleridge,
and Ruskin, was pulled down in 1750,
and another building erected at the
expense of another Smith, John by
name. So, as one writer justly re-
marks, it was in Erasmus and not
John's building that Coleridge "en-
joyed the inestimable advantage of a
very sensible, though at the same
time a very severe master, the Rev.
James Bowyer"; there Charles Lamb
learned nothing, because his master,
Matthew Felde, "was engaged in
say parties, or with his country boy
at some Episcopal levee, when he
should have been attending on us,"
and there Leigh Hunt's "grammar
seemed always to open at the same
place." Felde "languidly bearing his
cane as if it were a lily, and hearing
our eternal Dominions and As in
presence with an air of ineffable
indifference."

And so when the Charity Commis-
sioners just now, twenty years ago,
taking note of the enormous value of
the site in Newgate street, and con-
sidering all that could be done with
the proceeds of its sale, to say noth-
ing of the manifest advantage of
moving the boys out of the city into
the country, secured the royal con-
sent to the great change, Christ's
Hospital, acquired with better
power, than that which had been
expected. Two years later the
school had been accomplished, and the
new building, which was to be a
model in the city, in their long blue
coats, leather belts, yellow stockings,
white tuckers, and with "hatted
heads, had moved to West Horsham.

It was just 350 years before this
happened, in 1552, that the boy
King Edward VI. being greatly moved
by a sermon preached before him
by "Master Doctor Ridley," by
"Master Doctor Ridley," and as a
result of it all, it was decided that
"the House of the Grey Friars must
become a hospital for fatherless chil-
dren and other poor men's children,
who would not and could not have
clothes, lodging and learning, and of-
ficers to attend upon them." The
very same year, about 300 children
were received into the new house,
while a hundred others were lodged
in the city, and ever since that
time Christ's Hospital has, with
varying efficiency and under chang-
ing regulations, been carrying out
its mission. It has passed through
its evil days, and its periods charac-
terized by bitter harshness and
neglect, but all that is left far be-
hind, and it maintains, to-day, as it
has maintained for so long, its proud
position as one of the best schools
in the United Kingdom.

German Guss.

A writer in an English paper
graciously describing the presenta-
tion of a couple of German guns to
a certain town, dwells, picturesquely
enough, on their introduction to a
couple of older guns, from one of the
old French wars, standing by the
doors of the town hall. These guns,
he writes, were probably fired last
in 1798, and then, dropping like Mr.
Turene's gun, "Well, in 1798
"Marlborough" fought the Battle of
Oudenarde, so that if the guns were
taken then they must have been very
old guns. Of course, they might
have been Turene's guns. But—
Turene fell, and his gun was taken
by a fact which makes the supposition
mildly improbable.

Look More Natural.

photographer: "Alyx seated myself in
a chair, his father standing behind
him at attention. 'I think,' smiled
the photographer, 'it would look
more natural if you put your hand
on your son's shoulder.' 'On the
contrary,' said Trollope, 'to be really
natural, Alyx should have his hand
in my pocket!'

Did Not Like to Change Words.

"Why do you object to the League
of Nations?" "On musical grounds,"
replied an American. "After singing
My Country, 'Tis of Thee, all these
years, I don't want the mental effort
of changing to 'Our Country, 'Tis of
Thee'!"

Do not enter
the house of
mourning.
Do not enter
the house of
mourning.

Do not enter
the house of
mourning.

Do not enter
the house of
mourning.

Do not enter
the house of
mourning.

Do not enter
the house of
mourning.

Do not enter
the house of
mourning.

Do not enter
the house of
mourning.

Do not enter
the house of
mourning.

Do not enter
the house of
mourning.

Do not enter
the house of
mourning.

Do not enter
the house of
mourning.

Do not enter
the house of
mourning.

Do not enter
the house of
mourning.

Do not enter
the house of
mourning.

Do not enter
the house of
mourning.

Do not enter
the house of
mourning.

Do not enter
the house of
mourning.

Do not enter
the house of
mourning.

Do not enter
the house of
mourning.

Do not enter
the house of
mourning.

Do not enter
the house of
mourning.

Do not enter
the house of
mourning.

Do not enter
the house of
mourning.

Do not enter
the house of
mourning.

Do not enter
the house of
mourning.

Do not enter
the house of
mourning.

Do not enter
the house of
mourning.

Do not enter
the house of
mourning.

Do not enter
the house of
mourning.

Do not enter
the house of
mourning.

Do not enter
the house of
mourning.

Do not enter
the house of
mourning.

Do not enter
the house of
mourning.

Do not enter
the house of
mourning.

Do not enter
the house of
mourning.

Do not enter
the house of
mourning.

Do not enter
the house of
mourning.

Do not enter
the house of
mourning.

Do not enter
the house of
mourning.

Do not enter
the house of
mourning.

Do not enter
the house of
mourning.

Do not enter
the house of
mourning.

Do not enter
the house of
mourning.

Do not enter
the house of
mourning.

Do not enter
the house of
mourning.

Do not enter
the house of
mourning.

Do not enter
the house of
mourning.

Do not enter
the house of
mourning.

Do not enter
the house of
mourning.

Do not enter
the house of
mourning.

Do not enter
the house of
mourning.

Do not enter
the house of
mourning.

Do not enter
the house of
mourning.

Do not enter
the house of
mourning.

Do not enter
the house of
mourning.

Do not enter
the house of
mourning.

Do not enter
the house of
mourning.

Do not enter
the house of
mourning.

Do not enter
the house of
mourning.

Do not enter
the house of
mourning.

Do not enter
the house of
mourning.

Do not enter
the house of
mourning.

Do not enter
the house of
mourning.

Do not enter
the house of
mourning.

Do not enter
the house of
mourning.

Do not enter
the house of
mourning.

Do not enter
the house of
mourning.

Do not enter
the house of
mourning.

Do not enter
the house of
mourning.

Do not enter
the house of
mourning.

Do not enter
the house of
mourning.

Do not enter
the house of
mourning.

Do not enter
the house of
mourning.

Do not enter
the house of
mourning.

Do not enter
the house of
mourning.

Do not enter
the house of
mourning.

Do not enter
the house of
mourning.

Tired Nervous Mothers

Should Profit by the Experience
of These Two Women

Buffalo, N. Y.—"I am the mother of four children, and for
nearly three years I suffered from a female trouble with pains
in my back and side, and a general weakness. I had pro-
fessional attendance most of that time but did not seem to
get well. As a last resort I decided to try Lydia E. Pinkham's
Vegetable Compound which I had seen advertised in the newspapers, and in two weeks noticed
a marked improvement. I continued its use and am
now free from pain and able to do all my house-
work."—Mrs. R. L. Zimliska, 202 Weiss Street,
Buffalo, N. Y.

Portland, Ind.—"I had a displacement and suffered
so badly from it at times I could not be on my feet
at all. I was all run down and so weak I could not
do my housework, was nervous and could not lie
down at night. I took treatments from a physician
but they did not help me. My Aunt recommended
Lydia E. Pinkham's Vegetable Compound. I tried
it and now I am strong and well again and do
my own work and I give Lydia E. Pinkham's
Compound the credit."—Mrs. J. Josephine
Kneale, 202 West Race Street, Portland, Ind.

Every Sick Woman Should Try

LYDIA E. PINKHAM'S
VEGETABLE COMPOUND

LYDIA E. PINKHAM MEDICINE CO. LYNN, MASS.

Lake Louise and the Rockies

Lake Louise.

To the ancient all roads led
to Rome, and to the ambition
of young and old to behold the
"Eternal City," so long the
ambition of every Canadian to behold
the "Eternal Snows," and as the
Applian way led to Rome, so the
great iron road, the Canadian Pacific
Railway, leads to the Rocky Moun-
tains. Canadians have a wide field
to pick and choose from in the mat-
ter of places to spend holidays, but
the West has no attraction as in-
teresting as Lake Louise.

Lake Louise is one of the many
beautiful spots in the Rocky Moun-
tains, and a trip West is not con-
sidered complete without a stop-off
there. Lake Louise is one of the
Lakes in the Clouds (the others
being Lake Agnes and Mirror Lake)
and is a most beautiful lake. The
view of the lake is a most de-
lightful one, the lake being open on
both sides, affords an uninterrupted
view of the wonderful scenery with
the mountains in the background.
The lake is crossed by a pretty little
bridge, and in the early morning
familiarly the white spray of the
falling water, rising like a giant
plume, is a most beautiful sight.
The lake is a most beautiful lake,
and a trip to Lake Louise is a most
delightful one.

Arriving at Lake Louise one feels
transported into another atmosphere,
if not to another world, feelings of
wonder, awe, and admiration grip
the mind, compelling a reverential
silence. The lake itself is small,
but a perfect gem, lying at the base
of the Victoria Glacier from which
it is fed, its waters being pure
turquoise in colour, that keep turn-
ing so different in shades, the
lake is a most beautiful lake. The
view of the lake is a most de-
lightful one, the lake being open on
both sides, affords an uninterrupted
view of the wonderful scenery with
the mountains in the background.
The lake is crossed by a pretty little
bridge, and in the early morning
familiarly the white spray of the
falling water, rising like a giant
plume, is a most beautiful sight.
The lake is a most beautiful lake,
and a trip to Lake Louise is a most
delightful one.

On the way to Moraine Lake a
most beautiful view of the lake is
obtained. The lake is a most beau-
tiful lake, and a trip to Lake Louise
is a most delightful one.

The surrounding country suggests
a Alpine valley. The lake is a most
beautiful lake, and a trip to Lake
Louise is a most delightful one.

At this point a fine view of the
lake is obtained. The lake is a most
beautiful lake, and a trip to Lake
Louise is a most delightful one.

The lake is a most beautiful lake,
and a trip to Lake Louise is a most
delightful one.

At this point a fine view of the
lake is obtained. The lake is a most
beautiful lake, and a trip to Lake
Louise is a most delightful one.

The lake is a most beautiful lake,
and a trip to Lake Louise is a most
delightful one.

At this point a fine view of the
lake is obtained. The lake is a most
beautiful lake, and a trip to Lake
Louise is a most delightful one.

The lake is a most beautiful lake,
and a trip to Lake Louise is a most
delightful one.

At this point a fine view of the
lake is obtained. The lake is a most
beautiful lake, and a trip to Lake
Louise is a most delightful one.

The lake is a most beautiful lake,
and a trip to Lake Louise is a most
delightful one.

At this point a fine view of the
lake is obtained. The lake is a most
beautiful lake, and a trip to Lake
Louise is a most delightful one.

The lake is a most beautiful lake,
and a trip to Lake Louise is a most
delightful one.

At this point a fine view of the
lake is obtained. The lake is a most
beautiful lake, and a trip to Lake
Louise is a most delightful one.

The lake is a most beautiful lake,
and a trip to Lake Louise is a most
delightful one.

At this point a fine view of the
lake is obtained. The lake is a most
beautiful lake, and a trip to Lake
Louise is a most delightful one.

The lake is a most beautiful lake,
and a trip to Lake Louise is a most
delightful one.

At this point a fine view of the
lake is obtained. The lake is a most
beautiful lake, and a trip to Lake
Louise is a most delightful one.

The lake is a most beautiful lake,
and a trip to Lake Louise is a most
delightful one.

At this point a fine view of the
lake is obtained. The lake is a most
beautiful lake, and a trip to Lake
Louise is a most delightful one.

The lake is a most beautiful lake,
and a trip to Lake Louise is a most
delightful one.

At this point a fine view of the
lake is obtained. The lake is a most
beautiful lake, and a trip to Lake
Louise is a most delightful one.

The lake is a most beautiful lake,
and a trip to Lake Louise is a most
delightful one.

At this point a fine view of the
lake is obtained. The lake is a most
beautiful lake, and a trip to Lake
Louise is a most delightful one.

The lake is a most beautiful lake,
and a trip to Lake Louise is a most
delightful one.

At this point a fine view of the
lake is obtained. The lake is a most
beautiful lake, and a trip to Lake
Louise is a most delightful one.

The lake is a most beautiful lake,
and a trip to Lake Louise is a most
delightful one.

At this point a fine view of the
lake is obtained. The lake is a most
beautiful lake, and a trip to Lake
Louise is a most delightful one.

The lake is a most beautiful lake,
and a trip to Lake Louise is a most
delightful one.

At this point a fine view of the
lake is obtained. The lake is a most
beautiful lake, and a trip to Lake
Louise is a most delightful one.

The lake is a most beautiful lake,
and a trip to Lake Louise is a most
delightful one.

At this point a fine view of the
lake is obtained. The lake is a most
beautiful lake, and a trip to Lake
Louise is a most delightful one.

The lake is a most beautiful lake,
and a trip to Lake Louise is a most
delightful one.

At this point a fine view of the
lake is obtained. The lake is a most
beautiful lake, and a trip to Lake
Louise is a most delightful one.

The lake is a most beautiful lake,
and a trip to Lake Louise is a most
delightful one.

At this point a fine view of the
lake is obtained. The lake is a most
beautiful lake, and a trip to Lake
Louise is a most delightful one.

The lake is a most beautiful lake,
and a trip to Lake Louise is a most
delightful one.

At this point a fine view of the
lake is obtained. The lake is a most
beautiful lake, and a trip to Lake
Louise is a most delightful one.

The lake is a most beautiful lake,
and a trip to Lake Louise is a most
delightful one.

At this point a fine view of the
lake is obtained. The lake is a most
beautiful lake, and a trip to Lake
Louise is a most delightful one.

The lake is a most beautiful lake,
and a trip to Lake Louise is a most
delightful one.

At this point a fine view of the
lake is obtained. The lake is a most
beautiful lake, and a trip to Lake
Louise is a most delightful one.

The lake is a most beautiful lake,
and a trip to Lake Louise is a most
delightful one.

At this point a fine view of the
lake is obtained. The lake is a most
beautiful lake, and a trip to Lake
Louise is a most delightful one.

The lake is a most beautiful lake,
and a trip to Lake Louise is a most
delightful one.