

NERVOUS TROUBLE

The nerve system is the governing system of the whole body, controlling the heart, lungs, digestion and brain; so it is not surprising that nervous disturbances should cause acute distress. The first stages of nervous debility are noted by irritability and restlessness in which the victims seem to be oppressed by their nerves. The matter requires immediate attention, for nothing but suitable treatment will prevent a complete breakdown. The victim however, need not despair for even severe nervous disorders may be cured by improving the condition of the blood. It is because Dr. Williams' Pink Pills actually make new, rich blood that this medicine has cured extreme nervous disorders after all other treatment had failed. The nerves thrive on the new blood made by these pills; the appetite improves, digestion is better, sleeplessness no longer troubles the former nerve shattered victim and life generally takes on a cheerful aspect. Every sufferer from nerve troubles, no matter how slight, should lose no time in giving Dr. Williams' Pink Pills a fair trial, thus regaining their old-time health and comfort.

You can get Dr. Williams' Pink Pills through any dealer in medi-

cine or by mail at 50c a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

Honor Roll

WOUNDED

Lieut. P. B. Stairs, Halifax
J. R. McKinley, Berwick
F. H. Porter, Wolfville
C. F. Morton, Billtown
G. W. Davis, Hantsport
E. S. Phillips, Maitland
R. Margeson, Welsford
H. H. Manning, Wolfville
Capt. R. H. Morris, M. C., Middleton.

KILLED IN ACTION

Harry E. Simmonds, Halifax
Lieut. L. E. Longley, Paradise of the 112th
Lieut. M. L. Tupper, Kingston of the 112th

DIED OF WOUNDS

Lieut. D. McKay Lawson, Amherst.

Gray Hair
the
Hair Health
A preparation for restoring natural color to gray or faded hair, for removing dandruff and for a hairbrushing. Is not a dye. Generous sized bottles at all dealers, ready to use. Philo May Co., Newark, N. J.

Cash Statement of Kentville Branch Red Cross Society.

From July 1st. to Sept. 10th.

RECEIPTS

Net amount from Y. S. MacDonald	3.10
Net after paying expenses	7.00
From Centerville Auxiliary Society	9.00
From the "V" girls for Prisoners Fund	50.00
Donations from Mrs. John Moore	448.66
Net receipts from meals served to visiting Odd Fellows, as far as returns have been made and bills received	50.00
From Sister Susie Society, from Miss Prim's Kindergarten	33.95
Kentville Branch share of check sent by Chautauqua Society & shared with Wolfville	135.55
From regular collectors for two months	722.26

Payments July and August	185.54
Expenses	536.72
Check for Prisoners Fund 50.00	258.72
Check for general Red Cross Fund	50.00
Supplies for workers	72.44

Amount after paying bills	536.72
Cash on hand July 1st	258.72
Total amount of cash on hand Sept. 10th, 1918	\$795.44

Kentville Branch Canadian Red Cross Society.

A. S. CALKIN, Secty. & Treas.

Our Far Seeing Farmers

Although the joint policy of the Federal and Provincial Departments of Agriculture for the encouragement of sheep raising has been advertised in the press only a week, the response is very gratifying. The N. S. Dept. already has received a large correspondence from farmers now keeping sheep and planning to increase their flocks as well as from farmers who intend to establish new flocks.

Before the advertisement appeared the men who carry on the work under the Sheep Division reported a marked tendency of farmers to hold their ewe lambs for breeding purposes and many local sales between farmer and farmer.

This all means that Nova Scotia farmers are realizing the monetary advantage of increasing their sheep holdings as well as its usefulness from the patriotic standpoint.

This branch of stock raising cannot be overdone. In 1871 there were 389,000 sheep in Nova Scotia, now they are probably less than 250,000 with a larger farming area. There is room for an increase of several hundred thousand and even then our per acre number will be far below the corresponding numbers in Scotland, England and other parts of the world.

Red Cross Contributions

Chautauqua Association of Pennsylvania, Swarthmore, Pa.

My dear Mr. Newcombe,—
I am enclosing a money order of \$48.50 which is the amount that we took in on the day that was turned over to the Red Cross. I understood that it was to go to the National Red Cross whereas it should have gone to the local chapter.

I am sending it to you as I do not know the officers in Kentville.

Very sincerely Yours,

(Signed) DAVID W. HARR

With the above was received check as noted and as there were nine guarantors from Wolfville and 21 from Kentville. We gave the Wolfville Society 9-30th of the amount viz: \$14.55 and credited balance to Kentville Branch of Red Cross \$33.95.

The Kentville Branch of the Red Cross Society has received \$35.00 from Mrs. John Moore which is the amount of money she received for rent of her Tennis Court for the season, this is greatly appreciated by the Society and will buy a lot of comforts for our gallant soldier boys who will join us in thanking Mrs. Moore for her generous gift, also the Red Cross Society has received from the Sister Susie Kindergarten the sum of \$50.00. Again we thank these energetic young ladies for adding so materially to our funds.

A. S. CALKIN, Secty., Treas.

CONSTIPATED CHILDREN.

Childhood constipation can be quickly banished through the use of Baby's Own Tablets. These Tablets are a mild but thorough laxative which never fail to regulate the bowels, sweeten the stomach and in this way relieve all the minor ills of little ones.

Concerning them Mrs. Eugene Couture, Knox Bridge, Que., writes: "Baby's Own Tablets have been marvellous in the case of my baby. She was constipated and feverish but the Tablets soon regulated her bowels and made her well." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Minard's Liniment Relieves Neuralgia.

NOW RAISES 600 CHICKENS

After Being Relieved of Organic Trouble by Lydia E. Pinkham's Vegetable Compound.

Oregon, Ill.—"I took Lydia E. Pinkham's Vegetable Compound for an organic trouble which pulled me down until I could not put my foot to the floor and could scarcely do my work, and as I live on a small farm and raise six hundred chickens every year it made it very hard for me."

"I saw the Compound advertised in our paper, and tried it. It has restored my health so I can do all my work and I am so grateful that I am recommending it to my friends."—Mrs. D. M. ALTERS, R. R. 4, Oregon, Ill.

Only women who have suffered the tortures of such troubles and have dragged along from day to day can realize the relief which this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, brought to Mrs. Alters.

Women everywhere in Mrs. Alters' condition should profit by her recommendation, and if there are any complications write Lydia E. Pinkham's Medicine Co., Lynn, Mass., for advice. The result of their 40 years experience is at your service.

Mr. Clarence Lovelace who has been spending his vacation in Kings Co and delighting many with his music, left on Monday to return to Boston.

DID YOU EVER THINK

why that skin trouble, from which you are suffering, will not heal? It is because it is so deeply rooted that ordinary ointments are incapable of penetrating to the seat of the disease.

Zam-Buk, on the contrary, is so refined that it is capable of reaching the underlying tissues, and that is why so many cases of skin trouble, which have defied all other treatments, have yielded to Zam-Buk.

Don't delay! Get a box of Zam-Buk and prove it for yourself. Not only is it best for eczema and all skin troubles, but also for ringworm, ulcers, old sores, blood-poisoning, boils, piles, burns, cuts and all skin injuries. All druggists or Zam-Buk Co., Toronto. 50c. box, \$3 for \$1.25.

Send 1c. stamp for postage on free trial box.

ZAM-BUK

Miss Katherine Pines and Miss Dorothy Timmins of Waterville have been at Halifax guests of Mrs. V. R. Margeson.

Every 10c Packer of
WILSON'S FLY PADS
WILL KILL MORE FLIES THAN \$8.00 WORTH OF ANY STICKY FLY CATCHER

Clean to handle. Sold by all Drug Gists, Grocers and General Stores

Charles Hogan C. E.
Provincial Land Surveyor

Surveys, Plans, Levelling and Estimates

Church St., Greenwich, N. S.
Long Distance Telephone
Wolfville Ex.

FREDERICK A. MASTERS
Solicitor and Notary

Also Agents for leading Fire, Life and Accident Insurance Companies
Office, Porter's Building, Kentville

LESLIE R. FAIRN,
ARCHITECT
AYLESFORD, N. S.

Build up the Mighty National Force



FOR fifty years the Teuton peoples have been trained, disciplined, whipped, into servile cogs of an implacable military machine, by which is maintained the Prussian doctrine of might, and the Kaiser's autocracy. The Teutons deny themselves, they make sacrifices, because they are trained or forced to do so, but they do it.

The peoples of the Allied nations must make great sacrifices and tremendous efforts in order to defeat the enemies of freedom, but because they are free peoples it is left largely to the individual to say what or how much self-denial each will practice.

So if freedom is to prevail individuals must make voluntary sacrifices which in the aggregate will be greater than the forced sacrifices of the enemies of freedom.

THE measure of your love of freedom is your willingness to deny yourself so that the strength of the nation for war effort will be increased.

This self-denial must take the form of money-saving—thrift. Each person knows in what way he or she may save.

The national need says you must save, but free Canada leaves it to you to say by what means and to what extent you will save.

NOW, it is for you, each of us, everyone of us to say how much patriotic endeavor, how much loyal sacrifice we will make by saving our money, by "doing without" so that each day will see a surplus to add to our own and the nation's strength. No matter how small the surplus it is important because each saving is an effort made, and many small individual efforts make the mighty national force.

Published under the authority of the Minister of Finance of Canada.