

HER DREAMS CAME TRUE

Life Unbearable from Indigestion
Health Restored by "Fruit-a-Lives"



MELLIE C. GAUDREAU
Rochele P.Q., Jan. 14th, 1915.
"I suffered for many years with terrible indigestion and constipation. I became thin and miserable. I had frequent dizzy spells and became so run down that I never thought I would get well again.
A neighbor advised me to try 'Fruit-a-Lives'. I did so and to the surprise of my doctor, I began to improve and gain weight.
I continued this medicine and all my indigestion and constipation was relieved. 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'. Give this lovely fruit medicine a fair chance and you will get well the same as I did."

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

White Ribbon News.

First organization 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.—Agnate, educate, or gainize.
OFFICERS OF WOLFVILLE UNION.
President.—Mrs. L. W. Sloop.
1st Vice President.—Mrs. J. Cutten.
2nd Vice President.—Mrs. R. Reid.
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Willard Home.—Mrs. M. Freeman.
Temperance in Sabbath-schools.—Mrs. (Dr.) Brown.
Evangelistic.—Mrs. Purves Smith.

Get a Transfer.

If you are on the gloomy line,
Get a transfer.
If you're inclined to fret and pique,
Get a transfer.
Get off the track of doubt and gloom;
Get on a sunshine train; there's room
Get a transfer.
If you are on the worry train,
Get a transfer.
You must not stay there and complain;
Get a transfer.
The cheerful cars are passing through
And there's lots of room for you.
Get a transfer.
If you are on the grouchy track,
Get a transfer.
Just take a happy special back;
Get a transfer.
Jump on the train and pull the rope
That lands you quick at station hope
Get a transfer.
—The Booster.

Is This a Mistake.

"The police conducted eight raids to-day, making 39 since last Sunday, the largest number in any one week in the history of the city. The liquor inspectors claim that they intend to make a clean sweep, and expect to keep the crusade up for weeks, if necessary."
"The premises of Nico la DeFon dias, 152 Main street, were raided this afternoon, and a large quantity of beer seized." "Chief of Police, H. F. Snow, last night seized twenty-one barrels of bottled beer at the railroad station. The beer was consigned to various individuals in the western section of the town."
"Deputy sheriffs raided a camp conducted by Edward Langstaff and Mrs. Rose Rider at Yokon Pond last night. No liquors were found. This morning the potato patch looked as if it had been lately worked, and root holes of beer and three gallons of whiskey were found planted." "That's the way they do things down in 'prohibition Maine'!" "The prohibitory law is a joke. Prohibition is hypocrisy. But hold on a bit! That doesn't happen to be a record of happenings down in 'prohibition Maine'." It is an exact transcript of occurrences in licensed Massachusetts, according to a Boston paper of Monday morning, August 23. But we confess that we do not quite understand this! Our pro-license friends vehemently declare that the only way to prevent illegal selling is to make a certain amount of selling legal. Is it possible that somebody has been 'stuffing' the reporter, or do those who make such a claim lie—under a mistake?—Zion's Advocate.

WOMAN ALL RUN DOWN

Made Strong and Well By Vinol
Waynesboro, Pa.—"I was all run down after a hard spell of bronchitis so it was hard for me to keep about. I had pains in my chest and took cold easily. A friend asked me to try Vinol. I did and it built me up so I am strong and well and I am able to do my housework which I had not done for three months before taking Vinol." Mrs. T. R. HOBBOCK, Waynesboro, Pa.
Vinol creates an appetite, aids digestion, makes pure blood, and gives strength. Your money back if it fails.
A. Y. Reed, Druggist, Wolfville, N. S.

COACHING OARSMEN

An Awful Worry, Says Vivian Nickalls—His Opinions Are Explained

Vivian Nickalls who returned to England to enlist was discussing the job of rowing coach. "I have often been told that coaching a crew is a coach lad to do as to sit in a chair and point at a man through a megaphone for an hour or two." Mr. Nickalls stated that after he had gained ability to recover from the strain he had suffered.

In speaking of his personal experience, Mr. Nickalls said: "A crew coach, as any university is really never off his job and has more motifs of coaching than any other coach in that institution. There are very many small details that are not attended to, if you don't see them done or do them yourself."
"After you have cut your candidates down to about six crews, out of which you have the best thing is to pick those candidates seated in the right order in the right boat, and later, when they are picked, you will spend all the time worrying. One man is not coming on fast enough, another is getting over-worked, another is getting a slump and you have to regain confidence in them, only to be let down again. Many a sleepless night have I spent arranging and rearranging my crews."
"Then you have to find out the temperament of your men. Some you can talk to in a boat, but have to tell him afterward for fear he will sulk. The great thing is to get eight men of equal temperament. If you can. A disturber or a grouchy crew member more than anything else. If I find a man who is a disturber I relegate him to the next crew, even if the man who takes his place is not quite so good. You will succeed in giving them confidence if you mix with them, talk to them, and if they know you are not every man can become one. I have seen one of the best oars try to coach and make an absolute failure of it, as he did not know how to impart his knowledge."
"Cozawns, as a rule, are intelligent. You may have an intelligent 'cox', but there will come a time when he will pull off the most foolish stunt. I have seen a 'cox' who has liberally into another boat when they were looking at it all the time. What for? I don't know, except for the good of the boatbuilders. I am confident that all their birthplaces must have been in marble quarries. Jim Rice always says an oarsman must have a strong back and a weak mind or else he never would become an oarsman. I wish we could breed 'coxs' just the opposite."

WOMEN GREAT GOLFERS

Off Their Game Against Men, Says Harry Vardon
Harry Vardon heaves some sweet smelling bouquets in the direction of feminine golfers. "The standard of play among the fair sex is greatly over-estimated," said Vardon. "I believe if a series of long matches were conducted between the greatest amateur men golfers and the greatest women golfers, the latter receiving a half, that the men would be beaten. The quality of golf shown by women, in view of the physical handicap, is nothing short of marvellous."
"The pity is that when woman play against men they rarely play their standard game. Probably it is nervousness, probably it's because they try too hard. But the fact remains that they always seem off their real game in competition against the other sex. Women, as putters, are almost uncanny on occasions. It seems that women are a good natured, who are setting against one of their own sex, they play better and steadier as the nervous tension increases. Those who have watched women in golfing tournaments will agree with me on this. Fine and again one opponent will hole a long, difficult putt, and the other will follow with a shot just as brilliant."
Vardon considers Miss Cecil Leitch of England the most wonderful woman golfer in the world. He makes this statement after watching in action the greatest golfers among the fair sex in the United States. "Miss Leitch once beat Harry Hilton with the half allowance," said Vardon, "and I am sure that under similar conditions she could take three out of four matches from any male golfer in the world. She lacks nothing in golfing greatness."

LACROSSE WAS ALL

Supporting Writers Scooped at Baseball Not So Long Ago
An editorial which appeared in a Toronto paper, April 28, 1879, though brief, is indicative of the popular place which the game introduced by the Indians had in the hearts of the sporting public. The brief reads: "A professional baseball club is being talked of in this city. It will hardly prove a financial success, as lacrosse monopolizes the popular attention." If the sporting writer of that day could have known that lacrosse was doomed to be relegated to the background before the rapid strides which the game, now known as "rounders," was going to make in public favor in Toronto as well as all over Canada, he might have been less certain of the fate of the professional baseball club which was proposed. He probably estimated his feelings at that time, and that baseball was a minor consideration.

First Dirigible 1852

The modern dirigible had its origin when Henry Giffard built a cigar-shaped dirigible airship in 1852. It had a steam-driven propeller and actually travelled against the wind. In 1855 Giffard built a larger ship (4,500 cubic meters capacity).
Eagles and vultures have been known to live for more than a hundred years.
Storks are partial to kittens as an article of food.
People with musical tastes generally have large and prominent ears.

Sparks From Billy Sunday's Anvil.

Lincoln had said that if slavery was not a crime he did not know what was. "If the death, if the disease, if the pauperism, if the crime, if the insanity, if the immorality in all its most wretched and hideous forms which results from the license system does not make it a crime I don't know what will." Whenever enterprising municipalities issued boom editions they described their cities as university cities, cities of homes, factories and industries, "but," I never yet saw a community advertise itself as a whiskey-soaked municipality, dominated and ridden by the liquor industry and going to hell so fast that it was breaking the speed limit. The whiskey joint has no use for the light of publicity. It is leagued with the gambling hell and the house of prostitution. Shut the saloon and these other evils beat it, for their patronage is taken away.

GOLF FOR BEGINNERS

Several Motions in the Down Swing Are Explained

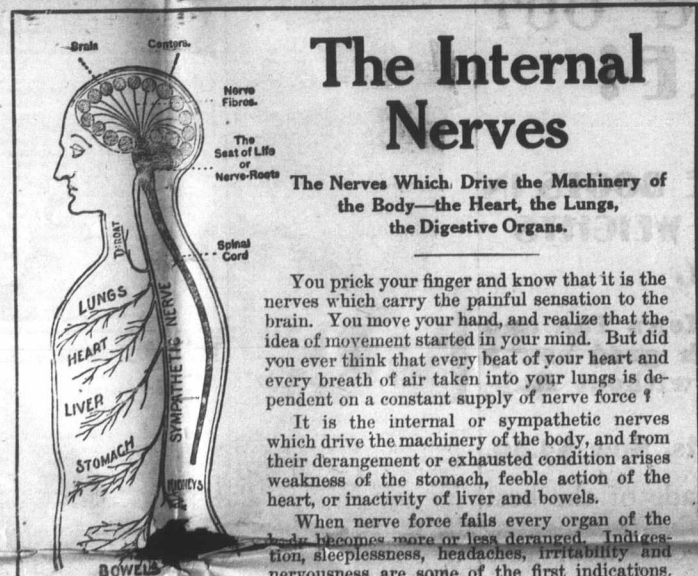
In teaching driving, a golf expert says: "The action of the hips, legs and feet is of the utmost importance in the down swing, as in the back swing. Once motion is set in motion, it is a perfectly natural matter through cause and effect. Things we are told we 'must' try to do 'never' doing correctly of themselves. It is the back swing the right hip went up as well as around and back, thus putting the right leg in tension. When the down swing of the hands takes place the right side is allowed to follow the right arm and shoulder. This takes the right hip around, but it will go down as well as around, forcing the right leg to bend at the knee. The knee to turn in toward the left leg and point toward the line of flight of the ball, and the right foot to turn on the inside, from the ball of the foot to the great toe. The action of the right foot and knee is the reverse of the action of the left in the back swing. Both actions are caused by turning 'under the spine' which is described in the article on the back swing. As the knees bend and 'knuckle' in, in both the back swing and the down swing, they must not be allowed to sag or work loosely. They will be like the wrists, working easily, but full of snap. In the back swing, due to turning under the spine, the right side is put in compression and the left in tension."
"To the point of impact, in the down swing, the club is reversed to their feet has been exactly repeated to their action in the back swing, but after impact a change takes place, the lower end of the spine is allowed to go forward slightly, but the point between the shoulder blades is kept still. It is the pivot point of the entire action of the whole body in the down swing, everything radiates from it. At the moment of impact the hips are driven forward, or rather, the right hip is thrust forward, it presses against the left, forcing it slightly forward, and thus we get a feeling of the muscles of the lower part of the back, between the shoulder blades still, the right shoulder, side, hip, and knee going down and forward with the impulse of the swing. The right side does not take place, for the right shoulder, side, and hip will also swing around, retaining tension rather than inducing it, causing a sweeping hit rather than a drying blow."

Dr. Chase's Nerve Food

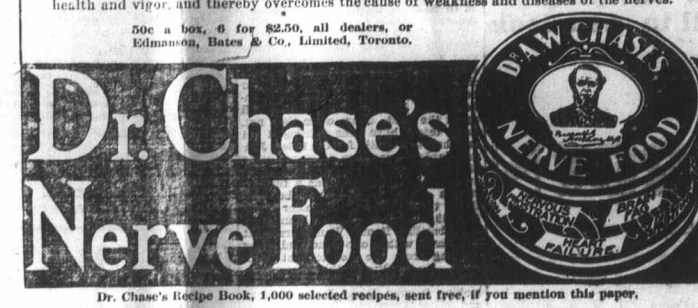
The Nerves Which Drive the Machinery of the Body—the Heart, the Lungs, the Digestive Organs.
You prick your finger and know that it is the nerves which carry the painful sensation to the brain. You move your hand, and realize that the idea of movement started in your mind. But did you ever think that every beat of your heart and every breath of air taken into your lungs is dependent on a constant supply of nerve force?
It is the internal or sympathetic nerves which drive the machinery of the body, and from their derangement or exhausted condition arises weakness of the stomach, feeble action of the heart, or inactivity of liver and bowels.
When nerve force falls every organ of the body becomes more or less deranged. Indigestion, sleeplessness, headaches, irritability and nervousness are some of the first indications.
You lose energy and ambition, find your work a drudgery, and grow weak and listless. As time goes on you become more and more helpless, until nervous prostration or collapse bring you to the sick bed, and long months are often necessary for the restoration of the exhausted nervous system.
Even in this extreme condition Dr. Chase's Nerve Food will usually cure it if its use is persisted in, but how much wiser it is to heed the warning in the early stages and keep the nerve force at high-water mark.
No restorative has ever proven its worth in so many thousands of cases as has Dr. Chase's Nerve Food. What it has done for others it will do for you under similar conditions. By forming new, rich blood it nourishes the starved and depleted nerves back to health and vigor, and thereby overcomes the cause of weakness and diseases of the nerves.
50c a box, 6 for \$2.50, all dealers, or Edmondson, Bates & Co., Limited, Toronto.

Dr. Chase's Nerve Food

Dr. Chase's Recipe Book, 1,000 selected recipes, sent free, if you mention this paper.



The Internal Nerves
The Nerves Which Drive the Machinery of the Body—the Heart, the Lungs, the Digestive Organs.
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REWARD.

Town of Wolfville.
A reward of \$10.00 is offered by the Town of Wolfville for information that will lead to the conviction of any person or persons committing any of the following offences:
1. Theft, breaking into houses or buildings, trespassing, destroying public or private property, the use of profane or abusive language on the street or in public buildings, the illegal selling of intoxicants, incendiarism or any criminal offences.
W. M. BLACK, Town Clerk.

Fine Property for Sale.

Consisting of a Large, Convenient House with big Veranda; House almost new. Also Barn with Carriage House, Stable and Manure Shed and Pig Pen combined. Two and one half acres of Land, in good order; all with Fruit Trees, including Pears, Plums and Apples. 10 minutes walk to Acadia University, Schools, Station or Post Office. For further particulars and terms apply to
E. L. PORTER,
Box 102, Highland avenue, Wolfville.

Even If War is On You Must Have Clothes

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.

McKenna Block WOLFVILLE

In the place get your SHAMPOOING MANICURING CHIROPODY MASSAGE
Sole and Face Treatment a specialty. All promptly attended to.
MRS. B. MELANSON

TO RENT

Rarncliffe Residence—lower flat Ready for occupancy after Nov. 8 Rent required monthly. Enquire of E. S. CRAWLEY, Esq.

Professional Cards.

DENTISTRY.

Dr. A. J. McKenna
Graduate of Philadelphia Dental College
Office in McKenna Block, Wolfville.
Telephone No. 43.
E. GAS ADMINISTERED.

C. E. Avery deWitt

M. D., O. M. (McGILL)
One year post graduate study in Europe.
Office hours: 8-10 a. m.; 1-3, 7-9 p. m. Throat work a specialty.
Tel. 81. University Ave.

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BARRISTERS, SOLICITORS, NOTARIES, ETC.
KENTVILLE - N. S.

M. R. ELLIOTT

A. B., M. D. (Harvard)
Office at residence of late Dr. Bowles, Telephone 53.
Office Hours—8-10 a. m., 1-3, 7-9 p. m.

G. CURVES SMITH

M. S.—C. M., Edinburgh Oculist.
Consultation Hours: 10 a. m.—12 noon. 2 p. m.—4 p. m.
Monday Excepted. Telephone 163.
Westward avenue, Wolfville, N. S.

Expert Piano Tuning Guaranteed.

Voicing, Regulating, Repairing Organs Tuned and Repaired.
M. C. COLLINS.
P.O. Box 321, Wolfville, N. S.

E. S. PETERS

wishes to announce that he is now delivering all kinds of MEATS
Orders sent to Cor. Gasperum avenue and Prospect street promptly and carefully filled.
Phone No. 124.

Wolfville Time Table

DOMINION ATLANTIC RY	DOMINION ATLANTIC RY
Express for Halifax and Truro 6.15 a.m.	Express for Halifax and Truro 6.15 a.m.
Express for St. John and Yarmouth 9.54 a.m.	Express for Halifax and Truro 4.15 p.m.
Express for Halifax and Truro 4.15 p.m.	Express for Halifax 5.54 p.m.
Express for Kentville 5.54 p.m.	Accom. for Halifax 12.50 p.m.
Express trains leaving at 9.54 a.m. daily, except Sunday, and 5.54 p.m. on Saturday only connect with Kentville with C. V. Branch train for Kingsport.	
ARRIVING	ARRIVING
Express from Kentville 6.15 a.m.	Express from Halifax & Truro 9.54 a.m.
Express from Yarmouth 4.15 p.m.	Express from Halifax 5.54 p.m.
Accom. from Annapolis 12.50 p.m.	Accom. from Halifax 1.35 p.m.
ST. JOHN AND DIGBY	ST. JOHN AND DIGBY
Daily Service (Sunday Excepted)	Canadian Pacific Railway S. S. 'Yarmouth' leaves St. John 7.00 a.m. arriving Digby about 10.15 a.m. Leaves Digby 1.00 p.m. arriving St. John 5.00 p.m., making connection at St. John with train to Canadian Pacific Ry. for Montreal and the West.
Boston Service	Boston Service
Express train leaving at 9.54 a.m. for Yarmouth connects with steamers of the Boston & Yarmouth S. S. Co., Ltd., sailing Wednesdays and Saturdays for Boston.	Buffet parlor cars run each way, daily, except Sunday, on Mail Express trains between Halifax and Yarmouth.
R. U. PARKER	R. U. PARKER
General Passenger Agent, George E. Graham, General Manager, Kentville, N. S.	General Passenger Agent, George E. Graham, General Manager, Kentville, N. S.

Three Important Things.

Punctuality, perseverance, prayer, are three of the most important things, for it is upon these that the vitalizing of ourselves largely depends.
These are the controlling factors in the making of a really successful life. They are not merely smugged possibilities, but they are creative of other possibilities.
They are the motive power which yields the pen and the spade.
Obedient to the promptings of these, we can say with Coleridge: "I do not regret having lived, because I can testify to myself that I was not born a vain."

Fairville, Sept. 30, 1909.

MINARD'S LINIMENT Co., Limited.

"Dear Sirs.—We wish to inform you that we consider your MINARD'S LINIMENT a very superior article, and we use it as a sure relief for sore throat and chest. When I tell you I would not be without it if the price was one dollar a bottle, I mean it.
Yours truly,
CHAS. F. TILTON.

PUBLIC NOTICE.

The public are hereby forbidden the use of my property as a thoroughfare for teams between Main and Front Streets. Persons persisting in this trespassing will be prosecuted without further notice.
EVANGELINE D. BOWLES.
Wolfville, Sept. 10th, 1915.

VINOLO

FOR FLETCHE...
WOLFVILLE, N.S.

Note the Color of your flour—
And the Bread it makes for you.
Delicately creamy is FIVE ROSES flour.
Because it is not bleached, don't you see.

Clear—Immaculate—Desirable.
A pure Manitoba wheat flour—FIVE ROSES.
And the healthy sun-ripened spring wheat berries are naturally of a golden glow.
And the meaty heart of the polished kernels is creamy.
Milled from this cream, FIVE ROSES is delicately "creamy."
The only natural flour from Manitoba's prime wheat. Which gets whiter and whiter as you knead it. And your bread is most appetizing, unusually attractive in appearance.
Looks good.
And is good.
Bake the purest unbleached flour.

Five Roses Flour
Not Bleached Not Blended

FOR SALE BY T. L. HARVEY.

JOB PRINTING!

Neatly and Promptly Executed at
THE ACADIAN
We print Wedding Invitations, Calling Cards, Letter Heads, Note Heads, Statements, Bill Heads, Envelopes, Shipping Tags, Business Cards, Receipt Forms in all the latest styles of type.

Building Repairs.

We manufacture and keep in stock building finish necessary for repair work or new buildings.
Ask for our prices on soft and hardwood flooring, sashes, doors, verandah stock, sheathing, gutters, mouldings, frame stock, shingles and laths.
Ask for our Furniture Catalogue.

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