

APPLES, ORANGES, FIGS AND PRUNES

Are The Four Fruits Used in Making "Fruit-a-Lives"

"FRUIT-A-LIVES" is the only medicine in the world that is made from the juices of fresh ripe fruits. Thus, it is manifestly unfair to say, "I won't take Fruit-a-lives because I have tried other remedies and they did me no good". On the other hand, the fact that "Fruit-a-lives" is entirely different from any other preparation in the world, is just why you should give it a fair trial, in any trouble of the Stomach, Liver, Bowels, Kidneys or Skin. "Fruit-a-lives" is composed of the active principle of fruit and the greatest nerve tonic ever discovered. 60c. a box, 6 for \$2.50, trial size, 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, the triumph of Christ's Golden Rule in custom and in law.

Motto.—For God and Home and Native Land.

Back.—A Knot of White Ribbon.

Watchword.—Agitate, educate, or organize.

Officers of Wolfville Union.

President.—Mrs. L. W. Sleep.

1st Vice President.—Mrs. G. Outen.

2nd Vice President.—Mrs. R. Reid.

Recording Secy.—Mrs. W. O. Taylor.

Cor. Secretary.—Mrs. L. E. Duncan.

Treasurer.—Mrs. H. Puno.

Referees.—

Laborer Work.—Mrs. Fielding.

Lambmen.—Mrs. J. Kempton.

Willard Home.—Mrs. M. Freeman.

Temperance in Sabbath-schools.—Mrs. (Dr.) Brown.

Evangelist.—Mrs. Purves Smith.

Poor and Arbitration.—Mrs. J. Reid.

Poor.—Miss Margaret Barrow.

White Ribbon Bulletin.—Mrs. Walter Mitchell.

Loyal Temperance Legion.—Mrs. L. Reid.

If We But Knew.

If we but knew that through the closing door

Some one we loved would enter never more,

Would we not hasten with our richest store?

If we but knew!

If we but knew that from the market place

Soon we should miss some kind, familiar face,

Would our cold greeting not be touched with grace?

If we but knew!

If we but knew some heart beside our own

Had walked in dark Gethsemane alone,

Oh, with what largeness would our love be shown!

If we but knew!

Dear Jesus, patient, understanding, kind,

We are Thy lost sheep in a winter wind,

Forgive us that we are so wilful blind!

Teach us to know!

—Southern Churchman.

W. C. T. U. Annual Report.

The question is sometimes asked

"What is the Wolfville W. C. T. U. doing?" A few extracts from the interesting report given by the secretary, Mrs. G. B. Taylor, at the annual meeting held in August, will doubtless answer such inquiries, assuring us also that the Union has not been idle during the year just ended.

The number of members is 64, but only a small percentage attend the meetings—though all contribute toward the work and upkeep of the Society.

Members of the Union have been active in assisting the Red Cross Society, and the eighth battalion, then in training in Wolfville, was entertained one evening in vestry of the Baptist church, for which the Union was given a hearty vote of thanks by officers and men. (Work for lumbermen is in charge of Mrs. Kempton who has forwarded one barrel of literature and the comfort bags).

The Union has also placed Testaments in the bedrooms of each hotel in Wolfville. Especially good work has been done in the department of Labrador work. Two large barrels and one box were sent on June and 1916. These contained articles of clothing, and about 100 useful articles of clothing, etc. A note of thanks from Dr. Grenfell was much appreciated by the Union, as it will, no doubt, interest others, and we give it here in full: St. Anthony, Nfld., Aug. 1st, 1916.

My dear Mrs. Fielding:—Our office has just reported to me the safe arrival of the splendid gift of the W. C. T. U. and before starting out again on my hospital steamer I wanted to send this line of thanks personally to you all, and say how much we appreciate the generosity and thoughtfulness that prompted you to remember our work with such excellent clothing. But for the continued help and interest of friends like yourselves we should not have sufficient "power to our elbow" to continue our work.

A WORD FOR MOTHERS

It is a grave mistake for mothers to neglect their babies and suffer in silence—this only leads to chronic sickness and often shortens life.

If your work is tiring; if your nerves are excited; if you feel languid, weary or depressed; if you should know that Scott's Emulsion cures just such conditions.

It possesses in concentrated form the very elements to invigorate the blood, strengthen the tissues, nourish the nerves and build strength.

Scott's is strengthening thousands of mothers—and will help you. Try it.

Scott & Borden, Toronto, Ont.

here, so you can certainly all feel that you have a very real share in the upbuilding of the people of this coast. This year especially, when the war is making so many calls on the sympathy and pocket books of everyone, we are grateful that the needs of this people should not be forgotten. You will have seen by the papers how splendidly the Newfoundland Regiment showed up in these last weeks, and of course Labrador is merely a part of Newfoundland, so the Regiment includes any number of Labradorers. With renewed thanks, and every good wish for the work of the association, Sincerely yours, Wilfred T. Grenfell.

Do You Know of Any Lonely?

One cold day, in New York, a young girl saw from her window a woman poorly dressed and very old walking past the door with a basket of broken chips and wood. When a building is torn down on a city street in the tenement quarter many people take advantage of the opportunity to gather bits of broken board to light their fires.

The girl ran out and asked the old lady if she would not come in and rest. "We are having a party," she said. The house was one well known to numbers of people in the neighborhood as a Christian Settlement.

The women who lived there—both younger and older—were trying to be friends and neighbors, and doing everything they could to make them happy, and show them sweet and unobtrusive charity and clean ways of living. When they had a tea party in the afternoon they invited mothers and children in and tried to offer them real and friendly hospitality and a good time.

"I cannot come in," was the reply of the old woman in halting English. "I am not dressed for a party, and I haven't any money."

"You don't need any money," said the girl, "and your dress is quite right. We only want you."

Thus persuaded she stepped into the warm, bright room, sat down and had coffee and cake, while her basket was filled with fruit and flowers so that the rough wood was hidden.

When she said good-bye the old lady looked about her, and in a quivering voice made this little speech: "I am eighty years old. I came from Germany fifty years ago. This is the first time I have had anything to eat and drink outside my own room."

The thought of that speech can never lose its impression on those who heard it. Fifty lonely years Tink of it, and then say to yourself while you are young and happy that you will be looking out for the people who are lonesome, so that you may cheer their pathway.

"There are lonely hearts to cherish. While the days are going by."

Are there not a good many opportunities in Canada for cheering the lonely? Do you know of anyone whom you could cheer?—Exchange.

PILES

Do not suffer another day with itching, burning, bleeding, or protruding piles. No surgery, no pain, no expense. Dr. Chase's Ointment will relieve you at once. Get a bottle of Dr. Chase's Ointment, 50c. a box, 6 for \$2.50, trial size, 25c. At all dealers or sent postpaid by Dr. Chase's Ointment Co., Limited, Toronto. Sample box free if you mention this paper and enclose 2c. stamp to pay postage.

Few persons realize the risk which they may run when turning electric light switches in a bath-room. Several lives are lost annually by accidental electric shocks which take place in bath-tubs. In some instances these deaths have been popularly attributed to faulty insulation. But it has been shown that a bath standing in a tub of water, by turning a switch with his wet hand may cause enough moisture to penetrate the electric socket and establish a circuit, thereby permitting the current to pass from the wires, through his body into the water and thence to the ground. Thus the body acts very much as a lightning rod. Electricity may occur if one hand is in a wash-bowl of water and the other being wet is used to turn a switch. If only the key is touched and no moisture penetrates, of course no ill effects will follow. Fatalities are believed to have resulted also when a bather in a tub has accidentally struck his head against a projecting light socket.

CASTORIA

For Infants and Children.

The Kind You Have Always Bought

Bears the Signature of J. C. Watson

The newly elected mayor of a certain town was about to make his first journey in that capacity through the place. The townspeople had arranged that from an arch of flowers under which he was to pass a floral crown should hang, surmounted by the words, "He well deserves it."

But the wind blew away the crown and when the pompous mayor passed under the arch, only a rope with a noose attached dangled there, with "He well deserves it" standing out in bold relief above it.

Children Cry FOR FLETCHER'S CASTORIA

An English correspondent was giving an account of one of the battles at the front, which he described in graphic terms. When he finished the American characteristically remarked: "Some fight! Yes," replied the Englishman: "Some don't."

ADULT FLY SUPREMACY: MUST COMBAT LARVAE

How Shall World Fight This Dilemma of Insects?—Many Practical Methods of Warfare

The house fly is the dirtiest of all vermin. It visits the filthiest places imaginable and then distributes the filth over our food. It carries the germs of typhoid, infantile diarrhea, and other intestinal diseases, and, probably, assists in the spread of tuberculosis. Hence, it is not merely very dirty but exceedingly dangerous as well. Now, however, doors and windows may be screened, fly papers, traps, "swatters," and poison may be employed to kill those that do enter the house. But these purely defensive measures are not enough. The war must be carried into the enemy's country; the fly must be exterminated.

To wage war with the adult fly is to go into a ceaseless battle that can never be decisive in nature. The flies form swarms in millions, and it is impossible to kill all in a single season and a very few survivors are sufficient to propagate an equally numerous host the season following.

Clean Up Always

The only way to exterminate the fly is to attack it in the larval or pupal form. Flies lay their eggs in manure or garbage, ten days from the time of hatching the maggots emerge. But a city with clean houses is a clean stable premises would be a flyless city, for it would have no breeding grounds. The plan of campaign against these annoying and dangerous pests is thus plain: we must clean up not once or twice a year, but all the time.

City by-laws should require all owners of stables to keep manure in a fly-tight, covered box and to have it removed at least twice a week. A similar law should apply to the disposal of garbage. Pervious with dirty back yards should be prosecuted. Privies should be abolished wherever possible and, where allowed, should be kept continually disinfected and be cleaned twice weekly. The piling of refuse in disgusting and unsightly "dumps" should never be permitted. If the town cannot afford an incinerator, the refuse should be buried.

Borax Treatment

Experiments have shown that the fly larvae in manure and other refuse may be killed by treatment with borax. A pound of borax being sufficient to treat 16 cubic feet or nearly 12 bushels of manure. If used in larger quantities, the borax may prove injurious to plants. The borax should be sifted over the manure, particularly near the edges of the pile, which should then be sprinkled with four gallons of water. This treatment will kill 88 to 99 per cent of all the larvae in the manure. At 11 cents per pound for borax, it is estimated that the cost would be 2 cents per horse per day. This cost could be very greatly reduced by employing riched colemanite instead of borax, if the former were imported in large quantities. One pound of colemanite will treat 16 bushels of manure and its larvicide action is as effective as that of borax.

INFLATION OF TIRES

Over-inflation is Much Better Than Under-inflation

In a contribution to the records of the Society of Automobile Engineers, an expert and one of the foremost authorities on tire matters gives some very valuable advice to the car user as to how best to meet the problems of tire care. He says very positively that under-inflation is the thing to watch out for and guard against—not over-inflation. If it is found necessary for comfort and protection to carry a lower pressure than that recommended, it should be done by means, he explains, but it should at the same time be plainly understood that one always takes a chance with tires by so doing, and the practice never can be excused by considerations of temperature of any other minor cause tending to increase the pressure. If for any reason the pressure must be lowered, it can be done and durability maintained only by the use of larger tires.

In fact, this authority says that it is practically impossible to hurt tires by over-inflation, providing they have not previously been damaged by overloading and under-inflation. They are built with a very high factor of safety, and in tests they have been inflated to as high as 300 pounds per square inch pressure without anything harmful happening to the tire. The firm finally gives advice. This is: once nails a belt that is quite general that high pressure in a tire renders it a dangerous thing. The bursting pressure is seven times the pressure which is recommended. Of course, there are limits to which the inflation should be carried for comfortable riding, and obviously a too highly inflated tire defeats the purpose for which it is used. The tire makers have set down pressures which are the best compromise between the lack of resilience on the one hand and under-inflation on the other.

Popular among touring vehicles is one of white hennetted canvas, having a shadow set mark over the face. The net is white with black spider webs upon it.

When washing knives never allow the handles to soak in the water, as it not only loosens them, but turns them yellow.

Gents.—A customer of ours cured a very bad case of dandruff in a very valuable horse by the use of MINARD'S LINIMENT.

Yours truly, VILANDIE FRERES.

A Russian priest was trying to get on a crowded tram car on which were many officers. One of these said to him: "Why don't you ride on as you Master did." The priest retorted as the car moved on without him: "So many of them are in uniform these days there is none left for me to ride on."

Children Cry FOR FLETCHER'S CASTORIA

Factory and Warehouses, BRIDGETOWN, N. S.

FOWL ON GARDEN LAND

How to Care For Fowl—Don't Use Foul Land

There are two methods by which fowls may be kept on the garden plot. The first is to keep them on the small side, it will be necessary to keep the birds confined to their shelters during the time such land is under cultivation; but if there is a considerable piece of ground at one's disposal, and it is desired that the birds shall account for hatchable eggs in season, then one portion of such ground may be run over whilst the other portion should be erected at the south end of the plot, and the latter should be divided by means of wire netting fixed to suitable stakes, a boarded fence two feet high being fixed to the stakes to prevent the birds from becoming restless through being unable to get at the produce on the other side, a thing likely to result if they were allowed to see such produce. By having the house provided with two outlets, the attendant would be able to let the birds out into the run it is intended they shall occupy.

Should the plot of land be in arid, say, twenty yards square, then it is a good plan to erect the house and scratching shed in its centre and divide the land into four parts, three parts being put under vegetable cultivation, whilst the other part is being occupied by the fowls. This divided would be allowed to occupy the land in turn, the several plots being cropped in rotation. Portable fencing will be necessary when adopting this method, such fencing being of such a kind as to be easily removed and erected around each plot in succession.

Many there are who possess good sized plots of garden ground and devote them entirely to the use of poultry. This is a great mistake, and one that, unfortunately, is only discovered when diseases incidental to fowl land break out among the stock. Where a good sized plot of land exists there is no reason why the fowls should suffer through tainted ground, if it is managed on the lines indicated above. When the fowls are confined to a plot of land on which they run unimpeded for their health, the spade can be put to work and the seeds sown or the plants put in, and the manure will feed upon the manure, and so sweeten the soil ready for occupation again by the fowls. Fowls run upon recently cleared or crops bred exceedingly well, the eggs being strongly fertilized and the chicks about and quick growing. This is due, no doubt, to the fact that the birds have fresh land to run upon, and, in addition, an abundance of insect life to consume—just the thing to invigorate and strengthen the reproductive organs.

RAISING ORPHAN LAMBS

Rich Milk is One Secret of Shepherd's Success

A problem is the proper care of the orphan lamb. If the flock has been badly wintered many ewes will fail to supply the required milk, and will disown their lambs. With such flocks the shepherd's days are full of trouble. Unless another ewe with plenty of milk can be induced to take the orphan lamb, the only recourse is cow's milk. Cow's milk is not nearly so rich as ewe's milk, and for that reason should not be diluted with water. In fact, the chemists find that ewe's milk has but about three times as much butter-fat material as cow's milk.

Use, therefore, the richest milk possible. Give it often, warm, and in small amounts. The young lamb is used to suckle its mother, and the ideal way is to give from three to five tablespoonfuls every two hours. This, of course, is a bare minimum, and the space of time between feeding periods should be gradually lengthened out. Always be sure that the milk is given warm and clean, and in small amounts rather than too large amounts. Be sure that the nipples and bottles are perfectly clean, and raising of orphan lambs is both a science and an art. Those who have had the most experience claim that they are able to raise their orphan lambs to weaning time with practically no losses.

HALIFAX: WORLD PORT

Because of its geographical location, because Halifax is the most easterly of the Canadian ports, and because, too, strangely enough, it is never closed by ice, Canada through its Department of Railways and Canals, has developed in the world's largest port developments in the world. World to the amount of \$7,000,000 has been contracted for, and a total outlay of \$10,000,000 is contemplated. The development at Halifax is attracting the attention of engineers everywhere. There is being built an entirely new railway entrance to the city, which means a re-location of the railway station and six miles of approach track through virgin territory within the city limits. Furthermore, a railway to guarantee that Canadian goods will be carried entirely on Canadian soil; the link in the British "All Red" international transport—New York Times.

Conservation

A factory for extracting oil from herring waste and making use of the scrap from residue has commenced operations at Lunenburg, N. S. It expects to produce 750 barrels of oil and 800 tons of fish scrap in one year. The supply of raw material will be secured chiefly from the St. Stephen district of New Brunswick. The utilization of this waste will still further increase the value of the smoked herring industry of that port.

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M.B.—C.M., Edinburgh

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KENTVILLE - N. S.

SIGHT-SEEING IN THE ROCKIES

THE enormous height of the mountains through which the Canadian Pacific passes is such that passengers are apt to miss the majesty of the scenery unless they are able to look up and see these snow-clad peaks. Mount Sir Donald, for instance, is a mile higher than the railway track over which it towers. Those who sit on the platform of the observation car of course see everything, but the space here is limited. A great hit has therefore been made with the new type of open observation or sightseeing car which was placed on all-through trains this summer on certain of the most picturesque districts in the Canadian Pacific Rockier, and on the local trains between Banff and Lake Louise.

(1) C.P.R. Open Observation Car.

(2) Mount Sir Donald.

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