aritime Wool-without an nd wear. The stout weave y comfortably warm under e and weather. en who work out-doors, so



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ond Amberola (English n Records, both cylinder

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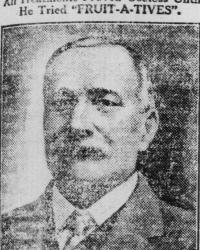
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# ACUTE NERVOUS EXHAUSTION

Il Treatments Proved Useless Until He Tried "FRUIT-A-TIVES".



MR. JAS. S. DELGATY.

R.R. No. 4. Gilbert Plains, Man. "In the year 1910, I had Nervous Prostration in its worst form; was reduced in weight from 170 pounds to 115 pounds.

The doctors had no hope of my recovery, and every medicine I tried proved useless until a friend induced me to take "Fruit-a-tives". I began to mend almost at once;

and after using this fruit medicine for 3 or 4 months, I was back to my normal state of health. Inever had such good health for twenty years as I have enjoyed the past six years. We are never without a box of 'Fruit-a-tives' in the house".

JAS. S. DELGATY. 50c. a box, 6 for \$2.50, trial size 25c. At all dealers or sent postpaid on receipt of price by Fruit-a-tives Limited, Ottawa.

TRAVELLERS' GUIDE

#### **DOMINION** ATLANTIC RAILWAY

TIME TABLE REVISED TO MONDAY, SEPT. 29th, 1918.

GOING WEST

MA MA	ZO
Middleton 11.35	6.00
Lawrencetown11.50	6.25
Paradise 11.57	6.40
Bridgetown 12.08	7.00
Tupperville 12.18	7.35
Roundhill 12.28	7.45
Annapolis Royal12.42	3.30
Upper Clements12.53	8.45
Clementsport12.59	8.55
Deep Brook 1.06	9.10
Bear River 1.15	9.25
Imbertville 1.18	
Smith's Cove 1.22	9.35
Digby 1.37	9.55
GOING EAST	

4.20 Smith's Cove .... 12.20 4.55

Imbertville .... 12.24 Bear River .... 12.28 Deep Brook .... 12.37 lementsport .... ..12.44 Opper Clements .. ..12.53 nnapolis Royal .... 1.07 Round Hill .... 1.22 Supperville ...... 1.32 Bridgetown .... 1.45 Lawrencetown ..... 2.03

R. U. PARKER, General Passenger Agent. GEO. E. GRAHAM,

#### H. & S. W. RAILWAY

Accom.   TIME TABLE	Accom.
Wednes- IN EFFECT days only March 10, 1918	Wednes- days only
Read down STATIONS	Read up
11.10 a.m. Lv. Middleton Ar.	5.00 p. m
11.41 a.m. *Clarence	4.28 p. m
12:00 m. Bridgetown	4.10 p.m.
12.32 p.m. Granville Centre	3.43 p. m.
12.49 p.m. Granville Ferry	3.25 p. m.
13.12 p.m. *Karsdale	3.05 p. m.
13.30 p.m. Ar Port Wade Lv	2.45 p. m.

Connection at Middleton with all points on H. & S. W. Railway and Dominion Atlantic Railway.

W. A. CUNNINGHAM,

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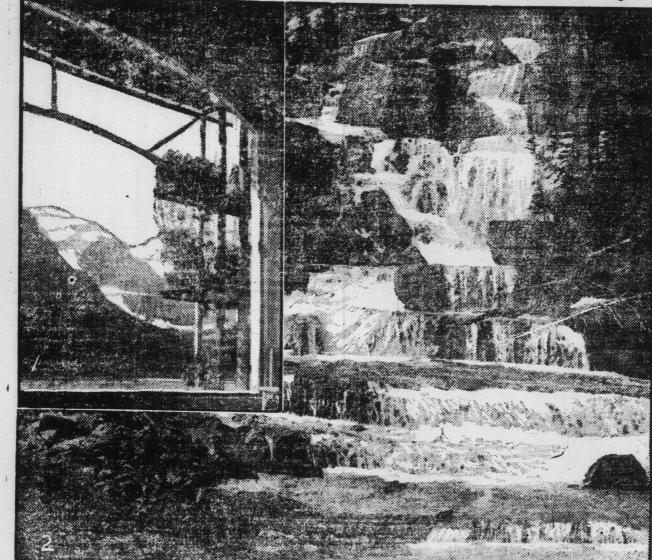
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## IMPRISONING LOUISE



(1) View from the Chateau ver andah. (2) Giant Steps in the Paradise Valley.

(3) At Lake Louise. OBODY ever gets accustomed to Lake Louise. You come down in the morning, thinking of canteloups and coffee. And at the stairhead you have your first-yes, is a smashing glimpse of the lake. No water could be so greenly-blue, so shot with amethyst half-shadows. so blent with undersurface diamonds

and banded agates and shivering sapphires. The cinder cliffs to the left make a frame for it - the jade slopes to the right give it fire by their sombre contrast. But that lazzling, unbelievable whiteness that

water. But the clouds you painted tains."



freth over the top of the world world of films and plates.

in twelve," said Mr. Wilcox. "Often at the lake's end—that soaring, sing. In addition to the delicacy and corhe speils his whole dozen. You can ing, living wonder that somebody rectness of his photographs, Mr. Wil- be 'a little careless' and still have tethered to the earth by the process cox can claim to have taken the some sort of result in ordinary photoof naming it the Victoria Glacier— largest picture ever achieved in the unrealler than Louise itself.

But the artist looks at it with just the same worshipful hopelessness, at Niblock with an IXX 14 camera, and old beauty spots here in the new way. least so says, Walter D. Wilcox, so real looking that a hot day I have the composition worked out F.R.G.S., who got his first sight of makes you want to put it up beside from my experiments of years ago. Louise in 1891, and has been an anothe electric fan as a chill-producer. The precise location of the camera is nual pilgrim ever since. It was just Mr. Wilcox's famous Lak. Ohara marked in every case. All that I

an annex of Banff then, this wonder-lake, and there weren't a hundred people in the east who had ever seen it

an annex of Banff then, this wonder-lake, and there weren't a hundred that one," he told me. "I believe I brought the camera back at least ten see Louise last year. Wont it be won-"You can't paint it," declared Mr times, and when I finally had a pro derful, folks, when the time comes Wilcox this year, out of twenty-seven mising day, I waited from eight till that will give every pilgrim the season knowedge of its dancing modi twelve o'clock for the psychological chance to carry it away with him, imness. "You get your clouds and your moment that brought the light I prisoned in a little gorgeous opalrock colors in. Then you try for the wanted on the water and the moun-colored miniature!

are gone and this lake is quite differ. Another scene the picture-maker satisfy the true Louiselover. You ent in tone from the lake that went coveted was the sparkling Giant's can't photograph the spice of the firs, with your light effect. You might work for years and never see the precise combination repeated that you days and I had a man to help me. glacier, the puff of snow-spray and tried to get—and got a maddening we can down a tree that interfered with the camera and we tidled up to the tranced watcher on the hotel Mr. Wilcox made his second visit heaven brows how mush rubbish. I verandah. And you can't have a fairy with some college friends in 1823 den't believe in making a scene arti- movie-man standing behind your wee

But alas, even that wont altogether

and this time he brought a camera, s. Scial but I do believe in making it autochrome, stirring the shifting little 5 x 7, that laid the foundation artistically natural."

It all his future reputation in the "The beginner doesn't set one plate of your lake.

# Big Trout in the Spray



in to be landed, and they grew mar get us back to the trail. vellously heavier by the time they A Black Ant and a Common Coach- have moved on had all been caught and then carried man hit the water simultan ously A We followed these directions and four miles back to the buggy which Nipigon trout, the product of trans-fished quite a stretch of beautiful

entrance of a steep, smooth gully of stone that jute into swift water from another one,-L. V. K.

WO and aree-quarter dezen fight granite which led to a tremendous the bank and there, in the restful ing fish, speckled and gleaming pool of crystal water past which the eddy waits and watches the current from the ice-cold waters of the foam-flecked current dashed. In its dashing past, ready to flash out on Spray River, near Banff, and none thousand feet of length the gully any delicate morsel of food that is under eight ounces in weight. They would take from us the altitudinous brought along with the flood. S one were heavy on the line when they advantage of our climb, but we slid needs only fish the pools and the first took the hook and surged and down to the tempting water, trust shoulders, and if there is not a charged and sulked and finally came ing to good luck and strong spikes to strike after a dozen cast; it is good

we had left by the falls where the planted roe, slid up from the bettom river. We had left our horse at noon, first fish on the string had lain be of eleven feet of water like a streak we were at the first lumber camp at neath the great rocks that scorned of silvery steel and struck the Ant two o'clock, and we had fished the the green eddies of the roaring river with a vigorous anxiety that brought big holes in the canyon by three and would only come forth when joy to the angler and angry resist- o'clock. At that time, morally certain drawn by stout silk and trusty gut. ance from the fish. A hungry cut that we had better quit ishing in And the whole trip was not a long throat sliced a path from his shelter- self-respect ecause we had cright one, as fishing goes. We tied our ing boulder and attened the cach an honest day's string we counted the horse at the new bridg' below the man in the bone of his upper jaw, prizes, and found thirty-three spotted falls and left him placidly munching thus pleasing another tisherman who beauties. So hungry and tired and falls and left him placify munching thus pleasing another testerman who estates. So huggry and there and checked his whirring reel and watch-fully content we walked back the took to the precariously narrow packing that twisted and climbed and trail that twisted and climbed and dropped and went higher across and waters of the mountain paradise of miles away. Then, in another hour. around the great lower ramparts of Mount Rundle. We dallied at a promising eddy and drew forth three thank. We climbed three hundred feet shi. The great diving room of the upper or ower ends of big pools, of delicious trout, resh from the shillers. The only experience of a steep, smooth gully of stone that juts into swift water from another one. L. V. K.

900 DROPS The Proprietary or Patent Medicine Act AVegetable Preparation for As similating the Food by Regula ting the Stomachs and Bowels of Thereby Promoting Digestic Cheerfulness and Rest. Contain neither Opium, Morphine nor Mineral. NOT NARGOTIG Recipe of Old Dr. SAMUEL PITCHER A helpful Remedy for Gonstipation and Diarrhoea

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LOSS OF SLEEP

liting therefrom-in Infancy.

Chat H. Hetcher.

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**Mothers Know That Genuine Castoria** Always Bears the Signature and Feverishness and

For Over Thirty Years

Exact Copy of Wrapper.

BEGINNING WITH MOTHER. (Continued from page 6.)

er's to her own problem for them to comprehend at once.

"I am going to be more human. I've got to or lose my job." here was a catch in Susan's voice. "I'm through" compelling people. From this minute I am going to be a constructive critic, if I criticize at all. I don't promise to be successful, but I'm going to try like mad. And I'm beginning with

"Well,' said Page, "I've always taken mother's part when my attention has been called to her alleged shortcomings, but I'll admit that I've had to be bound and gagged before my interest was caught. I have been outrageously indifferent. I haven't forgotten that I didn't get to the station in time to see her off. I am going to be more human, too, Sukey,!

and I am beginning with mother." "Your mother's life," Louise began after a pause, "the hardships and privation of those years on the homestead, her cleverness in keeping the land out of the hands of unscrupulous the sheer joy and excitement of livingwere rather queer. Father told me to a fourish ushered her into her new Hereafter, I'm going beneath the surface; and I, too, am begining with

"We talk," said Susan, "about befifteen hundred miles away!"

"Let's plan how we can make up for some of the pain we've caused her," Louise sugested, "and then let's telegraph her to come home."

anything I've got except my instru-

"May we requisition your bank account?" asked his wife, with a smile. "Even that I was going to get a new car, but I'd rather have a happy

spent busy days. They decided that ding's permanent room. There she could have the sun all day. They and understanding. opened the unused fireplace and put a new rug - gray, with a border of I've never conceived of anything so faint pink - on the floor. Louise lovely as this. If it is a dream-" bought a lounge and covered it with ings. She also bought a tea gown of while she struggled with the quayer dull old blue. Susan made new Ma- in her voice. "Dream? Why, Mumdras curtains in the evenings—the mie Wilmerding, what is the matter mad, rushed, happy evenings. And she bought a toilet table and accessories, sible you can't smell that turkey?' with ivory mountings.

"We'll have to borrow from mother for months to come," Susan tittered after a hasty glance at her check book. Susan's laugh was frequent during those days.

to buy all the things for herself made signing of the armistice, Secretary Mcno difference. These were spontan- Adoo was informed by Secretary

message, "Come immediately, we need has been reduced to \$1,463,992,000. you," she was greatly alarmed; in two hours she had packed and was aboard the Limited. She telegraphed Page, "Wire particulars Albuquerque," CASTORIA

message. It read: "There are no particulars; we just need you." It was a puzzled and still alarmed mother who left the Pullman two days

three young people The young folk, however, were gleeful enough to make her dismiss her apprehension. Sisai had completely

lost her reserve, and loved the sensation. That very day one of the girls. of the school had linked her arm in hers as they went together down thestairs! And Dr. Stockley had smiled genially that morning and had said. "Keep right on," Three weeks had wrought a marvelous change in her. "Children-why?" Mrs. Wilmerding.

"How do you expect a family to get along without a mother?" Louise demanded.

"And besides," Susan added, "thepresident of your club has gone South for the rest of the winter, and you'vegot to get into her official shoes. That's one why."

"I summoned you back to kiss you good-bye," Page told her with a laughing salute.

Mrs. Wilmerding was inarticulate as they drove home, and Louise and Susan, crowded together on the rummen reads like a romance, but I was The three young people trooped up not interested, because her clothes the stairs with their mother and with-

The lights were softened by finted shades: On the magazine-laden tablewas a beautiful reading lamp. Herginning with mother, and mother's A fire glowed on the hearth. Her battered desk, at which she had done somuch efficient work, was near a win-

"You're going to dine in your new "Do it!" Page urged. "Requisition clared. "Louise selected it, and it's tea gown tonight, mummie," Susan dea dream! She'll help you get into it. And hurry, please; we've pink-shaded candles and pink candies and pink tea cream downstairs, not to mention the.

Mrs. Wilmerding looked at her dau-After that the chief conspirators that never before had she seen her so like a little girl. Then she looked the guest room should be Mrs. Wilmer- at the others. It was the same there their faces were alight with love

"Children, in my wildest imaginings

chintz cushions to match the hang- the shoulders and shook her gently

Big Cut in U. S. Naval Estimates

WASHINGTON, November 30-Naval estimates for 1920 have been reduced That their mother could well afford \$1,180,315,000 as the result of the Daniels. The original estimate on a When Mrs Wilmerding received the war basis was \$2,644,307,000 and this

There she received Page's second In Use For Over 30 Years Always bears the Signature of kat It liteken