

ANY DYSPETIC CAN GET WELL

By Taking "Fruit-a-tives" Says Capt. Swan

Life is very miserable to those who suffer with Indigestion, Dyspepsia, Sour Stomach and Bilelessness. This letter from Captain Swan (one of the best known skippers on the Great Lakes) tells how to get quick relief from Stomach Trouble.

PORT BRUWELL, ONT., May 28th, 1913.

"A man has a poor chance of living and enjoying life when he cannot eat. That was what was wrong with me. Loss of appetite and indigestion was brought on by Constipation. I have had trouble with these diseases for years. I lost a great deal of flesh and suffered constantly. For the last couple of years, I have taken "Fruit-a-tives" and have been so pleased with the results that I have recommended them on many occasions to friends and acquaintances. I am sure that "Fruit-a-tives" have helped me greatly. By following the diet rules and taking "Fruit-a-tives" according to directions, any person with Dyspepsia will get benefit."

"Fruit-a-tives" are sold by all dealers at 50c. a box 6 for \$2.50, or trial size 25c. sent postpaid on receipt of price by Fruit-a-tives 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 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.

Weapons.—Agitate, educate, or organize.

OFFICERS OF WOLFVILLE UNION.

President.—Mrs. L. W. Sloan.
1st Vice President.—Mrs. G. Bryant.
2nd Vice President.—Mrs. J. D. Cham.
3rd Vice President.—Mrs. Geo. Fitch.
Recording Secy.—Mrs. W. Mitchell.
Cor. Secretary.—Mrs. Geo. DeWitt.
Treasurer.—Mrs. H. Pines.

SUPERINTENDENTS.

Peace and Arbitration.—Mrs. L. Reid.
Evangelistic.—Mrs. Geo. Bishop.
Temperance in Sabbath-schools.—Mrs. (Dr.) Brown.
Scientific Temperance in Schools.—Mrs. G. Cutler.
Luncheon.—Mrs. J. Kempton.
Willard Home.—Mrs. M. Freeman.
U. B. Bulletin.—Mrs. Langille.
Press Work.—Miss Margaret Bane.
Parlor Meetings.—Mrs. J. Kaye.
L. T. L.—Mrs. Howe.

A Dog and a Man.

He was a dog,
But he stayed at home
And guarded the family night and day.

He was a dog
That didn't roam;
He lay on the porch or chased the stray—
The tramps, the burglar, the hen away;

For a dog's true heart for his household beat
At morning and evening, in cold and heat.

He was a dog,
He was a man,
And didn't stay
To cherish his wife and his children fair.

He was a man
And every day
His heart grew calmer, its love beats rare,
He thought of himself at the close of day,
And, cigar in his fingers, hurried away

To the club, the lodge, the store, the show,
But—he had a right to go, you know!
He was a man.
—London Sunday School Times.

The Soberest Nation.

The soberest nation in the world is said to be Finland, which, although one of the smallest nations, has made great advances in social reform.

Surrounded by countries where for various reasons the vice of alcoholism

DOCTORS DID NOT HELP HER

But Lydia E. Pinkham's Vegetable Compound Restored Mrs. Brown's Health—Her Own Statement.

Winnipeg, Canada.—"Eleven years ago I went to the Victoria Hospital, Montreal, suffering with a growth. The doctors said it was a tumor and could not be removed as it would cause instant death. They found that my organs were affected, and said I could not live more than six months in the condition I was in.

"After I came home I saw your advertisement in the paper, and commenced taking Lydia E. Pinkham's Vegetable Compound. I took it constantly for two years, and still take it at times, and both my husband and myself claim that it was the means of saving my life. I highly recommend it to suffering women."—Mrs. ORLEA BRADLEY, 254 Johnson Ave., Winnipeg, Manitoba, Can.

When women take chances or drag out a sickly half-hearted existence, missing three-fourths of the joy of living, when they can find health in Lydia E. Pinkham's Vegetable Compound.

For thirty years it has been the standard remedy for female ailments, and has restored the health of thousands of women who have been troubled with such ailments as—Painful menstruation, displacement, inflammation, leucorrhoea, sterility, irregularities, etc.

If you want special advice write to Lydia E. Pinkham Medicine Co., (confidential) Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

Winnipeg, 1913.



has been developed, the Finn has managed to keep himself free from this fatal scourge. And he owes his freedom to the wise laws which prohibit the sale of alcohol anywhere but in the towns, and these are so distant and so few that in Finland sobriety reigns supreme.

The poverty and sterility of the land is heart breaking, and yet the Finnish peasant is neat in dress and appearance, and fairly prosperous, as the returns of the savings banks show.—Sunday at Home.

A drunkard died in Oswego, N. Y., the other day. He left the following as 'his last will and testament.'

'I leave to society a ruined character, a wrecked example, and a memory that will soon rot. I leave to my parents as much sorrow as they can, in their weak state. I leave to my brothers and sisters as much shame and mortification as I can bring on them. I leave to my wife a broken heart and a life of shame. I leave to each of my children poverty, ignorance, a low character, and the remembrance that their father filled a drunkard's grave.' Other weak men are paying the penalty of broken laws in prison cells.

DR. A. W. CHASE'S CATARRH POWDER 25c.

Improves the mucous membrane of the bladder, urethra, and prostate glands. It is a powerful antiseptic and astringent. It is a powerful diuretic and a powerful cathartic. It is a powerful tonic and a powerful stimulant. It is a powerful sedative and a powerful anodyne. It is a powerful expectorant and a powerful emollient. It is a powerful antispasmodic and a powerful antineuralgic. It is a powerful antirheumatic and a powerful antiscorbutic. It is a powerful antivenereal and a powerful antisyphilitic. It is a powerful antitubercular and a powerful antileprosy. It is a powerful antiparasitic and a powerful antipneumonic. It is a powerful antipertussive and a powerful antiscabies. It is a powerful antipruritic and a powerful antipruritic. It is a powerful antipruritic and a powerful antipruritic.

Making God's Plan Our Plan.

The simple thought of a life which is to be the unfolding of a divine plan is too beautiful, too captivating, to suffer one indifferent or heedless moment. Living in this manner, every turn of your experience will be a discovery to you of God, every change a token of His fatherly counsel. Whatever obscurity, darkness, trial, suffering, falls upon you; your defeats, losses, injuries; your outward state, employment, relations; what seems hard, unaccountable, severe, or as Nature might say, vexatious—all these you will see are parts of constitutive elements in God's beautiful and good plan for you, and, as such, are to be accepted with a smile. Take your burdens and troubles, and let them, and wrongs, if come they must, and will, as your opportunities, knowing that God has guided you for greater things than these.—Horace Bushnell

OLDER BUT STRONGER

To be healthy at seventy, prepare at forty, in sound advice, because in the strength of middle life we too often forget that neglected colds, or careless treatment of slight aches and pains, simply undermine strength and bring chronic weakness for later years.

To be stronger when older, keep your blood pure and rich and active with the strength-building and blood-nourishing properties of Scott's Emulsion which is food, a tonic and a medicine to keep your blood rich, alleviate rheumatism and avoid sickness. At any drug store.

Scott & Bowne, Toronto, Ont.

Form Good Habits.

Habits are formed like masonry. Every thought seems small, as every brick seems small. And yet I notice on the building that is going up behind my dwelling, that small bricks are, one by one being set to mortar day by day by skilful hands, the wall thickens and rises and solidifies, and the huge structure is piled up at last. Taken singly these bits of burnt clay are of no great significance, but all of them together are of tremendous significance. Now, a man's life is made up of little thoughts, any one of which is not much, but the multitude of which are like bricks in the hands of the builder. The walls of your character are going up day by day, and you are building, not only for time, but for eternity.—Exchange.

Children Cry FOR FLETCHER'S CASTORIA Looking Backward.

The constant looking backward to what might have been, instead of forward to what may be, is a great weakener of self-confidence. This worry for the old past, this wasted energy for that which no power on earth can restore, ever lessens a man's faith in himself, weakens his efforts to develop himself for the future to the perfection of his possibilities. Nature, in her beautiful love and tenderness, says to the weakened and worn and weary with the struggle:

"Do in the best way you can this trifling that is under your hand at the moment; do it with a good intention; do it with the best preparation your thought suggests; bring all the light of knowledge to aid you."

Do this and you have done your best. The past is forever closed. No worry, no struggle, no suffering, no agony of despair can change it. It is much beyond your power as it is and a million years behind you. Take all that past with its sad hours, its wasted opportunities and grace, as so many lights in hope and confidence, and the future is yours; the past has gone back, with all its messages, its history, its records to the God who lent you the golden moments to use in obedience to His law.

The British eye-witness, in his latest report, says that it is obvious that the enemy is a few that can be overcome only by the force of overwhelming numbers of men and guns. The man behind the hammer and the shell requires much pounding by fire if he is to be crushed. The creature, once being strengthened, will smother to be until their work is done.

Canada's Word.

O Canada! A voice calls through the mist and spume,
Across the wide, wet, salty leagues of foam
For aid. Whose voice thus penetrates our peace?
Whose? Thy Mother's, Canada, thy Mother's voice.

O Canada! A drum beats through the night and day,
Unresting, eager, strident, summoning
To arms. Whose drum thus throbs persistent?
Whose? O'd England's, O Canada, old England's drum.

O Canada! A sword gleams, leaping swift to strike
At foes that press and leap to kill brave men
On guard. Whose sword thus gleams fierce death?
Whose? 'Tis Britain's, Canada, Great Britain's sword.

O Canada! A prayer beats hard at Heaven's gate,
Tearing the heart wide open to God's eye.
For righteousness. Whose prayer thus pierces Heaven?
Whose? 'Tis God's prayer, Canada, Thy Kingdom come!

O Canada! What answer make to calling voice and beating drum
To sword flash and to pleading prayer of God
For Right? What answer makes my soul?
'Mother, to thee? God, to Thy help! Quick! My sword!'

—Ralph Connor, in Princess Mary's Gift Book, the profits on the sale of which go to the Queen's Work for Women's Fund.

The Ideal Young Man.

There is no parent or parents on earth but have the desire that their children should grow up to be lady-like women and gentlemanly men.

A minister in a Canadian city asked one hundred ladies in his congregation to give him, in a few words, what, in their individual opinion, constituted an ideal young man. Here is the best answer received:

Dear ———, Replying to your request for the necessary qualifications of an ideal young man, I would say, first, he must be a Christian; second, he should be pure in mind and have high ideas; third, he should be neat, bright, it should be charitable and with a kindly spirit; fifth, his associates should be of like character; sixth, his forms and places of amusement and habits should not be such as to lead him to degradation; seventh, he should be able to make the best of what he has and not be envious of others; eighth, he should be ambitious, but not let ambition make him selfish.

Your Pride in Your Town.

Your pride in your town is about the best kind of pride you can have. It is an unselfish pride. It is pride in your neighbors, and what they have done. For they have made the town—not only paid for the pavement and built the school house, but planted the trees and showed their faith in the place by making it their home.

But pride in your home town requires something besides pride. You ought to help it to grow and to improve. You ought to do your share by siding in movements for the town's good and by voting good men into office who will best look after its interests.

Then, and not until then, will a citizen have a real right to speak of his town with pride. It will be a town in the making of which he had a part. Not only will he be proud of the town, but the town will be proud of him.

E. B. SHAW

Repairing of Boots and Shoes of all Kinds

Has resumed business in the shop formerly occupied by the late W. M. Sturmy, next Electric Light Building.

Orders Solicited and Carefully Executed.

Minard's Judgment Cases Dispenser.



"The New and Better Sugar"

Lantic Sugar

Refined from pure CANE only, in the new Atlantic Refinery where every step in the process of manufacture is one of care for purity. Wonderful machines automatically refine, weigh and pack Lantic Sugar in cartons and bags.

Look for the Lantic Red Ball on each package—and buy in original packages.

Lantic Granulated
2 lb. and 5 lb. Sealed Boxes
10 lb., 25 lb., 50 lb. Bags

Atlantic Sugar Refineries Limited MONTREAL, QUE. ST. JOHN, N.S.

Come again, Pie Time, and often. For wholesome digestible "eats" — give us PIE.

At its very best wrapped in a FIVE ROSES crust.

Upsets Pie Prejudice without upsetting the Eater's Inisides—FIVE ROSES flour. Great for Pie Crust—top and bottom. And Puff Paste and Difficult Things. Close-grained—melting—even textured. Flaky, too, and crinkly—crisp yet tender. Put into your bake things the rare nutlike sweetness of Manitoba wheat kernels. All sappy with the rich red juice of the cherry—or lemon pie—or apple—or healthy custard—meat, may be, or mince—

Put the FIVE ROSES "crust end" about 'em. See the hungry wedges fade behind busy milk teeth.

At Pie Time—Use FIVE ROSES.

The Five Roses Flour

Not Bleached Not Blended

FOR SALE BY WM. C. BLEAKNEY

Daintily Ornamental—Durably Useful

Exquisite daintiness and substantial strength are found in delightful combination in

DEPOS-ART Silver Deposit WARE

Its gold and silver lac-work is traced in an almost infinite variety of designs, ranging from chaste simple Grecian bands to ornate filigree suggestive of Elizabethan luxury. The fine china, glass and pottery itself is strong and durable.

Depos-Art Ware is beautiful enough to grace the most expensive collection; it is durable enough to stand daily use for years and years. The wide variety of pieces, designs and prices permits a choice to suit every individual taste.

TEA-SETS VASES COPPER-SETS TUMBLERS FRUIT DISHES SALAD DISHES

Most desirable for wedding presents.

J. F. HERBIN JEWELER WOLFVILLE, - N. S.

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:

Theft, breaking into houses or buildings, trespassing, destroying public or private property, the use of profane or obscene language on the street or in public buildings, the illegal selling of intoxicants, incensement or any criminal offences.

W. M. Black, Town Clerk.

Great Britain never goes away from home to borrow money, the only nation in the world that enjoys that distinction. Nearly every nation in the world is her debtor.

E. B. SHAW

Repairing of Boots and Shoes of all Kinds

Has resumed business in the shop formerly occupied by the late W. M. Sturmy, next Electric Light Building.

Orders Solicited and Carefully Executed.

Minard's Judgment Cases Dispenser.

WANTED

Turnips, Beets, Carrots Cabbages.

We are open to purchase a quantity of vegetables of all kinds, particularly turnips. Send us your quotations for cash at once.

WENTZELL'S LIMITED

The 'Big Store', Halifax, N. S.

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, slanting, gutters, mouldings, frame stock, shingles and laths.

Ask for our Furniture Catalogue.

J. H. HICKS & SONS

Furniture and Builders' Materials
Factory and Warerooms, - BRIDGETOWN, N. S.

COAL COAL COAL

Carefully Selected and Promptly Delivered.

Springhill, Albion Nut and Old Sydney.

GIVE US A TRIAL.

Burgess & Co.

Great-West Life Assurance Co.
Halifax Fire Insurance Co.

Professional Cards.

DENTISTRY.

Dr. A. J. McKenna
Graduate of Philadelphia Dental College
Office in McKenna Block, Wolfville.
Telephone No. 48.
E3 Gas Administrator.

C. E. Avery deWitt
M. D., C. M. (McGill)
(Two year post graduate study in Europe.)
Office hours: 8-10 a. m., 1-5, 7-9 p. m.
Throat work a specialty.
Tel. 81 University Ave.

R. W. TUFTS

Local Representative,
R. J. Whitten & Co., HALIFAX

Receivers and Sellers of all kinds of Farm Produce.
Commissions Solicited.
Prompt Returns.

M. R. ELLIOTT

A. B., M. B. (Harvard)
Office at residence of late Dr. Davis.
Telephone 23.
Office Hours: 8-10 a. m., 1-5, 7-9 p. m.

G. PURVES SMITH
M. B., C. M., Edinburgh
COULIST.
Consultation Hours: 10 a. m.—12 noon, 4 p. m.—6 p. m.
Monday Excepted. Telephone 155.
Westward Avenue, Wolfville, N. S.

W. S. HUNTER, M. D. BARRY W. HUNTER, LL.B.
ROSCOE & ROSCOE
BARRISTERS, SOLICITORS,
NOTARIES, ETC.
KENTVILLE, - - N. S.

DOMINION ATLANTIC RY & STEAMSHIP LINES

TO ST. JOHN, N. S. BY DAY
TO ST. JOHN, N. S. BY NIGHT
DOMINION ATLANTIC RY & STEAMSHIP LINES
YARMOUTH, N. S. BY DAY
YARMOUTH, N. S. BY NIGHT
YARMOUTH, N. S. BY DAY
YARMOUTH, N. S. BY NIGHT
YARMOUTH, N. S. BY DAY
YARMOUTH, N. S. BY NIGHT

Wolffville Time Table
Corrected to Jan. 14th, 1913.

LEAVING.

Express for Truro and Halifax 6.15 a. m.
Accom. for Halifax 12.30 p. m.
Express for Truro and Halifax 4.15 " "
Express for St. John and Yarmouth 9.51 a. m.
Accom. for Annapolis 1.30 p. m.
Express leaving at 9.51 a. m. connects at Kentville with C. V. Branch train for Kingsport.

ARRIVING.

Express from Kentville 6.15 a. m.
Accom. from Yarmouth 12.30 p. m.
Express from Yarmouth and St. John, N. S. 4.15 " "
Express from Truro & Halifax 9.51 a. m.
Accom. from Halifax 1.30 p. m.
Express from Halifax 5.34 " "
These trains only run on week days.

Boston Service

Express train leaving at 9.51 a. m. for Yarmouth connects with steamers of the Boston & Yarmouth S. S. Co., Ltd., sailing Wednesday, and Saturdays for Boston.

R. U. PARKER
General Passenger Agent,
P. Giffkins, Manager,
Kentville, N. S.

Cash Store.

Purity Flour,
Regal Flour,
Banner Flour,
Grass Seeds
Peas, Beans and Corn Seed,
Small Seeds in pkgs. and bulk,
Oranges, 25, 30, 35, 40 and 50c.
Moir's XXX Chocolates, 35c. lb.

C. W. STRONG

Wolfville.