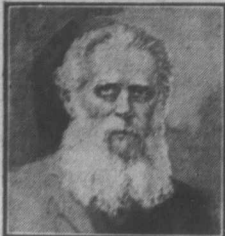


A FAMILY REMEDY FOR MANY YEARS

Good "Fruit-a-lives" With The Best of Results.



GEORGE MCKAY, Esq.
KIPPER, ONT., June 17th, 1915.

"I have been using 'Fruit-a-lives' as a family remedy for many years. They are the best medicine I have ever tried. 'Fruit-a-lives' do me the most good—they never gripe and their action is pleasant. 'I have used them for indigestion and constipation with the best results, and I heartily recommend them to anyone similarly afflicted. These troubles have left me completely and I give 'Fruit-a-lives' full credit for all this. A nicer pill a man cannot take."

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.
Belief—A King of White Ribbon.
Watchwords—Agnate, educate, organize.
OFFICERS OF WOLFFVILLE UNION.
President—Mrs. L. W. Bishop.
1st Vice President—Mrs. J. Kaye.
2nd Vice President—Mrs. J. Kenyon.
Recording Secretary—Mrs. W. Mitchell.
Cor. Secretary—Mrs. John Caldwell.
Treasurer—Mrs. H. Pinos.
Auditor—Mrs. T. E. Hutchinson.
REPORTERS.
Francis—Mrs. G. Fitch.
Lantern—Mrs. J. Kenyon.
Pianos and Arbitration—Mrs. J. Reid.
Temperance in Sabbath-schools—Mrs. (Dr.) Brown.
Purloin Meetings—Mrs. (Rev.) McCreery.
From Work—Miss Margaret Barnes.
Scripture Soap Wrappers—Mrs. M. Freeman.
Bulletin—Mrs. M. Freeman.
Lauder Work—Mrs. F. Woodworth.
Womans' Temperance in Schools—Mrs. G. Cutten.

When I am Gone.

By John Greaves White.
When I am dead, if men can say,
'He helped the world upon its way,
With all his faults of word and deed
Mankind did have some little need
Of what he gave,'—then in my grave
No greater honor shall I crave.
If they can say—if they but can—
'He did his best; he played the man;
His way was straight; his soul was clear;
His failings not unkind, nor mean;
He loved his fellow-men and tried
To help them'—I'll be satisfied.
But when I'm gone, if even one
Can weep because my life is done,
And feel the world is something bare
Because I am no longer there,
Call me a knave, my life mispent—
No matter, I shall be content.
Alas for him who never sees
The stars shine through the cypress trees!
Who helplessness, lays his dead away,
Nor look to see the breaking day
Across the mournful maples play!
Who hath not learned in hours of faith
The truth to flesh and sense unknown,
That life is ever Lord of Death,
And love can never lose its own.

The Deadly Parallel Between Food and Alcohol.

FOOD.
1. A certain quantity will produce a certain effect at first, and the same quantity will always produce the same effect in the healthy body.
2. The habitual use of food over induces an uncontrollable desire for it in ever-increasing amounts.
3. After its habitual use, a total abstinence never causes any derangement of the central nervous system.
4. Foods are oxidized slowly in the body.
5. Foods, being useful, are stored in the body.
6. Foods are the products of constructive activity of protoplasm in the presence of abundant oxygen.
7. Foods (except meats) are formed in nature for nourishment of living organisms, and are, therefore, inherently wholesome.
8. The regular ingestion of food is beneficial to the healthy body, but may be deleterious to the sick.
9. The use of food is followed by no excretion.
10. The use of food is followed by an increased activity of the muscle cells and brain cells.
11. The use of food is followed by an increase in the excretion of CO₂.
12. The use of food may be followed by accumulation of fat, not withstanding increased activity.
13. The use of food is followed by a rise in body temperature.
14. The use of food strengthens and stimulates the muscles.
15. The use of food pushes the brain into active and energetic action.
16. A quantity will produce a certain effect at first, but it requires more and more to produce the same effect when the drug is used often.
17. When used habitually it is likely to induce an uncontrollable desire for more in ever-increasing amounts.
18. After its habitual use, a sudden total abstinence is likely to cause a serious derangement of the central nervous system.
19. Alcohol is oxidized rapidly in the body.
20. Alcohol, not being useful, is not stored in the body.
21. Alcohol is a product of decomposition of food in the presence of a scarcity of oxygen.
22. Alcohol is formed in nature only as an excretion. It is, therefore, in common with all excretions, in herently poisonous.
23. The regular ingestion of alcohol is deleterious to the healthy body, but may be beneficial to the sick (through its drug action).
24. The use of alcohol, in common with narcotics in general, is followed by a reaction.
25. The use of alcohol is followed by a decrease in the activity of the muscle cells and brain cells.
26. The use of alcohol is followed by a decrease in the excretion of CO₂.
27. The use of alcohol is usually followed by an accumulation of fat through decreased activity.
28. The use of alcohol may be followed by a fall in body temperature.
29. The use of alcohol weakens and undisturbs the muscles.
30. The use of alcohol makes the brain less active and accurate. —Selected.

CASTORIA For Infants and Children. The Kind You Have Always Bought.

Bears the Signature of *Dr. J. C. Fitch*
Worth Knowing.
To clean pudding pans put the little ones in the big ones turn upside down in the dishpan and set on the stove to steam. They will clean in ten minutes.
When boiled frosting has been cooked to lead a piece of butter to soften.
To keep chair legs from scratching varnished floors glue a piece of heavy cloth on each leg.
Newspapers can be used to pad the ironing board just as well as an old blanket or muslin.
If a bought a horse with a supposedly lame left hindleg for \$10. Care him with 100 worth of **MIRAPUR LINIMENT** and the hind leg will be sound. Price per Pint, \$1.00. Hotel Keegan, St. Phillips, Que.

Children Cry FOR FLETCHER'S CASTORIA

'May I ask you a question, 'oss?'
'Well, what is it?'
'Well, if the end of the world was to come and it was destroyed when a man was up in an aeroplane, where would he land when he came down?'
'Get to bed at once, sir!' roared his dad.
The phrase 'breaking colic' is a crude expression. As a rule, there is nothing about them that needs breaking. Rather what they want is teaching or guiding. Everything cannot be crowded into their brain at once, however, it takes time to teach them, the same as children. By intelligence, common-sense, patience, perseverance, firmness, gentleness and very mild punishment wonders can be done with them.
Children Cry FOR FLETCHER'S CASTORIA
It is usually not so much the greatness of our trouble as the littleness of our spirit which makes us complain.—Jeremy Taylor.
'What's most liable to get broke about your automobile?'
'The owner,' replied Mr. Chuggins.

WOMAN WEAK AND NERVOUS Finds Health in Lydia E. Pinkham's Vegetable Compound.

Creation, Iowa.—"I suffered with female troubles from the time I came into the world. I had my menarche at 11, and I had to take Lydia E. Pinkham's Vegetable Compound. I would have given it to my daughter if I overworked or lifted anything heavy, and I would be so weak and nervous and in so much misery that I would be prostrated. A friend told me what your medicine had done for her and I tried it. It made me strong and healthy and my home is now happy with a baby boy. I am very glad that I took Lydia E. Pinkham's Vegetable Compound and do all I can to recommend it."—Mrs. A. R. Hootz, 204 E. Howard Street, Creation, Iowa.
Vegetable Compound
It is made of the most powerful and best known in the manufacture of Lydia E. Pinkham's Vegetable Compound, which is known from coast to coast as the standard remedy for female life.
For forty years this famous root and herb medicine has been pre-eminently successful in controlling the diseases of women. Merit also could have stood this test of time.
If you have the slightest doubt that Lydia E. Pinkham's Vegetable Compound will help you, write to Lydia E. Pinkham Medicine Co. (conditional) Lynn, Mass., for advice. Your letter will be answered, read and answered by a woman and held in strict confidence.
Mirapur Liniment Cures Croup in Children.

Whitewash is Cheap.

Whitewash is the cheapest of all paints, and for its purpose it is the best. It is the basis of white-wash, a very sanitary coating, and probably is to be preferred for cellars and the interior of stables and other outbuildings. (The following directions for making white wash taken from 'White Paints and Painting Materials,' by W. G. Scott.)
Ordinary whitewash: This is made by slaking about 10 pounds of quicklime with 2 gallons of water. The lime is placed in a pot and the water poured over it, after which the pot is covered with an old piece of cap or cloth and allowed to stand for about an hour. With an insufficent amount of water, the lime is 'corched' and not all converted into hydrate; on the other hand, too much water retards the slaking by lowering the heat.
'Corched' lime is generally lumpy and transparent, hence the use of the proper amount of water for slaking and an after addition of water to bring it to a brush consistency.
Factory whitewash. (Interior) For walls, ceilings, posts, etc.
(1) Sixty-two pounds (1 bushel) quicklime, slaked with 15 gallons water. Keep barrel covered until steam ceases to rise. Stir occasionally to prevent scorching.
(2) Two and one-half pounds rye flour, beat up in 3/4 gallon of cold water, then add 2 gallons of boiling water.
(3) Two and one-half pounds common rock salt dissolved in 2 1/2 gallons of hot water.
Kitchen Kinks.
Boiled potatoes make an excellent substitute for soap when the hands have become blackened by contact with pots and pans. Rub a little potato well into the hands, wash in warm water.
Fruit Spices on Linen.—Make a paste of powdered starch and water. Cover the stain, leave on some time, then brush off lightly.
If silver is to be stored away for some time, pack it with dry flour; it will remain untarnished.
When making coffee, sprinkle a little salt on the coffee before pouring on boiling water, and the flavor will be wonderfully improved.
To prevent the skin from discoloring after a fall or blow, take a little dry starch, moisten it with cold water and lay it on the injured part.
If flowers have come by post they will freshen up wonderfully if their stems are placed in hot water for a little while before arranging them in vases.
Children Cry FOR FLETCHER'S CASTORIA
'May I ask you a question, 'oss?'
'Well, what is it?'
'Well, if the end of the world was to come and it was destroyed when a man was up in an aeroplane, where would he land when he came down?'
'Get to bed at once, sir!' roared his dad.

RED ROSE TEA "is good tea"

Five Roses Flour

Not Bleached Not Blended

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Cash Store.
BARGAINS IN CANNED GOODS THIS WEEK
Get my prices. You will be sure to buy. I want the money, and you want the goods.
C. W. STRONG
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AUTOMOBILE For Hire!
Careful Driver and Moderate Prices.
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Wolffville, N.S.
Mirapur Liniment Cures Diphtheria

Wm. Regan,
HARNESS MAKER.
Get your Printing at this office.

DOMINION ATLANTIC CO. STEAMSHIP LINES
TO BOSTON VIA HALIFAX
DOMINION ATLANTIC CO. STEAMSHIP LINES
YARMOUTH
WOLFFVILLE
YARMOUTH LINE
LAND OF EVANGELINE ROUTE
Wolffville Time Table
Corrected to June 29th, 1914.
LEAVING
Flying Bluenose for Yarmouth 11:25 a.m.
Flying Bluenose for Halifax 5:28 p.m.
Express for Truro and Halifax 6:15 a.m.
Ancon. for Halifax 12:30 p.m.
Express for Truro and Halifax 4:15 p.m.
Express for St. John and Yarmouth 10:03 a.m.
Ancon. for Annapolis 1:45 p.m.
Express for Middleton 5:40 p.m.
Express for Annapolis Sat. only 5:40 p.m.
Express leaving at 10:03 a.m. connects at Kentville with C. V. Branch train for Kingston.
ARRIVING
Flying Bluenose from Yarmouth 5:38 p.m.
Flying Bluenose from Halifax 11:33 a.m.
Express from Middleton 6:15 a.m.
Express from Annapolis Sat. only 6:15 a.m.
Ancon. from Annapolis 12:30 p.m.
Express from Yarmouth and St. John, N.B. 4:15 p.m.
Express from Truro & Halifax 10:03 a.m.
Ancon. from Halifax 1:45 p.m.
Express from Halifax 5:40 p.m.
These trains only run on week days.
Boston Service
Flying Bluenose train leaving at 11:25 a.m. for Yarmouth connects with steamers of the Boston & Yarmouth S. S. Co., Ltd., sailing daily, except Sunday, for Boston.
R. U. PARKER
General Passenger Agent,
F. Giffins, Manager.
Kentville, N. S.
Wolffville Real Estate Agency.
Persons wishing to buy or sell apply to J. W. BELFRIDGE, Manager.
Wolffville, April 27.
Mirapur's Liniment for sale everywhere.

We have everything you need for spring
House Cleaning OUR WALLPAPER
Has just arrived. Call in and let us show you the newest and best line of Wallpapers in town.
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Paints, Alabastine and Wall Papers
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SAWED TO ORDER.
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Is your name on our mailing list? If it is not you cannot afford to let another day pass without filling in, cutting out and mailing the coupon below. You'll save money.
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IMPORTANT ANNOUNCEMENT

Everyone Should Read This

An EATON purchase and Free Delivery means much in these days towards reducing the high cost of living. The full importance of such a statement is best appreciated when you realize the fact that not only do you receive approved quality and service, for which the EATON Mail Order Way is justly famous, but you get good goods at a minimum cost. For some time past all EATON orders amounting to ten dollars (\$10.00) or over have been shipped charges paid by us. This feature of our service has proven a big success, and the inauguration of the new Parcel Post system, which has extensive ranges of heavy EATON quality garments delivered to your nearest railway station or port office for the price we quote without any additional cost for shipping charges.

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We Pay the Shipping Charges on all orders for any amount large or small on

Men's, Women's and Children's Outer Garments

This is no ordinary, everyday event. Rather it is an ordinary Free Delivery offer. Every garment advertised in an EATON catalogue, and when you read these words, "And we pay the shipping charges," in our catalogues read them over again, so that you may be impressed with their full meaning. We mean by "EATON CO." not you. In other words, you can buy any one of these extensive ranges of heavy EATON quality garments delivered to your nearest railway station or port office for the price we quote without any additional cost for shipping charges.
This is in addition to our \$10 FREE DELIVERY \$10 of orders amounting to \$10.00 or over of all goods catalogued and heavy goods quoted prepaid.

This means that when your order amounts to \$10.00 or over, if any goods in the Catalogue, including Men's, Women's and Children's outer garments or heavy goods, we pay the shipping charges to your nearest railway station or port office. It gives you the opportunity of getting practically all your needs at our low priced delivered price if you make your order in this manner.
T. EATON CO.
TORONTO CANADA

Our New Fall Catalogue WILL BE READY TO MAIL YOU Aug. 15th.
IF YOU ARE NOT ALREADY ONE OF OUR MAIL ORDER CUSTOMERS, SEND US YOUR NAME AND ADDRESS, AND WE WILL FORWARD YOU A COPY.

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Leave Yarmouth daily except Sundays at 8:00 p.m. for Boston. Leave Boston daily except Sundays at 8:00 p.m. for Yarmouth.
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