AUTOINTOXICATION OR SELF-POISONING

The Dangerous Condition Which Produces Many Well Known Diseases.

HOW TOGUARD AGAINST THIS TROUBLE

"FRUIT-A-TIVES" — The Wonderful

Fruit Medicine - will Protect You Autointoxication means self-poison ing, caused by continuous or partial nstipation, or insufficient action of the bowels.

Instead of the refuse matter passing daily from the body, it is absorbed by the blood. As a result, the Kidneys and Skin are overworked, in their efforts to rid the blood of this poisoning.

Poisoning of the blood in this way often causes Indigestion, Loss of Appetite and Disturbed Stomach. It may produce Headaches and Sleeplessness. It may irritate the Kidneys and bring on Pain in the Back, Rheumatism, Gout, and Rheumatic Pains. It is the chief cause of Eczema — and keeps the whole system unhealthy by the constant absorption into the blood of this refuse matter.

"Fruit-a-tives" will always cure Auto-intoxication or self-poisoning — as 'Fruit-a-tives" acts gently on bowels, kidneys and skin, strengthens the 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,

BEAR RIVER

Mr. and Mrs. W. W. Clarke and son, companied by Mrs. L. H. Crandall, re spending the week-end at Wolf-

Miss Margaret Dinsmore, of Boston, is visiting her brother, Dr. J. D. Dins-more, a guest at the Grand Central House.

A number have already gone in search of the giant of the forest. Success to

The pulpit of the Methodist Church The pulpit of the Methodist Church was filled on Sunday morning by the Rev. L. H. Crandall,—a union service Rev. J. W. O'Brien being called away by the Illness of his father. Union service in the Baptist Church in the avening.

service in the Baptist Church in the evening.

Among the guests at the Commercial House the past week were the following Major and Mrs. Morris, Clara Morris, Geoffery, Gilbert and David Morris, Windsor; J. W. L.ve, St. Stephen; H. E. Ricker, Arthur Barberry, H. W. McDonald, St. John; D. G. Thomas, Halifax; Thos. W. Howe, Annapolis; Mr. and Mrs. J. H. Murray, Sydney; Mr. and Mrs. J. R. Murray, Mr. and Mrs. O. R. Fraser, Mr. and Mrs. Warren, D. Lockhart and Miss Jean Murray, New Glasgow; E. W. Brooks, Brantford, Cnt; W. C. Rafuse, Lunenburg; P. H. Garneau, Quebec; L. G. Davis, Forest L. Hart, Marlboro, N. H.; Geo. T. Colony, Keene, N. H.

OUTRAM

Sept. 17

Mrs. Wm. Bent spent a few days last week the guest of Mrs. Edward Risteen, Port Lorne.

Mrs. Joshua Banks spent a few days last week the guest of her sister, Mrs. Wallace Marshall, Mt. Rose.

Mr. and Mrs. Frank Balsor and family spent last week the guest of his parents, Mr. and Mrs. John A. Balsor.

Miss Lizzie and Mable Andrews spent a few days last week the guest of their aunt, Mrs. Wallace Marshall, Mt. Rose.

Mr. and Mrs. Lenley Banks and daughter Winnie, of Hampton, were the guests of Mr. and Mrs. James Sio-

the guests of Mr. and Mrs. James Slolomb one day recently.

Mr. Osbourne-Marshall, from the U. S. A., spent a few days last week the guest of his sister and husband, Mr. and Mrs. Byard Marshall.

The following from here took in the exhibition at Halifax last Friday: Mr. A. M. Healy and son Charlie, Mr. Kenneth Bunks, Miss Edna Banks. Lilliar Banks, Edmond Bent, Wm. Bent, Mr. and Mrs. Ritson Bent, Avard Slocomb. Susie Bent and Wilbur Beardsley.

In a Position to Advance.

"I see Price has joined the army."
"Good! If he doesn't advance rap-dly he'll be different from all the

MELVERN SQUARE

J. Abner Phinney is attending -Mr. J. Abner Phinney is attending the exhibition in Halifax.
Miss Georgie Brown spent a few days in Lawrencetown last week.
Miss Hazel McNeil recently visited friends in Woodville, Kings County.
Miss Jean McNeil spent a few days this week with friends in Halifax.
Miss Mabel Palmer, of Halifax, spent Labor Day at her home in Melvern West

Mr. and Mrs. Avery Paterson are receiving congratulations on the birth of a son.

Miss Belle Stuart, of the United
States, is the guest of Mr. and Mrs. J.
M. Palmer.

M. Palmer.

Mrs. Eliza Neily, of Greenwood, was a recent guest of her neice, Miss Win-

er, Dr. Morse.
The recent severe frosts damage !

NORTH RANGE

Mr. E. M. White bought a very fine

brother, Coun. Vian Andrews, of this place.

Miss Marie McKay, of Middleton spent a week with her cousin, Miss May Oakes.

Miss Marie McKay, of Middleton spent a week with her cousin, Miss May Oakes.

Mrs. Harold Oakes and sons Elvin oster every success.

Box 11.

The business of the late Fred W.
Fleet, shoemaker, is being sold out at once to close estate. There are rumors of bargains being made in all lines carried by him.

The moose hunting season opened on Saturday with fine, clear weather. A number have already gone in search.

FALKLAND RIDGE

ond household goods to Halifax County and household goods to Halifax County where he has purchased a farm.

Little Ellesmore McKay left for Trenton on Monday. He was accombanied by his uncle, Ira Stoddart, as ar as Middleton. Harold Mason and party went by utto to Halifax to attend the exhibition. Bamford Marshall was one of

FARM WORK GO ON

Men and women are needed on the farms of Canada to-day. It is our patriotic privilege to help feed our Allies. But it is hopeinvolved if the Kidneys require

are compounded of certain medicines, which have proven their efficacy in healing disor-dered Kidneys and so relieving Rheumatism, Pains in the Back, loints and Ankles, and Headaches.

that chronic skin diseases which have defied all other treatments yield to Zam-Buk? It is because Zam-Buk is sayniyield to Zam-Buk?

It is because Zam-Buk is germicidal, and also has such power of penetration that it reaches disease in the underlying tissues and cures from the "root" up. That is the only way a permanent cure can be effected.

effected.

Mr. H. C. Buckley of 461 E. Broadway, Portland, Oregon, says: "For chronic skin diseases there is nothing like Zam-Buk. For fitteen nothing like Zam-juk. For liteen years I had eczema, and I tried an endless number of so-called. eczema cures, but nothing was capable of curing me permanently until I used Zam-Buk. Ten months' use of Zam-Buk has effected a complete cure."

For ulcers, abscesses, boils, ring-core blood polsoning, piles hurns.

Miss Josephine Sulis, of Bear River

mr. J. W. O'Brien is visiting friends in Halifax.

We are sorry to report Mr. Wm. McFadden seriously ill.

We are sorry to report Mr. Wm. McFadden seriously ill.

Mrs. W. E. Reade returned from her trip on Monday of last week.

Mr. Morley Wright, of the Royal Bank staff, is enjoying his vacation.

Glad to report Mrs. Samuel Stevens, who has been ill, much improved in health.

Miss Marion Ray left last week to take charge of the station at Cambridge, N. S.

Miss June Schmidt has joined the "A" classes at the Annapolis Academy for the coming year.

Mr. Howard Graham, of Digby, is in town in charge of some carpenter work for M. C. Harris.

Mr. and Mrs. F. A. Coffill, of Hantsport, were guests at the Grand Central House over Sunday.

Mrs. F. A. Chalmers and Mrs. F. J. Brown motored to Albany Cross on Friday, returning same day.

Mr. and Mrs. W. W. Clarke and family motored to Liverpool and Lunenburg last week, returning on Wednesday.

Mr. and Mrs. W. W. Clarke and son, accompanied by Mrs. L. H. Casaden, willing to do their part.

Mrs. A. Ch. Miss Josephine Sulis, of Bear River is pending her vacation with her the che the crost as badly of as they appear to be in other places, where "Jack Frost" strikes harder, usually along the Post road through the Valley.

Miss Corp. of Clementsport, and Miss Harris, of Bear River, in the coll of the state of the valley.

Miss Corp. of Clementsport, and Miss Harris, of Bear River, places, where "Jack Frost" strikes harder, usually along the Post road through the Valley.

Miss Roop, of Clementsport, and Miss Harris, of Bear River, places, where "Jack Frost" strikes harder, usually along the Post road through the Valley.

Miss Lillan Hicks, of Clementsport, with the same of the reflect of Mrs. Ralph Barkhouse.

Mrs. Bockwith and child, and Mrs. J. W. Beckwith, of Bridgetown, motored to Melvern a short time ago, where they visited their friends, Mrs. Bort Mrs. Loran Adams.

The Junior Red Cross Society held a bazaar and concert in Melvern on The Red Cross work. Our Melvern of Brookl

Mrs. James R. Ditmars entertained a number of her friends from Bear River East on Thursday evening to a clam and corn supper. During the evening music was furnished by Miss Ethel, which was enjoyed by all.

On Wednesday evening the Dorcas
Society held a corn and clam supper in Union Hall, which was a grand suc-

more, a guest at the Grand Central House.

Col. and Mrs. E. C. Phinney, with Mr. and Mrs. Theodore Brown, enjoyed a few days' fishing at Lake Franklin last week.

Don't forget the pantry sale by the ladies of the Baptist Church in the sample room on Saturday afternoon, Sept. 29th.

Mr. Gordon MacIntyre left on a business trip to Newfoundland last week. He was accompanied by his wife and little son Billy.

Mr. M. C. Harris has lately purchased the property on Water street formerly owned by C. H. Purdy, and is making some much needed repairs.

Mr. E. M. White bought a very fine pair of three-year-old steers in Bay View last week nor Digby, after on Digby, after on

owned by C. H. Purdy, and is making some much needed repairs.

Miss Gertrude Mullin and mother, who have been spending the summer here, guests at the Commercial House, returned to St. John on Friday.

Miss Eva Kennedy, who has been spending her vacation with her parents, Mr. and Mrs. Geo. Kennedy, returned to Boston on Saturday.

Any items of interest to the citizens of Bear River will be gladly published if handed to the correspondent before 9 a.m. on Monday of each week.

The business of the late Fred W. Fleet, shoemaker, is being sold out at the state of the college of the state of the college of the state and bruised his shoulder quite badly to that he cannot work.

Our teacher, who attended the Rural School of Science, obtained prizes in

botany; Miss Robinson \$20, and Miss Parker \$15. Miss Annie Fairn spent a few days recently at West Nictaux, the guest of her niece and nephew, Mr. and Mrs.

F. A. Chipman Chas. Whitman returned from Hali-lax on Monday.

Chas. Whidden is moving his family

Chas. Whidden is moving his family Herman Sheridan, was a success realizing the sum of \$17.45.

Mr. and Mrs. Frank Whitman and little son Alden and Mrs. Whitman's mother, Mrs. Bloxsom, have returned to their herman's realizations. to their home at Bridgeport, Conn

Dr. Tufts and daughter Hilda, Mr. and Mrs. Robie Tufts and Miss Andrews, of Wolfville, motored to Albany recently, and were the guests of Mr. and Mrs. Edwin Merry and Mrs.

Mr. and Mrs. Edwin Merry and Mrs. Jonathan Woodbury.
Mrs. Leander Beals, of Inglisville and Mrs. Chester Beals, of Chute's Cove, were the guests of their uncle. al d aunt, Mrs. and Mrs. Wallace Prentiss, on Sept. 4th. Also at the same place, Mr. and Mrs. Stanley Barteaux, of Port George, and Miss. Florence. of Port George, and Miss Florence Prentiss, of Nictaux South.

UPPER GRANVILLE

Claude Gillis has gone to Pictou Academy as a student for Grade "A."
The school exhibition in town was largely attended and fully appreciated by all lovers of progressive educational

Miss Newcomb, of Bridgewater, and the Misses Eisnor, of Boston, were re-cent guests of their uncle, Mr. Gaius Miss Claire Parker, who spent the

summer at her old home, returned to her duties in Providence, R. I., on the 14th inst.

Mr. and Mrs. Roy Fash, who have pleasantly sojourned with Mr. and Mrs. L. D. Fash for two weeks, returned to their home at Cape Breton with 15th land. turned to their home at Cape Breton on the 15th inst.

Those attending the annual fair at Halifax from this vicinity were: Mr. and Mrs. Max D. Newcomb, Jas. Gillardit, sr., Rupert Parker, Mr. and Mrs. De Bister, Mrs. George Salter and Langhier Annie.

CLEMENTSPORT

We are having ideal weather. Mrs. John Lowe is visiting friends in Weymouth.

Mrs. Dunn, of Bear River, was the
guest of Mrs. Fred Jones last week.

Capt. Amos Burns arrived home re-Capt. Amos Burns arrived mone re-cently after a short trip to Boston.

The recent frosts did considerable damage in this vicinity.

Miss Maggie Roop is at present vis-iting the Rev. Fred Roop and family at

Melvern Square.
Mr. and Mrs. William Letteney, of
New Haven, arrived here last week
and are the guests of Mr. and Mrs.

Dredging Moose River began last week under the superintendnee of Mr. H. Hicks, which will be a great benefit to the harbor.

Mrs. Weaver, of Barton, Digby Co., has been visiting friends in the vil-

M. Palmer.

Mrs. Eliza Neily, of Greenwood, was a recent guest of her neice, Miss Winifred Jacques.

Mr. Milledge Baker, of New Jersey, Mr. Milledge Baker, of New Jersey, Mrs. Meelock Marnall, of Bridgetown, is visiting her mother, Mrs. May Mrs. Porter and child, and Miss. Pauline Perry, of Wolfville, spent last Sabath with friends in Melvern.

Mrs. Porter and child, and Miss. Pauline Perry, of Wolfville, spent last Sabath with friends in Melvern.

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Mrs. Porter and child, and Miss. Pauline Perry, of Wolfville, spent last Sabath with friends in Melvern.

Mrs. Hred and son, of Vergennes, Vt., or a guests of Mr. Hurd's daughter, Mrs. Potter and child, and Miss. Pauline Perry, of Wolfville, spent the week-end at her home in Melvern. Sq. Miss Hortense Spurr, who is engaged in toaching in Wolfville, spent the week-end at her home in Melvern Sq. Miss Hortense Spurr, who is engaged in toaching in Wolfville, spent the week with friends in Natural and Sq. Miss Hortense Spurr, who is engaged in toaching in Wolfville, spent the week with friends in Natural Allar Goucher, for a short time, and mest week with friends in Natural Mrs. Frank Goucher and little son were recent guests of Mrs. James Ray.

Mrs. Mrs. Frank Goucher and little son were recent guests of Mrs. James Ray.

Mrs. J. C. W. Ditmars is spending her vacation with her father, Mr. Net Alarge country. Mrs. Primose, son and daughter, the week with friends in Natural Mrs. Frank Goucher with the son were recent guests of Mrs. James Ray.

Mrs. J. C. W. Ditmars is spending her vacation with her father, Mrs. Net Alarge country. Mrs. Primose, son and daughter, are gain stopping at the "Rest here, free and visiting the former's parants, Mrs. and Mrs. Frank Goucher and little son were recent guests of Mrs. James Ray.

Mrs. J. C. W. Ditmars is spending her vacation with her

The heavy frosts of the past week have done considerable damage to the grain and vegetable crops here.

R. L. Moore spent several days in Halifax recently, the guest of his mother and wife, Mr. and Mrs. J. A. C. Moore.

Miss Josephine Sulis, of Boar River is spending her vacation with her mother, Mrs. A. G. Sulis.

Miss Vera Ditmars, after spending a very pleasant summer in Digby, returned home on Monday last.

Wm. G. Purdy went to Halifax on Tuesday to attend the provincial exhibition, returning on Saturday.

Miss Josephine Sulis, of Boar River Is grain and vegetable crops here.

R. L. Moore spent, several days in Halifax recently, the guest of his mother and wife, Mr. and Mrs. J. A. C. Moore spent, several days in Halifax recently, the guest of his mother and wife, Mr. and Mrs. A. C. Sulis Halifax recently, the guest of his mother and wife, Mr. and Mrs. J. A. C. William Hicks, of Clementsport.

Wiss Lilian Hicks, of Clementsport. We are sorry to report that Fred Charlton has been confined to his bed during the past week through illness. We wish for him a speedy recovery. We are sorry to report that Mr. John Pierce, who was taken ill a few weeks

go, is lying in a very critical condi-ion, no hopes being entertained for its recovery.

Mr. and Mrs. Bligh Hiltz and chiliren, of Mattapan, Mass., and Mrs. J. W. Driver, of Providence, R. I., left on Saturday for their homes, having pent several weeks with friends here. Miss Ida Freeman and sister, Mrs. Annie Illsley and two children, of Berwick, having visited friends at Hementsport and Upper Granville, ipent the past week with Mr. and Mrs. W. E. Illsley, and also visited friends

t Paradise and Nictaux West. The marriage of William Shaw and Miss Mora Bent was quietly solemn-zd in the Methodist parsonage in awrencetown on Sept. 5th, Rev. S. J. Boyce officiating. The young couple s highly esteemed in the community, and we all join in wishing them a long

Mr. and Mrs. Edward Pierce, of Mt. Hanley, were guests of Mr. and Mrs. David Marshall on Sunday last.
Mr. Simon O'Neal spent a few days ast week the guest of his daughter, Mrs. Frank Marshall, of Middleton. Mr. Theodore Marshall, of Middle on, spent a few days last week the uest of Mr. and Mrs. Bayard Mar-

Miss L. M. Banks has returned h ofter spending a week the guest of her sister, Mrs. L. J. Strong, Arlington

Marshall. Our school opened Monday, Aug.

lampton, and Mr. and Mrs. Walter fampton, and Mr. and Mrs. Watter lealy, of Mt. Rose, were recent guests of Mr. and Mrs. A. M. Healy. Miss Nellie and Annie Bragg return-d to their home in North Range after pending their vacation with their ousin, Miss Doris Healy, and other

riends.
Mr. and Mrs. Frank Bent and little ng a fortnight the guest of his par ents, Mr. and Mrs. Ritson Bent Recent guests of Mr. and Mrs. Par ter Banks were: Mr. and Mrs. Nor-nan Milbury, Mr. Pearley Milbury, Iampton; Mr. Theodore Marshall, Middleton; Mrs. Euphemia Brown, 'ort Lorne.

DOUGLASVILLE

Sept. 17 Miss Mable Slocomb, of Kingston, is isiting friends in this place.

Quite a number from this place took n the exhibition. All report having a We are glad to see Mrs. Hallie Cray

ord back from the hospital, much im-proved in health.

Mr. Enoch Woodworth and friend, of Mr. Enoch Woodworth and friend, of 3ridgetown, spent the week-end with Mr. and Mrs. A. B. Woodworth.

Mr. and Mrs. David Rafuse spent one day recently with Mrs. Rafuse's ister, Mrs. Milledge Best at Wilmot.

Mr. and Mrs. W. H. McNayr, of Lawencetown, spent the 13th inst. with heir daughter, Mrs. O. H. Baltzer.

Mr. Geo. Douglas, who just went through a serious operation, is resting quite comfortable. All his friends wish for his speed recovery.

Mr. and Mrs. Charles Daniels and

Mr. and Mrs. Charles Daniels and Mr. and Mrs. Charles Daniels and on Everett, of Spa Springs, Mr. and Mrs. Edward Risteen and Vernon, of Port Lorne, and Mr. and Mrs. Milledge Slocomb, of Mt. Hanley, were guests at H. R. Daniels' one day last week.

KARSDALE

Sept. 17 A number of our people took in Halifax exhibition excursion last week. On Wednesday the annual farmers' picnic was held at Hudson's, Victoria Beach, The day was an ideal one, attendance large, and a most enjoyable time experienced.

Mr. and Mrs. Stan Mills, and Mr. and Mrs. Et. Porter formed a private

Halifax from this vicinity were: Mr. and Mrs. Max D. Newcomb, Jas. Gillatt. sr., Rupert Parker, Mr. and Mrs. B. H. Porter formed a private picnic party to Delap's Cove on Saturday, visiting Mr. and Mrs. John Haliday whilst there, returning late in ne evening, having enjoyed the outing tores are being sent to Red Cross French relief this week from Upper (east end) Sewing Circle.

When in need of goods of any kind always consult the advertising columns of the MONITOR before making

Children Cry for Fletcher's

The Kind You Have Always Bought, and which has been in use for over thirty years, has borne the signature of and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other narcotic substance. Its

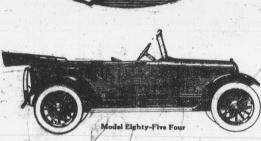
neither Opium, Morphine nor other narcotic substance. Its age is its guarantee. For more than thirty years it has been in constant use for the relief of Constinution, Flatulency, Wind Colic and Diarrhoea; allaying Feverishness arising therefrom, and by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

GENUINE CASTORIA ALWAYS



In Use For Over 30 Years The Kind You Have Always Bought





Big, Powerful Real Family Cars

We know through years of experience that a thirty-five horsepower motor placed in a car of proper weight, makes an ideal driving combination for all but the most radical speed demons.

Year after year for many years the demand for the thirty-five horsepower Overland models has increased in Canada and this year the sales of the Model Eighty-Five have eclipsed all previous records.

You can have your choice in this Eighty-Five Model of either a four or a six cylinder motor. The wheelbase of the Four is 112 inches—that of the Six 116

Both are comfortable easy riding cars. Each represents what we believe to be the best motor car value for the money

Come in and see them. Ask for a demonstration. We are at your service.

If you prefer a closed car, we have a wide variety of types to choose from in Light Fours, Model 85-Fours, Light

BEELER & PETERS Local Dealers, Bridgetown, N. S.

> Willys-Overland, Limited Willys-Knight and Overland Motor Cars and Light Commercial Wagons

Head Office and Works, West Toronto, Ontario



MARKET Northern Fire CASH Insurance Co.

Protects You Against Loss By Fire

F. E. BATH, Local Agent



DELCO-LIGHT helps to keep the young folks on the farm. It brings City Comforts and Conveniences and Economies to the farm home.

And it pays for itself in time and labor saved. Delco-Light furnishes an abundance of clean, safe, economical electric light for house and

It furnishes electric power to pump the water, wash the clothes, milk the cows, separate the cream, churn the butter, operate the electric fan and the vacuum cleaner.

Delco-Light is a simple, economical, highly efficient electric plant that requires almost no attention and that runs on kerosene, gas, or gasoline.

AUBREY BROWN, Digby, N. S.

Agent for Digby and Annapolis Counties. The Domestic Engineering Company

Dayton, Ohio

Roofing Materials

CEDAR SHINGLES From Quebec, New Brunswick and British Columbia SPRUCE SHINGLES, PINE SHINGLES

Galvanized Eastlake Steel Shingles

THE BEST AND MOST QUICKLY LAID We have five carloads of the above in stock and nails to put them Just Received Carload of Cement

Paroid Roofing, Wall Board Drain Pipe, Selenite, Brick

H. HICKS & SONS

New Suits

Bridgetown, N. S.

Men and Boys

Styles that are as practical as they are good looking. In all apparel we plan to have the wanted kinds and styles. Plenty of sizes and prices that are the lowest, consistent always with good quality. A visit to our store will show you how thoroughly prepared we are this season with FURNISHINGS to complete every man or boy's wardrobe.

J. HARRY HICKS

Clothier and Gent's Furnisher Corner Queen and Granville Streets Phone 48 - 2.

JUST ARRIVED

BRIDGETOWN

One car Cotton Seed Meal, One car Seed Oats Government certificate attached, One car Corn Meal EXPECTED DAILY

One car Five Roses, Robin Hood, Kings Quality, On hand Royal Hosuehold Flour J. H. CHARLTON & CO., MIDDLETON

BOOTS and St

AT RIGHT P Fall Rubber Gg

J. E. LL