

DOMINION ATLANTIC RAILWAY

—AND—
Steamship Lines
 —TO—
 St. John via Digby
 —AND—
 Boston via Yarmouth
 "Land of Evangeline" Route.

On and after July 1st, 1911, the Steamship and Train Service on this Railway will be as follows (Sundays excepted):
 Business from Halifax 2.31 p.m.
 Express from Halifax 12.04 p.m.
 Express from Halifax (Sat. only) 7.40 p.m.
 Accom. from Richmond 5.40 p.m.
 Bluenose from Yarmouth 12.55 p.m.
 Express from Yarmouth 1.58 p.m.
 Express from Annapolis (Mon. only) 4.13 p.m.
 Accom. from Annapolis 7.50 a.m.

Midland Division

Trains of the Midland Division leave Windsor daily, (except Sunday) for Truro at 7.05 a.m., 5.10 p.m. and 6.15 a.m. and from Truro at 6.55 a.m., 2.30 p.m. and 12.00 noon connecting at Truro with trains of the Intercolonial Railway, and at Windsor with express trains to and from Halifax and Yarmouth.

Boston S.S. Service

BOSTON-YARMOUTH SERVICE.
 The Royal and United States Mail Steamships "PRINCE ARTHUR" and "PRINCE GEORGE" perform a daily service (Sunday excepted) from Yarmouth to Boston, on arrival of Bluenose and Express trains from Halifax, arriving in Boston next morning. Returning leave LONG WHARF, BOSTON, at 2.00 p. m. daily (except Saturday).

BOSTON-DIGBY SERVICE.
 S. S. Boston leaves Digby for Boston on Wednesday and Saturday on arrival of Bluenose train from Halifax.

St. JOHN and DIGBY

ROYAL MAIL S. S. PRINCE RUPERT.
 Daily Service (Sunday excepted).
 Arrives in Digby 10.45 a.m.
 Leaves St. John 7.45 a.m.
 Leaves Digby same day after arrival express train from Halifax.
 Bluenose train westbound does not connect at Digby with boat for St. John.

BASIN OF MINAS SERVICE.
 S. S. "Prince Albert" between Parrsboro-Kingsport-Wolfville daily, (except Sunday).

P. GIFFKINS,
 Kentville.
 General Manager.

FURNES, WITBY & CO., LTD. STEAMSHIP LINERS.

London, Halifax and St. John, N.B.
 From London. From Halifax.
 —Grantley July 3
 June 19—Shenandoah July 14
 July 8—Kamawia July 23
 July 22nd—(via St. John's, Nfld.)
 —Rappahannock Aug. 13
 Aug. 6—Shenandoah Aug. 27

LIVERPOOL, ST. JOHN'S NEWFOUNDLAND SERVICE
 From Liverpool. From Halifax.
 Steamer.
 FOR HAVRE DIRECT
 —Shenandoah July 14
 June 28th—Almeriana July 15
 July 12—Durango July 29
 July 26—Tabasco Aug. 12
 August 9—Almeriana Aug. 26

FURNES WITBY & CO., LTD.,
 Agents, Halifax, N. S.

H. & S.W. RAILWAY

Accom.	Time Table in effect	Accom.
Mon. & Fri.	June 19th, 1911.	Mon. & Fri.
Read down.	Stations	Read up.
11.30	Lv. Middleton A.R.	15.50
12.15	"Clarence	15.22
12.45	Bridgetown	15.06
12.50	"Granville Centre	14.41
13.15	"Karsdale	14.26
13.35	Ar. Port Wade L.V.	13.50

* Flag Stations. Trains stop on signal.
 CONNECTIONS AT MIDDLETON WITH ALL POINTS ON H. & S.W. RY. AND D. A. RY.

P. MOONEY
 General Freight and Passenger Agent
 HALIFAX, N. S.

The Cup That Cheers



and refreshes is made more certainly possible when our coffees and teas are used. They have a flavor, a body that cannot fail to appeal to coffee and tea drinkers.

GROCERY STORE

As we cater the best trade, we buy only first-class goods where quality is always conspicuous. Our stock being large and varied, if you want the best you should trade here.

J. E. LLOYD and SON

SPRING CLOTHES

Fashion says that this will be a great season for cheerful clothes --and we believe in Fashion and so provided liberally.

Men's Suits
\$8, \$10, \$12, \$15 to \$22.
Spring Overcoats
\$7.50 to \$16.00.

We want you to see our Suits at the above prices. After you have seen them we will have nothing to say except this: "Match them if you can."

A full line for the BOYS in SUITS, HOSIERY, Etc.

J. Harry Hicks

Give the New Meat Market a Call

The place where you get just what you ask for --in the old stand formerly occupied by WILLIAMS & TIBERT. A good stock always on hand.

PHONE 72 **S. H. BUCKLER,** QUEEN STREET

Boots and Shoes



Just arrived a large stock of Mens' Heavy Grain Boots at \$2.50 - Boys' Heavy Grain Boots at \$1.80 Youths Heavy Grain Boots at \$1.60 Ladies Tan Oxfords at \$1.80 Ladies Black Oxfords at \$1.80 and other lines of Boots Shoes and Rubbers at reasonable prices.

WANTED: Potatoes, Eggs and Butter in exchange for goods.

JOSEPH I. FOSTER GRANVILLE ST.

Fresh Salmon, Halibut and all the Fish delicacies of the season. Also PRIME BEEF, PORK, SAUSAGES, etc.

MOSES & YOUNG

Advertise in the Monitor

Boy Scout Notes

English papers to hand give a glowing account of the inspection of the Boy Scouts--\$5,000 strong, from all parts of the Empire, under the command of the Chief and "father" of the Scouts, Lt.-General Sir Robert Baden-Powell, by the King in the Great Park, Windsor, on July 4th. The inspection took the form of a "rally" and march-past. The London Daily Mail says: "It was obvious at the novel inspection that the King was as pleased as the boys were proud."

Under the heading "Canadian Boys Rewarded," The paragraph reads as follows:--

"Then honor was done before the King to two young Canadian boys, Francis Philip Galbraith and Donald Chadsey. The Chief Scout handed to each a medal for good service well done. These Boy Scouts, with others, had traced a man accused of murder through the woods and watched his hiding place until the police arrived to effect his capture. The two boys were elected by other Canadian Scouts to attend the King's review. His Majesty asked about their service and said, when he learned the facts, that their courage was commendable."

The same paper also gives an account of a remarkable feat of pluck and endurance, accomplished by a fifteen-year-old boy scout named Frank McMillan, who left Bolton, Lancashire, at 12.1 a.m. on Saturday July 1st on a bicycle with a letter from the editor of the Bolton Chronicle to the editor of the Daily Mail. The journey is rather more than two hundred miles and on starting the boy, who was accompanied by his father on another bicycle, hoped to complete the journey within the twenty-four hours. He did it with barely three minutes to spare, reaching the London office at 11.57 p.m. on the same day.

The Mail further says:--In many ways the most picturesque spectacle of the week has been the King's Review of the Boy Scouts in Windsor Great Park. The Boy Scout movement is a creation of the past few years. When "B. P." came back home fresh from the glories of Mafeking, some of the superior ones who criticized, and at times do little more than criticize, were inclined to sneer at him. They talked of him as a man who had done one big thing and was not fit to be heard of again. "B. P." did nothing, but did the next hard thing to hand, and it is safe to say that his fame as founder of the Boy Scout movement will be greater and more permanent than his glory as the hero of the South African War. The spread of this Boy Scout movement resembles more than anything else the spread of the Franciscans when the Saint of Assisi started preaching. You see Boy Scouts wherever you go. On every holiday you find manly fellows skilled in first-aid, clever in tracking, trained signallers, and expert in open air life, camping and drilling. It is their creed to be always cheerful and above all things, to avoid cowardice, meanness, or low-down tricks. The boy of fourteen who wishes to prove his smartness no longer smokes cigarettes in shady corners and apes young men. He puts on his uniform lives up to it, and makes it the ambition of his life to pass through the various grades of his service and become a first-class scout. To become a first-class scout means sureness of eye, resource, and skill. Scores of thousands of these lads are being trained in the very best qualities of manhood, without cant or nonsense. Their minds and bodies are being strengthened. The King, in honoring the movement has given impetus to one of the most healthy and most hopeful organizations of the day.

The first Fiction Number of Scribner's Magazine was published July, 1889. Among the notable stories which it contained were: "How the Derby was Won," by Harrison Robertson; "The Governor," by George Hibbard; "The Rock of Beranger," by T. R. Sullivan, and an instalment of "The Master of Ballantrae," by Robert Louis Stevenson. The Fiction (August) Number this year will contain contributions from Edith Wharton, F. Hopkinson Smith, James B. Connolly, Georgia Wood Farnham, Alice Brown, and several new writers.

FAILED TO SOLVE PROBLEM OF PERPETUAL MOTION.
 Baltimore, July 18--Andrew Gernard, eighty-six years old, is dead here after spending fifty-five years of his life in vain effort to solve the problem of perpetual motion. Gernard was an inventive genius and would have made fortunes on practical inventions if he had been able to dismiss the perpetual motion problem from his mind. As a wedding present to his son, Henry, he gave the young man a suggestion for a labor saving corn reaper which made \$17,000,000 or more in profits.

A SORE FOOT
 Enos Guy of this town says, "I had a very sore foot all last winter. No salve or liniment would cure it. In March I tried REED'S EARTHLINE. In one week I was cured. I am satisfied this is the best remedy we have here."

DO THE VERY THING YOU KNOW YOU OUGHT TO DO.

Each of us knows himself better than the world can possibly know him. Each of us deceives himself more or less the greater part of the time, and forgets the harmful truths. But we can know ourselves if we will.

Take a really truthful inventory of yourself once in a while. You know perfectly well what makes success.

You do not have to read about "How to be Successful." The way to be successful is to do the very thing that you ought to do.

Take that inventory, take a pencil and a piece of paper and write it out. Stick it in your pocket and keep it. Make up your mind to go systematically about your work during the balance of this year.

Write some things out of the inventory and add to others. The young Chicago human dynamo said that one brilliant man failed "because he did not have the nerve to take an inventory of himself. Perhaps by taking an inventory, harsh and truthful, you may succeed. Try it.--Selected.

A Heart-to-Heart Talk With Herself By a Grievance-Lover

(Certain characters seem to need grievances as they do some indispensable article of food in order to maintain the attitude of discontent with which they torture their family and friends--Dora Melegari in Makers of Joys and Sorrows.)

"I'm very happy this afternoon. I have a grievance. It is a splendid grievance and it is against the whole family. I am deeply hurt. I shall wait for hours and everybody will come to me and try to placate me. I shall have a beautiful time as soon as the family gets home."

"Yes, they are all away. That is my grievance. I said I might possibly get home today, and yet they went off auto riding with the Femies. Of course I haven't been gone but three days, and of course they don't get auto rides often, but still I think they might have been at home to greet me."

"It just shows how little they care about me. It shows how little account I am in my own home--doubt if they'd care if I didn't come at all. There, I've worked myself up splendidly and here they come, I'll have to open the front door, but I won't say a word until they speak to me."

"Well, I think I did that pretty well. I didn't say a word of reproach but by the way I asked them how they enjoyed themselves, and the short way I answered them when they asked me what kind of a time I'd had, showed them how I felt."

"They all know I'm hurt and they are trying to be as nice as pie to me. They just wanted to know what I'd like best for supper, and I said it didn't make any difference, in a tone that showed I felt how unimportant I was."

"I don't know whether I can show my disapproval by going up in my room and shutting the door or by staying here and just answering in monosyllables. Think on the whole I'll get the most out of it if I stay here."

"What an absurd idea. Someone tried to make me believe that I did not say I'd get home before tomorrow. They thought I'd give up my grievance that easily? I guess not."

"Won't I come in the library and sing with them? No, of course I won't. I couldn't do more than that if I was feeling real vicious."

"Mrs. Bemis has asked them to go outing next Sunday, and they think it would be fun if I took some one's place. I love outing, but I told them I wouldn't think of that. I'll go all right, but I'll keep them begging me before I say 'yes.'"

"Oh, thunder, here's some company coming in the front gate. That means I'll have to be decent. You can't parade grievances in front of company, you know. They don't understand. They simply think you are disagreeable. I guess I'll carry out my other plan and go up in my room and close the door."

"Well, now, I call that a good parting shot. They called to me not to go upstairs, the Randalls were coming, and I said very coldly, 'I don't seem to be included in the invitations that are extended to this family. I don't imagine their guests will miss me very much.'"

"I think I got its full value out of that grievance, all right. I don't know when I've had so good a one."

--Ruth Cameron.

Let Down the Tension and Rest

Train yourself not to live in a constant state of tension, if you do not wish to give out all at once some day, like a piece of machinery which is in constant use and has no opportunity of stopping for repairs and lubrication.

For instance, when you are sewing, if your eyes feel tired and your back aches, drop your needle, let your hands and eyes rest and rest absolutely for a few minutes. To do this you need not necessarily lie down. Lie back in your chair, close your eyes and lay your hands quietly in your lap, so that they will not be tempted to finger anything or to clasp each other nervously.

Mind relaxation is quite as important as physical relaxation, and particularly at bedtime. You must cultivate the habit of changing the current of your thoughts at times if you are very strenuously employed mentally.

These lines across the forehead usually come from mental tension, and to avoid them you must have resolute control of your thinking powers.

Women as a sex go heart and soul into anything which interests them, and often wear themselves out by constant attention to the subject, whether it be housekeeping or any of the numerous businesses and pleasures that necessity or love of pleasure present to us.

One of the first lessons in avoiding a nervous breakdown is to get business or pleasure down to a point where you control it and it does not control the mind to the exclusion of every other insect.

You may think you have not time, but after a while you will find that you can accustom yourself to almen tal and physical rest at intervals during the day. It may only be for a few minutes at a time, but it will pay.

Your heart must rest, and it does involuntarily when you lie down. It does not stop altogether, for you could not live under such circumstances, but nature arranges that it does not beat so rapidly when the body is reclining.

In a like manner you do not have to stop altogether in order to relax a little now and then.

Learn your capabilities and act accordingly. If necessity demands certain exertions let up on something else.

It never pays to burn a candle at both ends. With certain attention to the wick, it will burn brighter and certainly longer when lighted only at one.

Make a little list of rules and keep to them.

Make your days as regular as possible and bear in mind the following: Do not sit in one position for too long a time without straightening up and lessening the tension now and then.

Relax at intervals while eating as in working. Do not swallow and gobble though your dying of indigestion would help matters any.

Do not attempt problem plays and read deeply after a day of great mental activity. Above all relax the mind as well as the body when you go to bed.

If you can't rest during the day you must learn how to rest at night if you wish to feel refreshed in the morning.

Do not go to bed tired and cramped and brain weary in a close room and lie in a huddled, tense heap thinking for hours and tossing about. If you can't get relief to your lungs by fresh air before retiring insist upon plenty in the sleeping chamber.

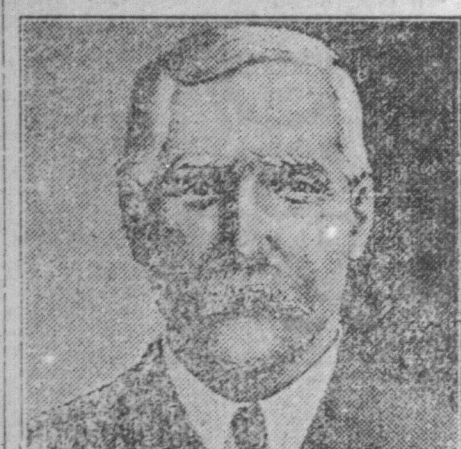
RAGING HEADACHE STOPPED AT ONCE

When He Took "Fruit-a-lives"

SHANLEY, ONT., Sept. 23rd, 1910.
 "You certainly have the Greatest Headache Cure in the world. Before 'Fruit-a-lives' came before the public, I suffered tortures from Headaches caused by Stomach Disorders."

"One of your travellers called on me when I had one of my raging headaches and had my head almost raw from external applications."

"I hated to see any person coming into the store (much less a commercial traveller) and I told him very curtly that I had a headache but he insisted on my trying 'Fruit-a-lives'."



"I did so, with what I would call amazing results. They completely cured me and since then (nearly six years ago) it is only necessary for me to take one occasionally to preserve me in my present good health. I was 65 years old yesterday and have been a general store keeper at the above address for twenty-five years."

WM. PITT
 As Mr. Pitt says "Fruit-a-lives" is the greatest headache cure in the world. Dealers everywhere have "Fruit-a-lives" at 50c. a box, 6 for \$2.50 or trial size, 25c. or sent on receipt of price by Fruit-a-lives Limited, Ottawa.

Undress and think and busy yourself in some trivial matter in a comfortable lounging robe. Do all your thinking before the light goes out, then go to sleep.

Don't read after you go to bed. It excites the brain, and if sleep follows it is usually not a restful sleep. Remember that a nervous strain induces many wrinkles, makes the eyes heavy and the skin sallow.--Boston Herald.

HAPPIEST GIRL IN LINCOLN
 A Lincoln, Neb., girl writes, "I had been ailing for some time with chronic constipation and stomach trouble. I began taking Chamberlain's Stomach and Liver Tablets and in three days I was able to be up and got better right along. I am the proudest girl in Lincoln to find such a good medicine." For sale by all dealers.

There's never a rose in all the world
 But makes some green spray sweeter;
 There's never a wind in all the sky
 But makes some bird wing feather;
 There's never a star but brings to heaven,
 Some silver radiance tender;
 And never a rosy cloud but helps
 To crown the sunset splendor;
 No robin but may thrill some heart
 His dawnlight gladness voicing;
 God gives us all some small, sweet way
 To set the world rejoicing.

Appointed to be a Justice of the Peace in and for the County of Annapolis--Harold A. Oakes, of New Albany.

SURE CURE FOR BUNIONS

Gather the common leaf found in many back yards and upon lawns, and roll soft between hands. Bind upon the bunion and keep it there night and day, changing the leaf three times a day. Be faithful and the bunion will go.

PURITY FLOUR

Buy it once and you will choose it every time

More bread and Better bread Try it!

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