

### DOMINION ATLANTIC RAILWAY

#### Steamship Lines

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

On and after June 20th, 1910, the Steamship and Train Service on this Railway will be as follows (Sunday excepted):

Accom. from Annapolis 7.50 a. m.  
Accom. from Richmond 5.40 p. m.  
Express from Halifax 12.04 p. m.  
Express from Yarmouth 1.58 p. m.  
"Owl" from Halifax Sat. 7.40 p. m.  
"Owl" from Annapolis Mon. 4.13 a. m.

#### Midland Division

Trains of the Midland Division leave Windsor daily, (except Sunday) for Truro at 6.45 a. m., 7.30 a. m. and 5.35 p. m. and from Truro at 6.50 a. m., 12.00 m. and 3.20 p. m. connecting at Truro with trains of the International Railway, and at Windsor with express trains to and from Halifax and Yarmouth.

#### Boston Service

SERVICE IN EFFECT JUNE 13th, 1910.

The Royal and United States Mail Steamships PRINCE GEORGE and PRINCE ARTHUR will leave Yarmouth Mon. Wed. Fri. and Sat. on arrival of Express trains from Halifax, arriving in Boston next morning. Returning leave LONG WHARF BOSTON, at 2.00 p. m. Sun., Tues., Thurs. and Fri.

S. S. PRINCE ALBERT makes daily trips (Sunday excepted) between Parrsboro and Wolfville, calling at Kingsport in both directions.

#### St. JOHN and DIGBY

ROYAL MAIL S. S. YARMOUTH. Daily Service (Sunday excepted). Leaves in Digby 10.45 a. m. Leaves St. John 7.45 a. m. Leaves Digby same day after arrival of express train from Halifax.

P. GIFFKINS, General Manager.

#### FURNESS, WITBY & CO., LTD.

#### STEAMSHIP LINERS.

#### London, Halifax and St. John, N.B.

From London.	From Halifax.
July 9th	Kanawha July 28
July 21st (Via St. John's)	Shenandoah Aug. 11.
Aug. 5th	Rappahannock Aug. 25

#### From Halifax to Liverpool via St. John's Nfld.

From Liverpool.	From Halifax.
Steamer.	
July 9	Almeriana Aug. 2
July 26th	Tabasco Aug. 16

#### FURNESS WITBY & CO., LTD., Agents, Halifax, N. S.

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

Accom. Mon. & Fri.	Time Table in effect Oct. 18th, 1909	Accom. Mon. & Fri.
Read down.	Stations	Read up.
11.30	Lv. Middleton Av.	16.15
12.01	* Clarence	15.44
12.18	Bridgetown	15.26
12.45	* Granville Centre	14.57
13.01	Granville Ferry	14.40
13.19	* Karsdale	14.24
13.40	Am. Port Wade Lv.	14.00

\* 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.

#### ATTENTION FARMERS AND FRUIT-GROWERS

We have in stock, fifty tons of high-grade Fertilizers, from three of the best Companies. We are in a position to give you the best terms.

To arrive about the 10th. of April twenty-five tons of Phosphate Powder, (Basic Slag). Special low prices if sold from schooner.

J. H. LONGMIRE & SONS.

## EASTERN CANADA'S BIG 1910 FEATURE DOMINION EXHIBITION

St. John, N. B. Sept., 5th to 15th

\$25,000 in Cash Awards  
All Canada Represented  
Monstrous Live Stock Show  
Unequaled Industrial Display  
Numerous "Process" Exhibits.

Educational Competitions.  
Government Exhibitions.  
Special Horse Show.  
Agriculture and Fruit.  
Big Display of Poultry.  
Dairy Show and Lectures.

WONDERFUL ENTERTAINMENT  
ENTRIES FOR LIVE STOCK AND AGRICULTURAL PRODUCTS CLOSE AUGUST 1ST

### NEW GOODS

Including  
Biscuits  
Canned Goods  
Breakfast Foods  
Pure Lard  
Pickles  
Fruit Syrups  
Fruit Jars  
Tamarinds  
Lime Juice  
Dishes

SPECIALS FOR CASH  
Saturday, July 23rd,

2 cans Tomatoes for	19
Clarks Corned Beef, 2lb. can	23
Mixed Pickles (good size bottle)	14
Valencia Layer Raisins, 2lbs.	11
Tamarinds lb.	03
8 lbs. Rolled Oats	25
Pure Cider Vinegar, gal.	25
Choice Cod Fish, lb.	05
Choice Red Salmon, can	15
Machine Oil, quart	10

Men's Balbriggan Underwear, per suit 75c.  
Ladies' Hosiery and Prints 10 per cent discount

### T. G. BISHOP and SON

LAWRENCETOWN, Nova Scotia.

### Fresh Family Groceries

#### Bridgetown Central Grocery

**Canned Vegetables**  
Beans, Corn, Peas, Pumpkin, Squash and Tomatoes. One dozen each, or assorted, for \$1.00

**Canned Fruit**  
Blueberries, Raspberries, Strawberries, Plums, Peaches, Pears and Pineapples.

**Dried Fruit**  
London Layer Table Raisins, Valencia Layer Table Raisins, California Muscatel Raisins, California Seeded Raisins, Figs, Dates etc., at the LOWEST PRICES.

Buy at the "Central Grocery", get reliable goods and save money.

J. E. LLOYD

## A Mortgage of \$1000

can be paid off in 10 years  
by paying us  
\$70.37 every six months  
TRY IT

### Eastern Canada Savings & Loan Co., Ltd.

HALIFAX, Nova Scotia.  
F. W. HARRIS, Agent, - Annapolis Royal, N. S.

Per Year \$1 in advance  
HAVE YOU RENEWED \$1 Per Year in advance  
YOUR SUBSCRIPTION?

If not, will you not oblige us by making use of the accompanying coupon, enclosing with it cash or money order for present year? If cash please register letter, if convenient to do so. Kindly include arrears, if any.

To the Publisher of the Monitor-Sentinel-  
Find enclosed cash (or order) \$1.00 for one year's subscription, beginning

Yours truly

#### Dearn to Swim

The time of the year has again come around when the newspapers are full of drowning accidents. We read of canoes upsetting, boats upsetting, men and women tumbling in the water, and being drowned, all the fatalities, almost without exception, being due to lack of knowledge how to swim. Just yesterday there was an account in the paper of two boys in the neighborhood of sixteen and seventeen years being drowned because neither could swim. Imagine boys of that age not being able to swim! Swimming is as easy as walking and every boy and girl should make a point of learning it. Few indeed are the people who have not some opportunity of learning. There is nearly always some body of water where they can learn at some time during the year.

The trouble about most persons is that they are horribly afraid of the water. They look upon it as some terrible and mysterious element that is longing to devour them. Once conquer this ridiculous dread and swimming comes easily. Speaking as an amateur I can say that once my dread of the water was overcome it became practically impossible for me to sink. And that was when I was a very little girl, ten at the most. Up to then I was afraid of the water, but once I realized that I had a weapon in my knowledge of swimming that kept me from danger I lost all fear and from that day on it seems impossible for me to sink. If only all fathers and mothers would bring up their children as sensibly! Teach the children to swim during the summer holidays and the knowledge thus acquired may not only save their own lives at some future time but save the lives of others. The actual art of swimming may not save them but in many cases the sense of being at home in the water does. If there is a boat accident the swimmer does not lose his head but is able to look about and see what had better be done. More lives are lost in all probability from sheer fright and panic when in the water than from lack of knowledge of swimming. And the only thing that does away with this fright is to know how to swim. As children we were told of a man who was found drowned in two feet of water because he was too frightened to know how to stand up. This was exemplified long ago when once bathing with a friend who stepped off a rock and found the water over her head. A couple of steps would have brought her into her depth but she was so panic-stricken that she fell and but for assistance would probably have been drowned within a few feet of the shore. All our seaside and country places are now crowded and it would be a splendid thing if every family started right in to learn how to swim. Then when they return to town in the autumn the knowledge could be kept up in some public bath or institution where there is a swimming-tank. Particularly I should like all readers of this page to learn. Apart from the sense of security it affords when on the water or in the water there is nothing more healthful or more beautifying. It makes slight women heavier and heavy women slimmer, it develops muscles that no other exercise does, it makes women graceful and active. Taken all around there is no more potent beautifier in existence.—A. C. in the Montreal Star.

#### Ask Warren a Simple Treatment that Will Make Hair Grow, Now Sold in Canada.

Every up-to-date woman should have radiant hair. There are thousands of women with harsh, faded, characterless hair who do not try to improve it. In England and Paris women take pride in having beautiful hair. Every Canadian woman can have lustrous and luxuriant hair by using SALVIA the Great American Sage Hair Tonic.

Every reader of the Monitor-Sentinel can have an attractive head of hair in a few weeks by using SALVIA. W. A. Warren sells a large bottle for fifty cents, and guarantees it to banish Dandruff, stop falling hair and itching scalp in ten days, or money back.

SALVIA is a beautiful, pleasant, non-sticky Hair Tonic.

#### PRISON EARNINGS.

Should go to Family Say These Women.

Halifax, N.S. July 1.—The National Council of Women of Canada was entertained at Government House when Mrs. Fraser gave a brilliant reception. Assisting in receiving the guests was Mrs. Wilson, of Guelph, Ont. The Mayor of Halifax also extended an official welcome. Among the resolutions to be adopted will be one recommending that the earnings of men undergoing long terms of imprisonment be devoted to the support of their wives and children; that there be more vigorous enforcement of immigration legislation. Another resolution concerns the treating system. A resolution on the order paper is "That the National Council of Women of Canada does hereby place itself on record in favor of the enfranchisement of women."

#### TO COOL A ROOM.

Cheap Device That is Said to Work Well.

(G. F. H. in New York Times)

Procure a small zinc-lined tank holding from two to three gallons of ice and salt, and put in about a half pint of ammonia. This tank can be placed in a corner of the room, occupying very little space, and a drip pan put under it to catch the water condensed by the heat of the room. This process of condensation is quite rapid, and will very quickly reduce temperature. The larger the room the larger the tank, and vice versa. The practicability of this scheme has been tested, and it is simple, clean, and inexpensive. The tank will have to be replenished but once a day, except when the weather is extremely warm. There is no objection to this plan of cooling rooms on our hottest days, and that is we will be apt to feel the heat of the streets when we are obliged to go out.

#### Lame Back, Painful Stitches Cured in Ten Days, or Your Money Back

The moment you suspect any Kidney or Urinary disorder, or feel Rheumatic pains, begin taking

#### FIG PILLS

FIG PILLS are sold with a guarantee to cure all Kidney, Bladder or Liver trouble, Indigestion and all Stomach Disorders.

FIG PILLS are sold at all leading drug stores at 25c. a box, or five for \$1.00.

W. A. Warren, Special Agent.  
Unless especially directed to the contrary by the physician, all medicines which are swallowed in tablet or pill form, should be immediately followed by a drink of some liquid, as water, milk, tea, etc. Concentrated medicines if allowed to dissolve in close contact with the walls of the stomach, often irritate the organ.

#### GET ENOUGH SLEEP

"Insufficient sleep," says a physician, "is one of the crying evils of the day. Work and pleasure encroach upon the hours of rest, and body and mind deteriorate in consequence. Even the children have their hours of sleep shortened and suffer all their lives in consequence. A child of ten or eleven scarcely gets more than eight or nine hours' sleep, whereas it should have ten or eleven. Up to twenty at least nine hours of sleep are needed and an average adult needs eight. There may be an occasional Napoleon who can get along with four hours' sleep a night, but if you happen to belong to that class nature will tell you by waking you at the proper time, and you don't need to interfere."

When the stomach fails to perform its functions the bowels become deranged, the liver and the kidneys congested causing numerous diseases. The stomach and liver must be restored to a healthy condition and Chamberlain's Stomach and Liver Tablets can be depended upon to do it. Easy to take and most effective. Sold by all dealers.

#### Joker's Corner

##### THE GOOD DINNER.

The successful housekeeper was planning a dinner for a few of her husband's friends.

"I must have apple pie and cheese for dessert," she remarked without a flicker of indecision.

"But I should think you would want something more dainty this time of year," suggested the woman who always worried herself sick over a company dinner, "an ice or a frozen pudding."

"Oh, but apple pie is my husband's favorite dish! When he has company to dinner he always wants apple pie, then he thinks his guests have had such a good dinner, and everybody is happy. At least my husband and I are happy, and if the guests aren't no one is the wiser."—New York Press.

##### LITTLE HELEN HAD DEVELOPED THE HABIT OF HOLDING HER THUMB IN HER MOUTH, EVEN WHILE EATING. THE MOTHER HAD RESORTED TO ALL SORTS OF METHODS TO CORRECT THE CHILD, AND FINALLY, IN DESPERATION, SAID:

"Helen, the first thing you know, you will swallow your thumb, and then what will you do?"  
"Well, mother, I should hate to swallow it, because I'd have a heaven of a time without it."  
"Why, Helen," said the astonished mother, "where did you hear an expression like that?"  
"Well—well," hesitated the little girl—"I didn't hear it exactly like that, mother, but I thought it would sound better."

A teacher in the primary grade of a Newark school was instructing her class in the composition of sentences. After a talk of several minutes, she wrote two sentences on the black board, one grammatically wrong, the other a mis-statement of facts. The sentences were:

"The hen has three legs. Who done it?"  
"Willie," she said, "go to the black board and show where the fault lies in these two sentences."  
Willie did so. To her astonishment he wrote:  
"The hen never done it; God done it."

##### AN ATHLETIC GAME.

The cobbler's shop in a small village was filled with old men and a young man, the young man being a good foot-ball player. Naturally the conversation drifted to the game of football.

The young man turned to one of the old men and asked him if he had ever played the game. The veteran thought fully blew a cloud of tobacco smoke from his lips and replied:  
"Nay, lad. I've never played at none of them athletic games 'cept dominos."

##### MY SHIPS

If all my ships I have at sea Should come a sailing home to me— Weighted down with gems and silk and gold,  
Ah, well! the harbor could not hold So many sails as there would be If all my ships came in from sea.

If half my ships came home from sea, And brought their precious freight to me,  
Ah, well, I should have wealth as great  
As any king who sits in state,  
So rich the treasures that would be In half my ships now out to sea.

If just one ship I have at sea Should come a sailing home to me— Ah well, the storm-clouds then might frown,  
For if the others all went down, Still rich and proud and glad I'd be If that one ship came home to me.

If that one ship went down at sea, And all the others came to me Weighted down with gems and wealth untold  
With glory, honor, riches gold,  
The poorest soul on earth I'd be If that one ship came not to me.

O skies, be calm! O winds, blow free, Blow all my ships safe home to me! But if thou sendest some a wrack,  
To nevermore come sailing back,  
Send any, all, that skim the sea,  
But bring my love-ship home to me.

—Ella Wheeler Wilcox.

## WORLD'S DEBT TO CANADA

### A Wonderful Achievement

#### Discovery of "Fruit-a-tives" has meant health for all

Canada's fame does not rest solely on her furs and wheat fields. Her rise in the esteem of the world is not due to her Cobalt mines. It is the work of her great men that has made her great. A graduate of McGill University has won lasting renown for his original researches in the realms of Physics.

Everyone knows that fruit is wholesome, when eaten judiciously. Physicians generally recognize the fact that fruit juices have a beneficial effect on the various organs of the body.

It remained for a Canadian physician to discover a process whereby the medicinal action of fruit could be so increased as to make the intensified juices a wonderful cure.

"Fruit-a-tives" is this combination of fruit juices and tonics. Since its introduction to the public, "Fruit-a-tives" has met with a success accorded to no other medicine in the world. The reason is plain. "Fruit-a-tives" is the one remedy that is actually made of fruit, and is the only remedy that naturally cures Constipation, Biliousness, Indigestion, Headaches, Rheumatism, Neuralgia, Backache, Kidney and Skin Troubles. At all dealers at 50c. a box, 6 for \$2.50, or trial size, 25c. or from Fruit-a-tives Limited, Ottawa.

#### CARE OF BULBS.

Will you kindly give me some information on how to manage bulbs after they have flowered? Some bulbs seem to do better if taken up every year, while others do better when left alone. Of course Gladioli should be taken up every year. I have had much trouble with my Poeticus Narcissus. Many of the bulbs blight.—A. J. C.

Tulip bulbs give best results, as a rule, if the bulbs are taken up each year after the crops die down, or if the bed is intended for annuals the tulips may be dug while the tops are yet green, and heeled in a well drained place with the tops still attached to them. If taken up when the tops are dry, the bulbs are kept dry until September, when they should be replanted. If left in the ground all summer and subjected to moist and dry conditions of ground alternately, they are likely to be injured, although in well-drained soil some varieties will persist for several years; hence it is not really necessary to take up the bulbs each year. Narcissus should not be taken up every year, but when the clumps get so thick that the bloom is affected they should be dug out and the best bulbs re-planted and given more room.—W. T. Macoun, C.E.F., Ottawa.

#### VIRTUES OF THE OPEN.

(From the Hamilton Times)

An article in this month's Technical World Magazine extolling the virtues of open air life is well worth careful perusal by all who would benefit in health by the discoveries of modern sanitary science. Sleeping in the open air is found to yield astonishing results in curing the sick and building up the enfeebled. Nor is it so difficult even to the very weak. An outdoor "bedroom" is easily improvised, and once tried, the experimenter, soon becomes to like it, and refuses the confinement of walls.

## KENDALL'S SPAVIN CURE

To Bring Him Back to the "High-Stepping" Class

THE REMEDY USED ALL OVER THE WORLD

For Spavin, Curb, Splint, Ringbone, Soft Enchuses, All Lameness

Horse dealers have made thousands of dollars by buying Lame, Spavined

Horses, curing them with Kendall's Spavin Cure, and then selling the sound animals at a handsome profit.

You can do the same with your own horses. Here is one man who saved his horse and his money by using Kendall's.

Oak Bay Mills, Que., Dec. 15th, 1909  
"I wish to inform you that I have used Kendall's Spavin Cure with good success, on my horse. I found that it cures quickly and well." Yours truly, ROY HARPER.

Dr. R. J. Kendall Co. - - - Enosburg Falls, Vt.



Makes lighter, whiter, better flavored bread—produces more loaves to barrel.

## PURITY FLOUR