

"MY ONLY MEDICINE"

Says Mrs. Corbett, Ara "Fruit-a-tives" "They Keep Me In Perfect Health"



Mrs. ANNIE A. CORBETT

AVON, ONT., May 14th, 1913.

"I have used 'Fruit-a-tives' for Indigestion and Constipation with most excellent results, and they continue to be my only medicine. I am highly pleased with 'Fruit-a-tives' and am not ashamed to have the facts published to the world. When I first started, about six years ago, to use them, I took four for a dose, but I cured myself of the above troubles and gradually reduced the dose to one tablet at night.

Before taking 'Fruit-a-tives' I took salts and other pills but the treatment was too harsh. I thought I might as well suffer from the disease as from these treatments.

Finally, I saw 'Fruit-a-tives' advertised with a letter in which someone recommended them very highly, so I tried them. The results were more than satisfactory and I have no hesitation in recommending them to any other person. They have done me a world of good. I get satisfaction from them, and that is quite a lot."

ANNIE A. CORBETT.

50c. a box, 6 for \$2.50, trial size, 25c. At all dealers or sent on receipt of price by Fruit-a-tives Limited, Ottawa.

THE BABY.

(By John Kendrick Bangs)

He has his father's Roman nose; He has his mother's wondrous eyes; His hair—he'll get some, I suppose— Suggests his granddaddy's pate so wise;

He has no teeth, but on the whole, There's lots of room to put them in; His mother's mother pays him toll By giving him her chin.

The dimple on his little cheek— O what a joyous thing it is! 'Tis ever playing hide-and-seek, And shows what wealth of smiles is his.

This dimple is his mother's—sure! A perfect little fount of fun. 'Twas that, I think, was first to lure Us twain from two to one.

But whence hath come this fund of noise That he doth make by night and day? 'Tis louder than a troop of boys Let loose at recess time to play. It has a wild electric roar Mixed with a sort of churning chug; I fear me some old ancestor Was captain of a tug.

'Isn't it queer the 'movies' never show us any of these Central American revolutions?"

"Not a bit. As a matter of truth, they haven't perfected a film machine yet that can revolve as fast as the revolutions."

AT THE NEW YEAR

What should we all do without the calendar, when we want to put off a disagreeable duty? The admirable arrangements of the solar system, by which our time is measured, always supply us with a term before which it is hardly worth while to set about anything we are disinclined to do, says George Eliot at the end of one of the chapters of "Daniel Deronda." If we have been putting off something until the New Year, our term of procrastination is about at an end. The importance attached to the beginning of things at a certain auspicious date is not altogether the lingering remains of superstition. There is a stimulus in having a definite starting point that is not without its psychological effect. And of all the starting points, for those measurements that mark the progress of our inner lives, what time so auspicious as the New Year? As Charles Lamb says in one of his "Ella" papers, "No one ever regarded the first of January with indifference. It is that from which all date their time, and count upon what is left. Of all sound of all bells, most solemn and touching is the peal which rings out the old year. I never hear it without a gathering up of my mind to a concentration of all the images that have been diffused over the past twelve months; all I have done or suffered, performed or neglected, in that regretted time. I begin to know its worth as when a person dies. It takes a personal color; nor was it a poetical flight in a contemporary when he exclaimed, 'I saw the skirts of the departing year.'"

We are not so much given to introspection now as were the people of Charles Lamb's time. And as we grow older, we outgrow our youthful fervor for making resolutions on New Year's Day, when we copied them painstakingly on the first page of new diaries, for the guidance of our conduct through the remaining three hundred and sixty-four days. Perhaps it is because we have found out so often that it takes more than the inscribing of resolutions on a clean, fresh page to enable us to live up to them, that we sometimes forget to make the resolutions at all. Some old-time diaries show that introspection was frequently carried to a painful degree, and that there was much futile crying over spilled milk. The present generation goes rather to the opposite extreme. We might well spend a little more time in self-examination—and at the close of the year is a convenient season—to see how far we have come during the period now closing, and how our spiritual standard measures with what it was a year ago. Self-knowledge is not to be acquired in a day, nor is self-control to be gained by the mere making of resolutions. But the deliberate, carefully planned turning over of a new leaf is not a valueless proceeding, for all that. The mental and spiritual act of making a resolution to overcome some tendency, to get rid of some prejudice, to attain to something of which one has hitherto fallen short, is at least an inspiration. If we follow the philosopher's advice to "hitch our waggon to a star," we

shall at least get on to a higher plane than if we were content to tie up at a hitching post.

We speak of youth as the time of the formation of character, and so it is. But it is only the foundation that is laid in youth; the building of character, the structure itself, goes on from the beginning of life until three score years and ten. If the woman of thirty looks back, she can see that in many ways she is a different person from the girl of twenty who bore the same name; at forty she will be a different woman from what she is at thirty. While from the education she had received, her antecedents, and her home training it might have been foretold in a general way how she would develop in the next ten or twenty years, what she actually becomes depends on how she builds up character from day to day with the materials which experience, self-knowledge, opportunity, and contact with others put into her hands. In a common-place book occurs this paragraph, in regard to the building of the edifice of character from year to year: "Improvements and repairs, strengthening weak places, exchanging faulty material for something better—all this must be carried out in the effort to reach a fine ideal of character. To go on building, always aiming to improve, to strengthen, and to beautify should surely be the task of true manhood and womanhood of all ages. To be satisfied with what we have accomplished or with what we are is the sign of a character that is on the point of deterioration. When we cease to grow, to push forward, we are in danger of slipping backward."

So, at whatever age, let us not consider the self-examination and its resulting resolutions at New Year an out-worn custom. And if some of them prove but frail, and be soon broken, well, it is better to have resolved and failed than never to have resolved at all. Better still, it is, to mend the broken resolution at once, and many times if need be, without reference to the calendar.

And if you cannot think of any resolution to make, you can take to heart that little year-end sermon of Robert Louis Stevenson's, which bears repeating at least once a year, for man or woman: "To be honest, to be kind; to earn a little and spend a little less; to make upon the whole a family happier for his presence; to renounce when that shall be necessary and not be embittered; to keep a few friends, but these without capitalistic—above all, on the same grim condition, to keep friends with himself." Here is a task for all that one has of fortitude and delicacy.—Mary Malvern.

HOLE IN BOTTOM OF SEA.

A hole nearly a mile deep was formed in the bottom of the sea off the coast of Panama by the recent Central American earthquakes, according to apparently authentic reports. As a result of these earthquakes a sub-marine cable was broken, and a cable ship was sent out to make repairs. The ends of the cable were found to be buried under enormous masses of material, and where the government charts, published in 1904 showed a depth of 1,000 feet, soundings made from the cable ship made a depth of 5,000 feet. This remarkable depression is located off Los Santos Province, about fifteen miles from the mainland, and is about half a mile wide.—Popular Mechanics.

WHEN BUYING YEAST INSIST ON HAVING THIS PACKAGE



DECLINE SUBSTITUTES

The Home

HINTS FOR THE WINDOW GARDEN

(By Katherine Leslie.)

Of all plants available for the window garden there are two that are decidedly the best, says a lover of the window garden. One of these is the ubiquitous geranium. This will probably grow for more kinds of people and in more kinds of places than any other plant on earth. But that is not to say that geraniums rightly selected and tended are not quite different plants from the scraggly things usually seen. Indeed, they possess a dazzling beauty altogether unsuspected by the average person who has never seen a really fine plant. Select a fine variety, either pink, scarlet, or deep red, in the first place. Use only this or this and some equally good white flowering form; give the plants a soil that is heavy rather than light—less sand mixed with it than ordinary potting soil requires, or even some heavy loam and low manure added, to insure density. Always keep them rather dry than wet and in a sunny place. The other plant of this twin is the heliotrope. Modern horticulture has developed not only several shades of purple, but only several plant, but a white form as well, and flowers in tassels six inches across. Heliotropes do not transplant well, however, so it is better to raise the plants from seed in the box, or in pots where they can grow permanently, or to transplant only by reporting from small pots to larger. Be very sure that the plants never get very dry at the roots, and never undertake to grow them when the night temperature will be below fifty-five degrees. The common amaranth which florists use is a charming window plant, and it has fragrant white blossoms in winter too, which may do not know. A plant or two of this at either end of any sort of mass of plants is delightful, or one may have a whole window, if you like. It will easily do this for its average growth is ten feet. One of its great advantages is that it will grow in the shade where few things can be induced to grow within doors. Enrich the soil for it by adding a little more than the double handful of bone meal to a pailful. For semi-shady windows choose fuchsias, begonias or primroses. And for an altogether shady window limit the choice to English ivy, myrtle, cordonia or aspidistra, or such ferns as do not require the hot-house atmosphere or moisture.

SPARRERIBS OF PORK.

"I have an appallingly small amount of house money left to do for the rest of the week," cried Mrs. Housewife-New over the telephone.

"I've been indulging in expensive cuts," said Mrs. Housewife-Lee. "Christmas 'Thank-you's' I did seem to have time to think about fussing up cheaper cuts and here I am almost bankrupt. Do tell me something new and cheap."

"Well, there are spareribs of fresh pork," said Mrs. Housewife-Lee.

"How would they do?"

"Beautifully, I'm sure, if you recommend them," was the reply.

"How much do they cost?"

"Twelve and a half cents a pound. I bought three pounds but the other day wiped them with a damp cloth and put into a double pan with no additional fat, because they have plenty of their own. I cooked them for half an hour on one side and then added salt and pepper. Many people like a little sage and summer savory, too. I don't. At the end of an other half-hour they were done. I basted them frequently."

"Do you have gravy with them?"

"No, I don't, but if you want it pour off the superfluous fat, add a tablespoonful of flour and whisk carefully until it is brown. Then pour in a cup of water and cook for two or three minutes. It is nice, too, to peel your potatoes and bake them in the pan with the meat."

"Is that all?" the young housewife asked.

"Yes, that is all, and very simple, isn't it? But there is another way advocated by the Boston Cooking School and, if you have your notebook there, I'll tell it to you at the same time."

"Of course I have my notebook," Mrs. Housewife-New declared, and Mrs. Housewife-Lee continued:

"Wipe the meat with a damp cloth, rub over with salt and flour, and set to cook in a moderate oven. Let cook about twenty minutes to the pound; baste often with the dripping, and dredge with flour after each basting. Serve with onions, boiled until beginning to be tender, then set around the pork in the pan to finish cooking. Baste the onions when the meat is basted. There, I smell something burning in my own kitchen. I must run. Good-bye, my dear, and good luck with your spareribs."—Polly Pease.

Minard's Liniment Cures Distemper.

Joker's Corner

"Well, Pat, my lad," said the kindly doctor, "you must drink this stuff. I'm afraid it's a case of kill or cure with you now, my lad."

"Well, I don't care if it kills me so long as it cures me in the end," said Pat. "Gimme the bottle."

An individual of somewhat doubtful appearance was applying for a situation as a van driver. On being asked for references, he mentioned one of the dealer's old hands, who was called in and questioned as to the applicant's honesty. The referee rubbed his chin meditatively for a moment and said, "Honest? Well, guv'nor, his honesty has been proved again and again. Faith, he's biz tried sivin toimes for stealing, and eschaped ivery toime." The applicant was not chagrined.

DELAY

There's a naughty little spirit that comes from "No Good Town," And visits every neighborhood. I know, It never finds a welcome, no matter when it comes, And every one is glad to have it go.

It visits little children (and some grown up folks as well) And always brings them trouble, grief and pain. It never makes a single friend in any place it goes, And no one ever bids it come again.

I'm telling you the habits of this spirit that I know (And every single word I say is true). So you will also know it, and drive it right away. If it should ever come to visit you, Don't allow it to deceive you by seeming easy ways, And never for a moment let it stay. It's a wicked little spirit that never helped a soul, And its name—you must have guessed it—is Delay.

A little boy, seeing a gentleman in the street, placed himself in a convenient place to speak with him. When the gentleman came up the boy pulled off his hat, held it out to the gentleman and begged for a few cents. "Money!" said the gentleman, "you had better ask for manners than money."

"I asked," said the boy, "for what I thought you had the most of."

Insurance Agents

ACADIA FIRE Insurance Co. Established 1862. A Sound Canadian Company. SURPLUS TO POLICY HOLDERS \$500,000.00. For rates and further information, ask or write Fred R. Beckwith Agent, Bridgetown, N. S.

FIRE INSURANCE. Insure your buildings in the OLD RELIABLE "NORTHERN" Established 1836. DALY & CORBETT, Provincial Agents, HALIFAX, N. S. FRED R. BATH, Local Agent, Bridgetown. May 14, 1913-14.

I NEVER HEARD

of any student regretting the fact that he had attended the Maritime. I have heard many express regret for not. If you consider our advantages you can still go elsewhere. If you go elsewhere first you probably cannot then afford to come to us. In any event you should have our literature before deciding on any school. Send for it. It is free.

Dr. Morse's Indian Root Pills

Dr. Morse's Indian Root Pills cure many common ailments which are very different, but which all arise from the same cause—a system clogged with impurities. The Pills cause the bowels to move regularly, strengthen and stimulate the kidneys, and open up the pores of the skin. These organs immediately throw off the accumulated impurities, and Bileusness, Indigestion, Liver Complaints, Kidney Troubles, Headaches, Rheumatism and similar ailments vanish. Dr. Morse's Indian Root Pills Save Doctors' Bills

At 60 Years Of Age THE KIDNEYS NEED HELP

Gin Pills give them the strength of youth.



50 Broad Street House, London. I bought some of your GIN PILLS at Victoria, B.C. last September. I made inquiries in New York on my arrival there but was unable to obtain any information about them. Your remedy, I find at 60 years of age, to give me perfect relief and I regret very much that you have not made arrangements to have GIN PILLS on sale in New York and London, as I urgently recommend GIN PILLS to friends of my age as being the one thing that does me good.

E. G. WOODWARD.

If your kidneys need help, strengthen them and keep them well with GIN PILLS—the guaranteed cure for Weak Kidneys, Pain in the Back, Bladder Trouble and Rheumatism. 50c. a box—6 for \$2.50—money back if they fail to relieve. Sent on receipt of price if your dealer does not handle them. Sample box free on request. National Drug and Chem. Co., of Canada Limited, Toronto. National Lazy Liver Pills are a sure cure for Constipation. 25c. a box. 200

Real Estate

HOME FOR SALE. Fine country residence, just on the limits of the town, suitable for summer house or all-year-round residence. House modern, commodious and convenient, with good stable. Orchard yielding over three hundred barrels of apples, besides other fruit. Fine station, beautiful view of river and valley. For information apply to The MONITOR PUBLISHING COMPANY, Limited.

FARM FOR SALE. At Albany, farm of 250 acres; 15 acres under cultivation, part orchard, 50 acres pasture, balance wood and timber land, including 25 acres hardwood never cut. Good house of 8 rooms, barn, carriage house, etc. For terms and other information apply to The MONITOR PUBLISHING COMPANY, Limited.

Railway & S. S. Lines

DOMINION ATLANTIC RAILWAY

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

On and after Nov. 3rd, 1913, train service of this railway is as follows: Express for Yarmouth 11.54 a.m. Express for Halifax 2.02 p.m. Accom. for Halifax 7.50 a.m. Accom. for Yarmouth 5.50 p.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 7.55 a.m. and from Truro at 6.40 a.m., 2.30 p.m. and 12.50 noon, connecting at Truro with trains of the Intercolonial Railway, and at Windsor with express trains to and from Halifax and Yarmouth. Buffet Parlor Car service on Mail Express trains between Halifax and Yarmouth.

St. JOHN and DIGBY

DAILY SERVICE (Sunday Excepted) S. S. "YARMOUTH" leaves St. John 7.00 a.m., arrives in Digby about 12.15 a.m.; leaves Digby 2.00 p.m., arrives in St. John about 5.00 p.m., connecting at St. John with Canadian Pacific trains for Montreal and the West.

Boston Service

Steamers of the Boston & Yarmouth S. S. Company sail from Yarmouth for Boston after arrival of Bluebonnet train from Halifax and Truro, Wednesday and Saturday. P. GIFFKINS, General Manager, Kentville.

The ALL YEAR Line Nova Scotia and England

THE FURNESS WITHY & CO., LTD., is the only steamship line maintaining regular all the year round service between Halifax, London and Liverpool. Six high-class steamships having limited accommodation for few passengers, also the "S. S. Digby" which performs a monthly service, \$60.00 for saloon passage on this ship to Liverpool.

Furness Withy & Co. Limited

AGENTS, Halifax, N. S.

H. & S. W. RAILWAY

Accom. Mon. & Fri.	Time Table in effect Oct. 6th, 1913.	Accom. Mon. & Fri.
Read down	Stations	Read up
11.30	Lv. Middleton A.R.	16.25
12.01	* Clarence	15.54
12.20	Bridgetown	15.30
12.50	Granville Centre	15.07
13.07	Granville Ferry	14.50
13.30	* Karadale	14.34
13.45	An. Port Wade L.V.	14.10

*Flag Stations. Trains stop on signal. CONNECTION AT MIDDLETON WITH ALL POINTS ON H. & S. W. R. AND D. A. R. P. MOONEY, General Freight and Passenger Agent.

MASTER WORKMAN

SMOKING TOBACCO

It is a continuous strain for a builder to watch his buildings go up. A pipe-full of MASTER WORKMAN tobacco is a great soother when some deep thinking has to be done. This world-famous brand may now be had at all tobacconists for 15c. per cut.