

NO MORE KIDNEY TROUBLE

Since He Commenced to Take "Fruit-a-lives"

78 LEAS AVENUE, OTTAWA, Ont.
"Three years ago, I began to feel run-down and tired, and suffered very much from Liver and Kidney Trouble. Having read of 'Fruit-a-lives', I thought I would try them. The result was surprising. I have not had an hour's sickness since I commenced using 'Fruit-a-lives', and I know now what I have not known for a good many years—that is, the blessing of a healthy body and clear thinking brain."
WALTER J. MARRIOTT,
Age, a box, of for \$2.50, trial size 25c.
At all dealers or sent postpaid on receipt of price by Fruit-a-lives Limited, Ottawa.

TRAVELLERS' GUIDE

DOMINION ATLANTIC RAILWAY

TIME TABLE REVISED TO MONDAY, SEPT. 29th, 1918.

GOING WEST

Station	Time	Days
Middleton	11.35	6.00
Lawrencetown	11.50	6.25
Paradise	12.15	6.40
Bridgetown	12.45	7.00
Papperville	12.18	7.35
Boundhill	12.28	7.45
Annapolis Royal	12.42	8.30
Upper Clements	12.53	8.45
Clementsport	12.59	8.55
Deep Brook	1.05	9.10
Bear River	1.15	9.25
Imbertville	1.18	
Smith's Cove	1.22	9.35
Digby	1.37	9.55

GOING EAST

Station	Time	Days
Digby	12.05	4.20
Smith's Cove	12.20	4.40
Imbertville	12.24	
Bear River	12.28	4.55
Deep Brook	12.37	5.10
Clementsport	12.44	5.25
Upper Clements	12.53	5.35
Annapolis Royal	1.07	5.50
Bound Hill	1.22	6.29
Papperville	1.32	6.44
Bridgetown	1.45	7.05
Paradise	1.56	7.40
Lawrencetown	2.03	8.00
Middleton	2.20	8.30

R. U. PARKER,
General Passenger Agent.
GEO. E. GRAHAM,
General Manager.

H. & S. W. RAILWAY

Accom.	TIME TABLE	Accom.
Wednesdays only	IN EFFECT March 10, 1918	Wednesdays only
Read down	STATIONS	Read up
11.10 a.m. Lv. Middleton	Ar. 5.00 p.m.	
11.41 a.m.	*Clarence	4.28 p.m.
12.00 m.	Bridgetown	4.10 p.m.
12.22 p.m.	Granville Centre	3.43 p.m.
12.49 p.m.	Granville Ferry	3.25 p.m.
13.12 p.m.	*Karsdale	3.05 p.m.
13.30 p.m. Ar. Port Wade	Lv. 2.45 p.m.	

Connection at Middleton with all points on H. & S. W. Railway and Dominion Atlantic Railway.
W. A. CUNNINGHAM,
Div. F. & P. Agent.

Dominion Atlantic R'y To BOSTON, MONTREAL and all points in

WESTERN CANADA and UNITED STATES via DIGBY and CANADIAN PACIFIC LINES at Lowest Rates

For fares, sleeping accommodation and other information telephone or write to

R. U. PARKER
General Passenger Agent
117 Hollis Street, HALIFAX, N. S.

IT IS NOT NECESSARY

That you have a High School certificate before entering the Maritime. We arrange for all classes you may require. Plenty of ambition and daily study will do much in a few months here. Remember the Maritime had over 175 calls for office assistants in two months. Enter any day.

MARITIME BUSINESS COLLEGE
HALIFAX, N. S.
E. KAULBACH, C. A.

Buy Victory Bonds
BUY VICTORY BONDS! the clarion call rings loud, Unlock the treasured hoard and sacrifice Your ease and luxuries. BUY VICTORY BONDS.
Vaunt not your sympathy give AID to those In devastated lands, where ruthless Hun Consumes, defiles and maims; on land, in sea, Through air, he seeks with FRIGHTFULNESS to gain Oppression's lustful power, and wield his sway, Remorseless o'er the world. His might is right. You may not fight, you say, then BUY A BOND.

BUY VICTORY BONDS to back your sons who win On FLANDERS' fields or CAMBRAI'S fastness scorn, Nor deem it sacrifice, but PRIVILEGE. Deeds speak more loud than words, then BUY A BOND. Share thus in FREEDOM'S fight, BUY VICTORY BONDS.
ALFRED BODEN
Meteghan, Digby Co., N. S., Nov. 4, 1918.

"THE COW PUNCHER"

New Novel by the "Poet of the Prairies"

Whether Robert J. C. Stead, whose western poems some years ago won him the sobriquet, "the Poet of the Prairies," is more particularly a poet or a novelist is a point which literary people have not yet settled. In this respect he is, perhaps, unique among Canadian writers. When his novel, "The Homesteaders," appeared two years ago people said that he was, after all, a novelist, and the Canadian market has been sold out of "The Homesteaders" ever since. The situation was met this summer by the publishers setting up and printing a large edition in Canada—the previous editions had been printed in England. Then came Stead's latest collection of verse, "Kitchener and Other Poems," which immediately became a best seller, and has been in demand ever since. It was this collection which prompted a Scotch reviewer to say in the Aberdeen Free Press, "Robert J. C. Stead, of Calgary, is the only singer of any decided merit which the Canadian West has yet produced, but Stead is a host in himself." And the London Daily Express said, "Canada has done great deeds on the battlefield. The poems of Robert J. C. Stead entitle her to claim some of the finest poetry the war has produced. There is a strength, a beauty, a restrained passion in his war verses such as very few of our war poets have exhibited." High praise this,

from such a quarter. Stead is surely a poet.

And now comes his new novel, "The Cow Puncher," (Toronto, the Musson Book Co., Ltd., cloth \$1.50), and threatens to force a further revision of opinion. Advance sales already place "The Cow Puncher" among the big novels of the year, and Dr. W. T. Allison, professor of English and well-known literature, who read the book in manuscript, declares it is "the greatest thing in a literary way that ever came out of the prairie country." It is the story of a young rancher who, although denied all cultural advantages in his youth, was nevertheless able to "make good" in the supreme test of life and death. It is a story to read and re-read. There is not a dull paragraph in it. It is more than a novel; it is an epoch in Canadian literature.

And perhaps it is precisely because Robert Stead is so much a poet that he is able to catch and express the peculiar charm of the open air and the wide spaces, of wood smoke and prairie shadows and great mountains afar, and big men and women not too cramped by conventions, that he is able to write such novels as "The Cow Puncher."

A Health Saving Reminder!

Don't wait until you get the Spanish Influenza. USE

Minard's Liniment

At the first sign of it. It's Healing Qualities are amazing. THE OLD RELIABLE.
MINARD'S LINIMENT CO. Ltd.,
Yarmouth, N. S.

Pointed Paragraphs

The best talkers are those who know when to stop.
Flying machines should be equipped with airbrakes.
Some men work overtime trying to dodge hardwork.
A blind beggar desperds altogether on his sense of touch.
After a man runs into debt he either walks out or stays in.
You can't flatter an honest man by telling him he is honest.
A distant relative is one who is rich and don't recognize you.
It's hard to work, but it's harder to be unable get work when you want it.
By covering up their tracks some men get credit for walking in the straight and narrow path.

Sir Thomas White's Appeal to Canadians

Points Out Great Need of the Victory Loan to Carry On the War.

On the opening of Canada's great Victory Loan drive the Minister of Finance issued the following message:

To the People of Canada:

The Victory Loan of 1918 is now being offered for public subscription. It is an undertaking of most vital consequence to the nation, and I cannot too earnestly emphasize the duty and responsibility resting upon all citizens of Canada to co-operate to the extent of their available resources in making it an unqualified success.



SIR THOMAS WHITE
Minister of Finance under whose direction the great Victory Loan drive for \$500,000,000 is being made.

The money to be raised is urgently required to enable us to continue the prosecution of the war, now in its fifth and most crucial year, and for the maintenance of the prosperity of the Dominion in all departments of productive activity.

Apart from patriotic considerations which should alone suffice, it is the direct, immediate, personal interest of every individual Canadian citizen that the Loan should not fail of its objective. The bonds afford absolute security and yield a most attractive rate of interest. Undoubtedly, in the period succeeding the war, they will show a substantial appreciation in value.
All citizens are earnestly invited to subscribe. Remember, you are asked not to give but to lend your dollars from over eight hundred thousand subscribers. This year we expect five hundred million dollars from more than a million subscribers. Let all subscribe to the extent of their means, be they great or small, and once more demonstrate to the world the strength, unity and determination of the Canadian people in this world struggle. Even if the war should end at an earlier date than has been anticipated, all the money asked for will be required for the purposes of demobilization, which will extend over many months, and for the continuation of credits for the purchase of Canadian products. The organization and publicity work in connection with the Loan has been completed after many weeks of effort. It now remains for the people of Canada to do their share. That they will do so to the fullest degree, I am entirely confident.

W. T. WHITE,
Ottawa, Oct. 28th, 1918.

CANADIAN ARMY AND THE VICTORY LOAN

War Costing Canada Over Million Dollars a Day — \$400,000,000 Will Be This Year's Bill.

Nearly 600,000 have been enrolled in the Canadian Expeditionary Force. About 425,000 have gone overseas. Canada's 1918 war bill will be \$400,000,000.
Canada's 1917 war bill was \$320,000,000.
Canada's war expenditure is now \$33,000,000 a month.
It exceeds \$1,000,000 a day.
The \$420,000,000 subscribed to the 1917 Victory Loan will not do much more than pay this year's war bill.
\$500,000,000 are needed through the Victory Loan, even though peace should come to-morrow.

BANKS WILL LEND.

In order to help out small subscribers to the Victory Loan the banks will lend subscribers, on the probable certainty of repayment within a year, up to 90 per cent. of the amount of the investment in the Loan. The rate of interest charged by the banks is 5 1/2 per cent. Repayment is to be made monthly and quarterly. These are much better terms than were granted last year.

There are over 425,000 Canadians overseas who will have to be kept for at least a year, even if peace were to come this month.

No one who looks at the casualty lists can do otherwise than subscribe every dollar possible to the Victory Loan.

The Canadians in France have set a high standard for those at home to reach in the Victory Loan campaign. Canada must put every ounce of effort into the Victory Loan drive. Oversubscribing to the Victory Loan would have a wonderful effect on the Canadian Corps in France. It would be the best thing that Canada could possibly do.

Minard's Liniment Cures Diphtheria.

Children Cry for Fletcher's CASTORIA

The Kind You Have Always Bought, and which has been in use for over thirty years, has borne the signature of

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 age is its guarantee. For more than thirty years it has been in constant use for the relief of Constipation, 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.

What is CASTORIA
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GENUINE CASTORIA ALWAYS

Bears the Signature of
In Use For Over 30 Years
The Kind You Have Always Bought
THE CENTAUR COMPANY, NEW YORK CITY.

NOTICE Military Service Act, 1917.

EMPLOYMENT OF MEN IN DEFAULT UNDER THE MILITARY SERVICE ACT.

The following Regulations, recently approved by the Governor General in Council, impose strict obligations upon every employer TO ASSURE HIMSELF THAT EACH OF HIS EMPLOYEES OF MILITARY AGE AND DESCRIPTION IS IN POSSESSION OF DOCUMENTS PROVING THAT HE IS NOT IN ANY WAY IN DEFAULT UNDER THE MILITARY SERVICE ACT.
An employer who is charged with having a defaulter in his employ must be able to prove THAT THE MILITARY SERVICE PAPERS ISSUED BY THE REGISTRAR OR MILITARY AUTHORITIES TO THE EMPLOYEE IN QUESTION WERE PRODUCED FOR HIS INSPECTION at the time when the employee was taken into his employment, and that it was reasonably established to his satisfaction that the man was not in default under the Military Service Act. It should be clearly understood that the Canadian Registration Certificates given on June 22, 1918, at the time of general registration, in no way define the status of a man under the Military Service Act.

REGULATIONS.

106. Every person who employs or retains in his service any man who has deserted or is absent without leave from the Canadian Expeditionary Force, or who is in default in the performance of any obligation or requirement for reporting or for military service, imposed upon him by the Act or Regulations, or any proclamation thereunder, shall be guilty of an offence punishable on summary conviction by imprisonment not exceeding six months, or by a penalty of not less than One Hundred Dollars, and of not more than Five Hundred Dollars, or by both such imprisonment and fine, unless such person prove that he made due inquiry and that THE MILITARY SERVICE PAPERS ISSUED BY THE REGISTRAR OR THE MILITARY AUTHORITIES TO THE MAN SO EMPLOYED OR RETAINED IN HIS SERVICE WERE PRODUCED FOR HIS INSPECTION, and that it was reasonably established to his satisfaction by such inquiry and papers that the man was not a deserter or absent from the force without leave, or in default in respect of any of the obligations or requirements aforesaid."
106A. Every person who HARBOURS OR CONCEALS OR IN ANY WAY ASSISTS ANY MAN WHO IS A DESERTER OR ABSENT WITHOUT LEAVE FROM THE CANADIAN EXPEDITIONARY FORCE, or who is in default in the performance of any obligation or requirement for reporting or for military service imposed upon him by the Act or Regulations, or any proclamation thereunder, shall be guilty of an offence punishable on summary conviction by imprisonment not exceeding six months, or by a penalty of not less than One Hundred Dollars and of not more than Five Hundred Dollars, or by both such imprisonment and fine, unless such person prove that he was not aware and had no reasonable ground to suspect that the man so harboured, concealed, or assisted was a deserter or absent from the force without leave or in default in respect of any of the obligations or requirements aforesaid."

MILITARY SERVICE BRANCH.

1 and 2-lb. Butter Parchment on sale at the MONITOR Office