

HE CAN NOW EAT PORK AND BEANS

J. Murphy, Age 76, Says He Knows From Experience Tanlac Is Good For Old Folks Too

"You can tell them that Tanlac is the right medicine for old folks, too, for I have tried it and it has done me more good than everything else I ever took combined," said John Murphy, of 46 Charlotte St., Halifax, N. S. Mr. Murphy is now seventy-six years of age and a life-long resident of Halifax. He is employed as night watchman by the Halifax Tram Co.

"For a long time I have been troubled with indigestion and took a great deal of medicines. Everything I ate disagreed with me. Food felt like a lump in the pit of my stomach and caused me to bloat all up with gas and I felt sick at my stomach nearly all the time. I had no appetite and the more nourishing foods, like beans, fat meats and things cooked in grease, I could not eat at all.

CENTRAL CLARENCE

Mr. Edwin Whitman had the misfortune to lose his horse last week. Mr. and Mrs. Arthur Whitman were guests of Mr. and Mrs. Will Whitman on Sunday last. Pearl Sprowl left Saturday for St. John to take a course at Business College. We wish her success.

NOTHING TO EQUAL BABY'S OWN TABLETS

Mrs. George Lefebvre, St. Zenon, Quec., writes: "I do not think there is any other medicine to equal Baby's Own Tablets for my baby and would use nothing else."

CASTORIA

For Infants and Children In Use For Over 30 Years Always bears the Signature of J. C. Ayer & Co.

REGAL FLOUR The Big Value in FLOUR for Bread, Cakes & Pastry

ANNUAL MEETING BOARD OF TRADE

The Old Officers Re-Elected--New Council Appointed--The Secretary's Report

The adjourned annual meeting of the Bridgetown Board of Trade was held on the 29th inst. After the minutes of the previous meeting had been read and approved, the old officers were re-elected as follows:

E. A. Hicks, President A. B. MacKenzie, Vice President W. H. Maxwell, Secy.-Treas. A committee was asked to retire and select a council which on motion was elected: W. A. Warren, W. E. Gesner, F. M. Graves, A. C. Charlton, O. S. Dunham, G. O. Thies, J. S. Moses, Ronald White-way, Dr. M. E. Armstrong, F. E. Bath, R. J. Messenger, C. B. Longmire.

The following is a copy of the secretary's annual report: Mr. President, Councillors and members:

I herewith submit to you my report for the year 1920. The annual meeting of the Board was held in the rooms on the evening of March 17th, President E. A. Hicks presiding. The councillors all present, and a good showing of members. Numerous matters were taken up during the year as is shown by the minutes. While some of our efforts were fruitless, some resulted.

NEW STRENGTH FOR VICTIMS OF ANAEMIA

Loss of Strength Follows When the Blood Becomes Thin Anaemia is the medical term for thin, watery blood. The sufferer loses strength, becomes short of breath and complains of palpitation of the heart after the slightest exertion, such as walking up stairs. The lightest task becomes a burden. There is a loss of ambition. The victim loses weight and as the disease progresses the appetite is affected, color fades from cheeks and lips and fainting spells may occur.

Anaemia is not a disease that corrects itself, and if unchecked it progresses steadily. But it can be combated by good, fresh air and a proper tonic for the blood. As the blood becomes rich and red under this treatment, the symptoms disappear as in the case of Miss Eveyejen Joyce, Westville, N. S.

"Almost from infancy my daughter was very delicate, and was often under the doctor's care. As her father had died of consumption my friends feared she would fall a victim to the dread disease. As the years went by and she was merging into womanhood I began to fear that I would lose her. Then I decided to try Dr. Williams' Pink Pills, and I could soon see a change for the better. For the next three years, at intervals, she took the pills, always with the best of results. Now at the age of sixteen she is a fine healthy girl, and I never tire of telling those who see the wonderful change in her condition that she owes it to Dr. Williams' Pink Pills."

Miss Joyce herself says: "It gives me pleasure to confirm the statements made by my mother. Since using Dr. Williams' Pink Pills I have gained in weight, and from a sickly girl, suffering from headaches, dizziness and a languid feeling, I am now as well as other girls of my age, and I owe it all to Dr. Williams' Pink Pills."

BUILDERS OF NOVA SCOTIA

Mr. Fred Johnson, of Bridgetown, One of the Most Successful Fruit Growers

The Halifax Herald, which is writing up many of the builders of Nova Scotia, says: One of the most successful fruit growers in Nova Scotia is Fred H. Johnson of Bridgetown. When he purchased his farm in 1899, the orchard contained 300 apple trees. The trees had been badly neglected, being left in sod, had seldom been pruned and had never been sprayed.

They were covered with a thick growth of moss and had a starved and stunted appearance. The annual crop was about 100 barrels of inferior apples. Neighbors warned Mr. Johnson not to buy the place. "It has never produced any crop worth while and it never will," they declared. But they reckoned without the Johnson genius for reclaiming fruit trees. As a matter of fact in the very next year, Mr. Johnson harvested 300 barrels of clean fruit and of good size. His orchard now contains 1000 trees, which yield an average crop of 2000 barrels of first-class marketable apples. He has taken twenty-one successful crops from that orchard in twenty-one years and is today considered one of the efficient apple growers of Canada.

Mr. Johnson was born at Wolfville, on October 23rd, 1866. He has been growing apples for thirty years. His early training was along fruit and agricultural lines and horticulture is the one work of which he is especially fond. This is an outstanding instance of the right man in the right place. "By all odds," says Mr. Johnson, "Nova Scotia" is one of the best countries on the North American Continent today. I have found that it pays a man to remain in his own province and dig into the work that he is best suited for. It stands to reason that his chances of success will naturally be better where he understands conditions. Every effort should be put forward to keep our native young men in Nova Scotia.

"They are the ones who are most likely to make a success and help to build up the country. In the past we have been losing our young men to the United States. To fill these vacant places we are bringing in immigrants from other countries. These newcomers are not acquainted with conditions here and to that extent their chances of success are correspondingly reduced."

LAWRENCETOWN

Mr. Henry Sanford, the movie picture man of Lawrencetown, recently purchased the store owned by the late N. H. Phinney and used by him as the head quarters of his music business. Mr. Sanfoid is making extensive alterations and improvements in this building. The room on the first floor will be, when completed, the best and most commodious Ice Cream Parlor in western Nova Scotia. The second floor has been made into one of the most modern and up-to-date Movie Picture Theatres in the Valley. Mr. Sanfoid opened his Movie Theatre on Saturday evening, April 2nd. The seating capacity of the Theatre is 300 and every seat was filled. Mr. Sanfoid deserves the support and patronage of the Town for his energy and enterprise.

ASTHMA USE

NO Smoking--No Spraying--No Snuff Just Swallow a Capsule RAZ-MAH is Guaranteed to restore normal breathing, stop mucus gatherings in the bronchial tubes, give long nights of quiet sleep; contains no habit-forming drug. \$1.00 at your druggist's. Trial free at our agencies or write Templetons, 142 King W., Toronto.

HIDES WANTED CASH paid for any quantity of hides at market price. MacKENZIE CROWE & Co Ltd 36 St

Minard's Liniment For Diphtheria.

Figure It Out For Yourself

Honestly now! Could you get for 50c. any other prescription which would give the same all-round service and satisfaction that a box of Zam-Buk does?

Zam-Buk is a combination of powerful, healing, herbal extracts, so refined and compounded that wherever there is any kind of soreness of the flesh, or diseased tissue or abnormal condition (such as inflammation, festering or blood-poisoning) it almost immediately soothes and heals. It stops bleeding. It is highly antiseptic--kills disease germs. It is suitable alike for the hardened skin of the worker or the tender sensitive skin of a child.

Zam-Buk is 100% pure herbal medicine. It contains no animal fat nor mineral impurity. It cannot go rancid. For seven years we have used Zam-Buk in our home" writes L. B. Andersen, of 1407, E. 22nd St., Minneapolis. "We simply could not get along without it. Whenever any of the children, my wife or I, happen an accident, we promptly apply Zam-Buk. It saves many a doctor's bill."

why wait? if you are Nervous, have Headaches and Attacks of Indigestion, why wait? Hope to get better and still suffer, when you get sure relief by taking Dr. Wilson's HERBINE BITTERS

FARM PROPERTIES AND TOWN PROPERTIES

Over thirty Farms to choose from, ranging from \$2,000 to \$20,000.00. Eighteen Town Properties to choose from, price ranging from \$1,000.00 to \$14,000.00.

Rheumatism Neuritis, Sciatica, Neuralgia. Templeton's Rheumatic Capsules. Have brought good health to half-a-million sufferers.

RAMEY'S MEAT MARKET

I now occupy the store on the corner of Queen and Albert streets, one door south of B. N. MESSINGER'S GROCERY, where I am prepared to serve the public with all kinds of MEAT, FISH etc., at reasonable prices. A TRIAL ORDER SOLICITED. ELLAS RAMEY Proprietor. Telephone No 68.

A Quick Relief for Headache. A headache is frequently caused by badly digested food; the gases and acids resulting therefrom are absorbed by the blood which in turn irritates the nerves and causes painful symptoms called headaches, neuralgia, rheumatism, etc. 15 to 30 drops of Mother Seigel's Syrup will correct faulty digestion and afford relief.

HAIR WORK DONE. Combing or cut hair made into Puffs, Transformations and Switches. Forms moderate. Satisfaction guaranteed. Mail orders promptly attended to.

MESS GEORGINA BANCROFT. Annapolis Royal, P.E. No. 1. Keep Minard's Liniment in the house.

Recolor Your Old Straw Hat

Make it Glossy, Fresh and Like New by using Elkay's Straw Hat Dye

We have found it the best--won't chip, is easily applied, full of lustre, adds no weight to the hat. All colors in stock. See our window this week. 35 cts. per Bottle For sale only at Royal Pharmacy W. A. WARREN, Phm.B. The Rexall Store

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All kinds of Temperance Drinks. Cigars and Tobaccos. Dinners served from 12 to 1 Lunches at all hours. Telephone 98 Order Your Counter Check Books At the Office of The Weekly Monitor O. S. DUNHAM

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CASH MARKET

Prime Beef, Fresh Pork, Lamb, Chickens, Hams and Bacon, Sausages, Headcheese, Pressed Beef, Mince Meat, Corned Beef and Pork, Salt Mackerel, Boneless Co. Fresh Fish every Thursday.

Thomas Mack

"ALPHIE" CHUTE Bear River Nova Scotia BUILDING MOVER & CONTRACTOR

Buildings of all classes raised and moved with Families and Chimneys. Vessels Raised and moved. Boilers and Engines put on Board Steamers, also taken out Steamers. The only Practical Building Mover in the Lower Provinces. Phone residence 11-3, Bear River, Nova Scotia.

H. & S. W. RAILWAY

Accom. TIME TABLE Accom. Wednes- IN EFFECT Wednes- days only May 3rd 1920 days only

Table with columns: Read down, STATIONS, Read up. Rows: 11.35 a.m. L.V. Middleton Ar. 5.00 p.m. 12.05 p.m. 12.25 p.m. 12.57 p.m. 1.14 p.m. 1.37 p.m. 1.55 p.m. Ar Port Wade Lv. 2.45 p.m.

Connection at Middleton with all trains on H. & S. W. Railway and Dominion Atlantic Railway. H. C. MacFARLANE

MESSINGER'S GROCERY and get prices on the following before buying: Purity Flour in Bbls., 98c and 24 lb. Bags. also Middlings Bran Corn Meal Cracked Corn Feed Oats Feed Wheat Staple and Fancy Groceries of all kinds.

B. N. MESSINGER GROCER

Administrator's Notice. All persons having legal demands against the estate of Annie Freeman, late of the town of Bridgetown, in the County of Annapolis, widow deceased are requested to render the same duly attested within one year from the date hereof: and all persons indebted to said estate are requested to make immediate payment to...

ADMINISTRATRIX NOTICE. All persons having legal demands against the estate of Alice Langley, late of Bridgetown, in the County of Annapolis, married woman, deceased or against the estate of Elias G. Langley, of Bridgetown, in the said County of Annapolis, retired hotel keeper, deceased, are requested to render the same duly attested, within twelve months from the date hereof, and all persons indebted to either of said estates are requested to make immediate payment to...

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