

**BEAUTIFUL FLOORS**  
are a necessary accompaniment of a beautiful home. You can make the floors in your home beautiful at least cost if you use **THE GREEN-WILLIAMS MOPING MIXTURE FLOOR FINISH**. They make good looking floors. Get color cards and prices before finishing your floors.

**FOR PAINTED FINISH**  
Inside Floors—The S. W. Green Floor Paint  
Porch Floors—The S. W. Green Floor Paint  
FOR VARNISHED FLOORS  
Natural—Resinous, a durable floor finish  
Stained—Floors, stair and varnish combined

**FOR WAXED FINISH**  
The S. W. Green Wax  
FOR UNBURNISHED FINISH  
IN OLD FLOORS  
S. W. Green and Green Filler  
See us for proper finishes for different rooms.

### Karl Freeman

#### No Better Time for Entering Than Just Now

St. John's summers are so cool, our position so elevated and our rooms so well ventilated, that we do not find it necessary to take a summer vacation, and we have good classes during the warmest weather.

Also, students can get more attention than in winter, when our rooms are crowded.

Send for catalogue



**S. KERR,**  
Principal

#### FINE STATIONERY

Would you like some fine stationery with your address printed on it?

We have a fine line of note paper for social use in packages of one hundred sheets or by the pound on which we will neatly print your home address or your initials.

Or you can buy it unprinted, if preferred, much cheaper than by the ream. Call and see it and get our tempting prices.

**MONITOR OFFICE,**  
Bridgetown.

#### **BANKS & WILLIAMS** Commission Merchants Fruits and Produce

78-80 Bedford Row, fronting on Market Square  
HALIFAX, N. S.  
SOLICIT CONSIGNMENTS of all kinds of FARM PRODUCE.  
EXCELLENT STORAGE FACILITIES  
LONG EXPERIENCE AT THE BUSINESS  
PROMPT RETURNS  
MARKET QUOTATIONS FURNISHED ON APPLICATION

**H. H. Banks - H. F. Williams**

#### Grand Central Hotel

BRIDGETOWN, N. S.

Centrally located in the business section of the town. Every attention paid to the comfort and requirements of guests.

Sample rooms in connection.

**J. D. FRICKER, Proprietor.**

#### Music

A postal card with your name and address will bring you the following:

**My large Catalogue of Sheet Music**

**AT 10 CTS PER COPY**

A Special Bargain offer of Popular and Classic Music and a

**"FREE MUSIC LESSONS" OFFER**

**C. J. DENTON**  
600 MAIN ST. MONCTON N. B.

This label protects you. It distinguishes a perfect blending of the richness of matured Indian Tea with the delicacy of Young Ceylon Leaves.

## PLUMBING TALK

People have become interested in our System of Sanitary Plumbing, and we are having enquiries from all over the Valley. This speaks well for our work. Don't be behind the times. Consult Crowe Bros. and have one of their up-to-date Systems installed.

### CROWE BROS.

Sanitary Plumbers  
BRIDGETOWN, ANNAPOLIS ROYAL, MIDDLETON

## 15 - DAYS ONLY - 15

EXTRA EXTRA EXTRA

39 pair Mens Pants, price \$1.35, selling for..... 90  
10 doz. Mens Summer Underwear, only..... 25  
7 doz. Mens Top Shirts, good quality, only..... 30  
37 Mens Fancy Shirts for Sunday, going for only..... 49  
500 yds. English Prints, good quality, only..... 10  
500 yds. Print, selling while they last..... 07

**SPECIAL! SPECIAL! SPECIAL!**

15 Boys Suits, quality unequalled, only..... \$8.25  
15 Mens Suits, extra quality, only..... 4.90  
A few pairs Boys Boots left, at..... 1.19  
Come and take advantage of this Sale

**WOOL! WOOL! WOOL!**

5 tons good Washed Wool wanted at 25 cents per pound.

REMEMBER THE PLACE--OPEN EVERY EVENING.  
**B. JACOBSON** Queen St.

### NEW CARRIAGES

I have still on hand a nice line of 1910 Carriages to select from, in steel and rubber tires.

Cream Separators, the best high grade separator. Oil and separator parts always in stock.

Wall Papers in the newest and latest patterns, a complete line.

**F. B. Bishop, - Lawrencetown**

### Clothing and Furnishings



Greatest Spring-time display of merchandise that has ever been seen in this store.

Each season it seems as if we could go no farther, and yet this spring we are as far ahead of last, as last spring we were ahead of the previous year.

The SMARTEST SPRING STYLES for Men and young Men and Boys' are bidding for your favour, come in for closer inspection.

Our Clothing, Hats and Haberdashery will stand the most critical examination and satisfy you of their superior merit.

Never did you see such stylish, refined looking clothes at the prices.

**J. HARRY HICKS**

## The Open Air Medicine, Sleeping Out of Doors

(From the New York Sun.)  
"It was just at this season three years ago that the doctor told us that our baby, a boy four years old, must sleep out of doors," a woman whose winter home is in a suburb of New York, explained to a friend, who commented on her healthful appearance. "He said the upper porch on the back of our house would make an ideal outdoor sleeping room and ordered the child's bed out at once."

"That was all very well, but when bedtime came it seemed so cruel to leave the child out there alone that I moved out a cot for myself. Of course, my husband objected, saying the child was perfectly safe, but if anybody had to stay with him, it should be the nurse. As I was not to be changed, he let me try it, prophesying one night would be all for both me and the child."

"I am sure it had been twenty years since I had slept through a night without waking. Even as a young girl I had suffered from insomnia and the boy had inherited it from me, at least that is what we all thought. The next morning when I awoke I realized I had slept the whole night through and the child was still sound asleep."

"There was a tinge of color in his cheeks and lips, a thing that hadn't been there for two years. I called my husband out to look at him and was informed that he had spent the greater part of the night going back and forth to see how we both were standing the experiment and had always found us both fast asleep."

"Within another week I felt like another person and the improvement in the boy was even more marked. Then the other children began to beg to be allowed to bring their beds out. One by one they came, until all three were sleeping on the porch, when my husband gave in and one evening he came home saying he had ordered another cot and would sleep on the porch to see what the charm was."

"He is there still, we all are, and I never bear the slightest reference to anybody's wanting to go in. All of the indoor bedrooms are just as they were when we moved out on the porch and occasionally we use them when there is a severe heating rainstorm, though my husband asserts that he is sure it wouldn't hurt any of us to stay out and get a little damp air. However, he comes in when I think it best to set an example for the children, because none of them are quite willing to obey when it comes to sleeping in the stuffy air of indoors."

**THE FIRST NIGHT OUT**  
"My first night out there made me think it would be best to have something that would shut out the early morning light and at the same time not exclude the air. For this purpose I had the old green piazza screens that had been used on the front piazza the summer before put out at the east and south sides. As there were only two, the west was left open."

"Every morning I wake up just when it begins to be dawn and I lower these screens. That makes it quite dark enough for the sleepers until our regular getting-up time, as my children call it."

"After the family moved out my husband had curtains of one kind made on the three open sides of the porch, and they have been very satisfactory both for moderately severe rains and for the coldest weather we have experienced so far. We can generally leave up at least one of these curtains, so we get good fresh air."

"They are simply strips of tent cloth, the width of the opening, and have a piece of wood at the bottom like a window-shade. There are small brass rings on the sides through which are raised and lowered."

"Aside from these curtains and my husband's cot our sleeping porch has cost us nothing and the results have been all that the doctor prophesied, or even more. Look at my complexion. You remember what a parched looking skin I used to have? It was really nothing more than a skin, now it is a complexion, and I assure you I have not done a thing for it but sleep on our upper porch. Everybody is remarking on our complexions. They say the children inherited them from my husband and I, and I always reply we acquired them from the night air on the porch."

"We have never suffered from the cold, because we began just at this season of the year when it was getting warmer. When we came back from the mountains it soon began to get cold and blankets were added. A little later the doctor suggested that I would find a second mattress for each bed comfortable for the winter, so I had them put on."

"Then the linen sheets were replaced by those of cotton flannel and I

## THE FORMULA OF "FRUIT-A-TIVES"

Is On The Outside Of Every Box For All The World To See

Every user of "Fruit-a-tives" knows exactly what is being taken. The formula of this famous fruit medicine is printed plainly on the outside of every box. We have stated many times—and now state clearly—that "Fruit-a-tives" is made of the juices of apples, oranges, figs and prunes, with valuable heart and nerve tonics and antiseptics.

Everyone knows that fruit juice is healthful—but perhaps some do not understand why this is true. Fruit juice consists of about 91% water, 8% of sweet principle, and 1% of a bitter substance. It is the quantity of bitter principle in fruit that gives the fruit value as a medicine. An eminent physician of Ottawa, after years of experimenting, found a method of increasing the bitter principle in fruit juice, thus increasing the medicinal or curative qualities.

The juices are first extracted from fresh, ripe oranges, apples, figs and prunes. By a secret process, some of the sweet atoms are replaced by the bitter principle. Then tonics and antiseptics are added, and the whole made into tablets, now known far and wide as "Fruit-a-tives."

"Fruit-a-tives" is the only medicine in the world that has been made of fruit juices, and is one of the few remedies that have their composition be known from their introduction to the public.

"Fruit-a-tives" is nature's stimulant for the liver, bowels, kidneys and skin. In cases of obstinate Constipation, Liver Trouble, Indigestion, Backache, Rheumatism, Headaches and Impure Blood, this wonderful fruit medicine cures when everything else fails.

"Fruit-a-tives" is sold everywhere at 50c. a box, 6 for \$2.50, or trial box, 25c., or will be sent, postpaid, on receipt of price by Fruit-a-tives Limited, Ottawa.

"The next autumn being still a afraid of having my husband risk a winter in the north, we went south and rented a house with a rear porch. On the roof of this rear porch we set up our sleeping tent and spent a delightful winter. Four years from the time I had married him my husband had become so strong and well that even his best friends say they hardly recognized him."

"Two winters ago we remained north and enjoyed it. Now my husband is in business and my children at school and we never think of going to a milder climate for the cold months. Instead we add more blankets to the beds on our roof."

"My husband and children use sleeping bags, but I have found a muslin nightgown and a light wool kimono all that is necessary. We all use knitted woolen hoods with capes coming well down over the shoulders. Every night about half an hour before bedtime a copper vessel filled with hot water is slipped into each bed between the sheets to have them good and warm when we get in. These copper vessels are long and about the shape of a flat-sided bottle. They hold about a gallon of water and remain warm all night."

**VACATION ALL THE TIME.**  
A young college woman just beginning to work in her profession as a landscape architect was the next to give her experience.

"My sleeping out of doors began in a girls' camp in the second year of my college life," she said. "I had a hard cold that winter and the doctor advised my parents to let me go into camp for my vacation instead of going home and attending the parties and picnics I had been looking forward to."

"I didn't like it a bit and must admit that my mother had some difficulty in getting me to obey. Before that vacation ended, however, I had promised myself never again if I could help it would sleep in a house during the summer. From the very first night in that camp tent I slept every night and all night. In the morning I would get up feeling as if

WANTED HIS SHARE OF CREDIT.  
A Highlander fell into a river and after desperate efforts managed to reach the bank in safety. His wife, who had been a distressed onlooker, exclaimed as soon as her anxiety was relieved: "Ah, Donald, ye should be yerra thankful tae Providence for saving your life."

Donald was somewhat aggrieved at what he deemed an unequal apportionment of the credit. "Yess, yess," he replied. "Providence was yerra good, but I was yerra clever, too, whatever."

Chamberlain's Stomach and Liver Tablets gently stimulate the liver and bowels to expel poisonous matter cleanse the system, cure constipation and sick headache. Sold by all dealers.

The Trade Mark That means Success in Baking

The dependable flour is **PURITY FLOUR**