

Regulate the Bowels

"I have been troubled with constipation for several years, and have tried a great many kinds of pills, as well as medicine from the doctor. Nothing seemed to help me until I began taking Dr. Miles' Nerve and Liver Pills. I found the little pills very effective, and I am thankful that at last I have a reliable remedy."

MRS. F. M. DUNKIN,
LeRoy, Ills.

Dr. Miles' Nerve and Liver Pills simply cause the bowels to move in a normal manner, and without the gripping effects of cathartics and purgatives. That's why they are so universally used by women and children. The longer they are taken the less are needed. Natural conditions gradually being restored.

Price 25c at your druggist. He should supply you. If he does not, send price to us, we forward prepaid.

DR. MILES MEDICAL CO., Toronto

RAILWAYS FOLLOW PLOW AND THE PLOW MOVES STEADILY NORTHWARD.

Plans for New Roads Which are Connected With Growth of Crops in Canada's Northland.

"The railway follows the plow," says Elliott Flower, in September Canada Monthly (formerly Canada West), "and the plow is moving steadily northward. Railway building in Canada has been almost exclusively east and west, but the three great roads, even while building only westward, have been pushing development to the north."

"Now there are plans that contemplate a more direct invasion of the north. During 1909, the Canadian Northern has swung north its main line from Edmonton towards the Yellowhead, construction now proceeding from Saint Albert on the Morinville branch to Lake Ste Anne, and intending to reach the Peace River country as soon as rails run to Fort Churchill on Hudson Bay, and still another will ultimately reach Dawson. The former will open a new and shorter route to Europe for the exports and imports of Western Canada (although the water end of this route will be open not more than five months of the year), and the other will give a new and more direct line of communication with the Yukon country."

"Before taking up these railway plans in detail let us see how far into that northern country, which we associate with snow and ice and desolation, the plow has gone; and what promise the country gives the plow. We will consider this without regard to any particular route or routes, merely seeking to learn what the country generally can offer as an inducement to railway building."

"As already mentioned, vegetables are grown at Fort Good Hope, a point about eight hundred and fifty miles north of Edmonton, and some eleven hundred miles north of Medicine Hat; but vegetables alone will never carry a railway into the north. The most northerly points at which grain is reported are Forts Simpson and Providence, both in about the same latitude and approximately eight hundred miles north of Medicine Hat. According to Fort Simpson reports, barley is a sure crop, wheat four times out of five, and melons, if started under grass, ripen well. The Fort Providence report I have already given, although I may add that oats and barley are raised in addition to wheat."

NA-DRU-CO LAXATIVES

are new and entirely different from ordinary preparations. They accomplish their purpose without disturbing the rest of the system, and are therefore the ideal laxative for the nursing mother, as they do not affect the child.

Compounded, like all NA-DRU-CO preparations, by expert chemists. If unsatisfactory we'll gladly return your money.

25c. a box. If your druggist has not stocked them, send 25c. and we will mail them.

National Drug and Chemical Company of Canada, Limited, Montreal.

Typhoid in Old Wells

There are several typhoid cases in Annapolis hospital. In conversation with one of the managers he said we have been unable to get an opinion whether there is a suspicion that the majority came from Trenton among the doctors of the town water; but it is not likely that there is, for, as far as we have heard, there was not a case of typhoid traceable to it since it was pumped to the town. During the summer months many people are on the move and then drink out of old wells. A cool drink out of a well is palatable and generally dangerous. There is some talk about the sewers not being flushed out often enough. Of course they should be kept as clean as possible, but the danger of contracting typhoid from a sewer is as one in a thousand. At the close of the Boer war a great convention of doctors was held in London, at which the opinion was given out that typhoid was generally contracted from germs in the water. It is safe to stand by that opinion until an equally authoritative announcement is made to the world. Old wells are always open to suspicion in the autumn months when water becomes scarce.—Eastern Chronicle, New Glasgow.

COMMISSION FOR VICTORIA GENERAL HOSPITAL.

Mr. Justice Drysdale, Judge Wallace and Mr. O. E. Smith to be Appointed.

A proclamation putting the Victoria General Hospital management in the hands of a Commission appears in this week's Royal Gazette. Under an Act passed at the last session of the Legislature, it was provided that the commission management should be brought into effect by proclamation in the Gazette, and the date named is October 1st. The Commission has not yet been formally announced, but it is understood that its personnel will be Mr. Justice Drysdale, Judge Wallace and Mr. O. E. Smith. Mr. Justice Drysdale, who as the Minister in charge of the hospital service of the Province during a portion of his term in office, became familiar with the details of the management of the Victoria General, will be Chairman of the Commission.

THIS COUNTRY OF OURS

Dartmouth Patriot—Never in the history of this province have farmers got such prices for produce as they are getting now. Any man with a few acres of land can live comfortably and with fewer trials than in any other country. There are troubles and drawbacks everywhere. Old Nova Scotia has its share, but they are small compared to most. The trouble is with the people themselves.

Coun. Robt Morton raised twenty-five bushels of wheat from one bushel of seed, the crop occupying slightly over half an acre of ground. Yet some of our people talk of leaving the Valley for the West cannot show a place that can produce such yields, such as such grain, such vegetables as such a climate as this Annapolis Valley.— Outlook.

THAT BOY.

Somewhere in the United States there is a mother's son who in twenty or thirty years will be the most famous man in America. He is a tiny little fellow whose laughing eyes grow bigger and serious with wonderment as each day human life unfolds its historic scroll, and the things and the people of this world print indelibly upon the plastic mind of youth the fascinating and marvellous story of man's achievement. His small heart warms with enthusiastic interest until in full blaze with admiration and ambition. Life is so uncertain and death so sure that no magic can take us with the veil and unfold for us the tapestries which the weaver of time is working. We cannot divine who is the child of today that will be the man of tomorrow. But snugled to the loving mother's breast or taking his first uncertain steps with the aid of a proud father's hand—is that boy. It may be yours. You cannot tell.

Does Not Like the Term "Tin Pot Navy."

Commander Rooker, of the Canadian Navy says Battleships, Without Cruisers are Like Blind Men Without Guides.

Ottawa, September 12.—Commander Rooker, of the Canadian navy, made a speech at the exhibition directors luncheon today which is certainly calculated to earn him some notoriety. While disclaiming any desire to meddle in politics, this naval officer, who has been four months in Canada, denounced, in indignant terms, all those who ventured to disparage the government's naval policy. He particularly deprecated the term "tin pot" navy.

Battleships without cruisers, he said, were like blind men without guides. He had no hesitation in saying that at the present moment Britain had plenty of battleships but not enough cruisers. He added: "The present Canadian naval program, namely, four cruisers and two destroyers, is framed to meet the existing situation, keeping in view the amount of money available to the government. These cruisers and destroyers will also be a useful addition to the imperial navy in case of necessity. Dreadnaughts cost a lot of money. They also take a large number of men to man them, and docks of the largest capacity to hold them. If, therefore, a policy including Dreadnaughts was embarked on, a very large sum of money would be involved, and probably considerably more than Canada can at present afford."

Criticize the program by all means but do not let that criticize take the form of placing obstacles in the way and also dragging the navy into party politics. Apart from anything else, the navy should be separated from and above party politics. The Canadian navy is a branch of the service of the empire and as such it is the duty of all Canadians and the whole of Canada to assist by their utmost endeavor in making it a great success and an efficient service."

BEGINNING OF THE PHONOGRAPH.

Edison, in describing his work in developing the phonograph, said he told one of his workmen what was wanted and when this man had completed what was required, Edison said: "Bill, get me a little tinfol now, and we'll make this thing talk."

Edison then wrapped the foil around the cylinder, placed the needle of the diaphragm against it, and shouted into the funnel which were to be the first words ever spoken by a machine: "Mary had a little lamb, Its fleece was white as snow, And everywhere that Mary went The lamb was sure to go."

This done, Edison set the needle back where it started, turned the cylinder with a crank, and the machine repeated what he had said so plainly that everybody could hear it. "I never saw such an amazed crowd of men as those who stood around," says Edison.

The inventor's first idea was to make phonographs supplant stenographers, but he couldn't do it. The stenographers themselves beat him. They would get the machine out of order and declare that it wouldn't work. Business men believed them, and for more than fifteen years the phonograph lay, practically dormant.

"Ten or twelve years ago," Edison says, "we made a record of a song. I don't know how we came to do it—I have forgotten. But the song was reproduced so well that I got an idea I said to myself: 'If I can't make people use the phonograph in their business, I will see if I cannot make them use it for their pleasure.' So I hired a few singers, and made some records. I was not long left in suspense. The songs caught on at once. The phonograph, after fifteen long years of waiting had arrived."

Now phonographs are sold by the thousands all over the world. The patents have expired, and anybody can make them. Of course, every manufacturer has a few patented features of his own, but the principle of the machine is the world's property. And now that the phonograph has made good in a field for which it was not intended, it is working its way into the field for which it was originally designed. Thousands of business men are dictating their letters to talking machines.

Shiloh's Cure
quicksly stops coughs, cures colds, heals the throat and lungs. . . .

A RAINY DAY
NEED NOT INTERFERE WITH THE ENJOYMENT OF YOUR OUT DOOR WORK OR SPORT
WEAR A
SLICKER
It is guaranteed to keep you dry in the hardest storm.
TOWER CANADIAN CO., LTD.
TORONTO, CANADA.

THE RECIPROCALITY OF SMILES.

Sometimes I wonder why they smile so pleasantly at me, And put my hand when they pass by as friendly as can be. Sometimes I wonder why they stop to tell me How'd-do, And ask me their how old I am and where I'm going to, And ask me can I spare a curl and say they used to know A little girl that looked like me, oh, years and years ago, And I told mamma how they smiled and asked her why she smiles at me. So she said if you smile at folks they always smile at you.

But when misfortune turns your way And everything goes wrong, If, at the closing of the day Your baby sings a song, And laughs and cuddles up to you, You'll laugh at fortune's shove. I tell you, when you're feeling blue There's nothing helps like love.

I fancy the rather narrow life that homekeeping women lead predisposes them to pettiness, and for that reason I think they should be always on their guard against it. And the best way to guard against it is not to let that narrow life. The wisest way to try to cure a bad thing is to put a good one in its place.

The wisest way to keep from being petty is not to have time to be. Be too much absorbed by big things healthy activities and plentiful interests, and you won't have time for littleness.

A TIMELY HINT.

Children who suffer from swelling of the glands should have an abundance of fresh air, both by day and night, and a complete change of air as often as possible. Plenty of good nourishing food should be given them, and cod liver oil or emulsion is also helpful in putting things right.

MARKETING IN CRIMSON GULCH

"What makes the butcher put both hands in the air? Is he afraid you are going to shoot?"
"No," answered Brochu Bob, "He has gotten over being afraid. He knows I ain't going to shoot as long as he keeps his hands out of reach of the scales while the meat's being weighed."—Washington Star.

MOTHER AND DAUGHTER SAVED BY GIN PILLS

The Famous Kidney Remedy.
44 Woolfrey Ave., Toronto,
March 21st, 1909.
I am writing you as an assistant at Sterling Mines, Gray'siding, Ont., I became familiar with the merits of Gin Pills. On leaving Toronto, I left my wife (aged 51) and my daughter (aged 21) in poor health. The former had tried all sorts of remedies for her ailments, middle age of Change of Life. The joints in her hands were badly swollen and she suffered much pain.

It occurred to me that Gin Pills would help her and so advised her. This was a happy thought, for my wife wrote back to say she was trying Gin Pills. Her next letter said that the pills were doing her good, and the second, that the swollen joints were fast disappearing. Also, her general health and color was vastly improved. Now she cannot say too much in favor of Gin Pills. My daughter has also derived much benefit from their use. Wm. B. CRAIG, Chemical Co., Dept. NS Toronto, and a free sample will be sent you. When Gin Pills have proved their great value, get them at your dealer—50c a box, 6 for \$2.50.

EXIT THE REDMAN

The Indians of West Selkirk Must Go Farther into the Wilds.

There was a day when the town of West Selkirk, pitched out in the fertile valley of the Red River, was the pioneer West in epitome—abacks, traders, saloons, and Indians. Its picturesque beauty has gone out with the obsolete. There are still a few shacks—more shacks and banks; traders these are, calling themselves business men, not bartering, but selling for cash; the whisky is still there in tall glassy looking bottles sold at long bars by white-aproned waiters. The last vestige of raw Selkirk went out recently when the redmen, Cree and Assinibois moved their camp.

The passing of those Indians of Selkirk is the same story as that of the Songhees in Victoria, who have got orders to leave their happy hunting grounds because the simple life they exemplify in the middle of the rumbling British Columbia town does not agree with the pace of the city fathers. The benevolent white gentlemen of Selkirk have come to the same conclusion. These new discovered tribes of their whisky and other vicious traits are bad for primitive nature; so 1,300 remnants of warriors have been told to close up their whitewashed cabins, pack up their tepees at St. Peter's, from which reserve, for many moons they have seen Fate visiting close by on the shrieking railway, and beat their way to Fisher River, a stream far off on Lake Winnipeg. The young chieftains have set their faces toward Camsan, but the wrinkled, royal bloods of the Cree live with the memories of the tomahawk—the freebooting days. The mighty grandson of Assinibois, friend, Potomac and Tecumseh, sows in his wigwam and thrones "The Indian know no reserve, no cunning, their nobility, the venerable Thomas Bunyan, pasting his Victorian medal, is alive with associations of the past. The butcher of Governor Semple—ninety-four years ago. Reddly recalls William Robinson's account of the massacre in Minnesota, and Senator Sutherland's son shot by smacking marksmen on the Redoubt trail sent out by the half-breed Riel.

SIR JAMES GRANT'S ELIXIR.

Ottawa Physician Says He Owes His Own Health to His Remedy. According to The New York Times, Sir James Grant of Ottawa, the well-known Canadian physician, believes that he has discovered, not exactly the elixir of life, but at any rate a means of greatly prolonging youth, and apparently of bringing youth back to some extent. Sir James is himself the best advertisement of his method, for he possesses amazing vitality for his age, now nearly 77 years. He is visiting London, and he looks like a man in his fifties. His secretary, a young man, says it is difficult to keep up with the work his employer does.

Two years ago Sir James created a sensation at a meeting of the British Association by a paper on the extraordinary rejuvenating powers of electricity. He has since then treated himself by his own method, with results that he describes as wonderful, and he has also had much success with it in curing many patients. His treatment consists of electrical applications by means of a special battery and systemized massage.

A writer in The Pall Mall Gazette says he walked with Sir James a distance of half a mile, and could not help commenting on his vigor and energy. He asked Sir James if he were spectacles, and Sir James replied: "Yes, I do wear spectacles. I have worn them for forty years—until each time as I began to treat myself with electricity and massage; to-day I do almost the whole of my reading and writing without using any spectacles at all. My hearing is as good as ever, and I feel that I have the energy of a man of 40."

"I notice that your city is full of taxicabs, but so far as I am concerned I can hardly believe that I will be 77 in August next, certainly, I feel not more than 46, and for this happy state of affairs I thank my electrical treatment."

A Queer Mail Delivery.
One of the most remarkable mail routes in the world is that which a lone journey in getting from Beebe Plain, W. to Beebe Plain, Quebec, Canada. While the two offices are within ten feet of each other—are located in the same room, in fact—a letter mailed from one office to the other must make a trip of 294 miles—67 miles in Quebec and the rest in the United States.

The plain, old-fashioned store building, which is situated on the international boundary line, contains both the United States and Canadian offices. There are separate entrances to each, but both are in the same room, have the same lobby, and there are no partitions to mark the division between the domain of Uncle Sam and the possession of King George.

"If you mail a letter from the Quebec side, says the postmaster, "it goes from here to the junction, then to Newport, then to White River Junction and back to Lennoxville, Quebec, over the Boston & Maine. There it is transferred to the Grand Trunk and goes to a southbound mail pouch, and comes to Stanstead Junction, and then back to this same building, a distance of 294 miles."

"If we wish to mail a letter from the American side, to Derby Line, it must go to White River Junction, and then come back over the official route."

A Terrible Crime.
A chief petty officer, who of Portsmouth taken into custody and marched to barracks for wearing a white oxford shirt instead of a white starched linen one.

Ask for MINARD'S and take no other

Home DYEING
In the way to Save Money Dress Well
TRY IT! Simple as Washing with
DYOLA
ONE FOR ALL KINDS OF COLORES
JUST THINK OF IT!
Dye Wool, Cotton, Silk, Broad Goods Perfectly with the SAME Dye. No change of color. Fast and beautiful colors as seen from Dressing or Dyeing. For Color Cards and DYEING Booklet, 25¢. The Johnson-Nicholson Co., Limited, Montreal.

PHOTO SNAPS
PORTRAITS ON POST CARDS, 6c. per dozen. Retouched \$1.00 a doz. Four High Grade Photographs \$1.00 These are the best values ever offered.

P. R. SAUNDERS
Jeweller - Optician - Photographer, Bridgetown

SEALED TENDERS addressed to the undersigned and endorsed "Tender for Breakwater at Little River, N. S.," will be received at this office until 4 p.m. on Monday, October 3, 1910, for the construction of a Breakwater at Little River, Digby County N. S.

Plans, specification and form of contract can be seen and forms of tender obtained at this Department, at the offices of C. E. W. Doolittle, Esq., District Engineer, Antigonish, N. S.; and on application to the Postmaster at Little River, N. S.

Persons tendering are notified that tenders will not be considered unless made on the printed forms supplied, and signed with their actual signatures, stating their occupation, and place of residence, in case of instances, the actual signature, the nature of the occupation, and place of residence of each member of the firm must be given. Each tender must be accompanied by an accepted cheque on a chartered bank, payable to the order of the Honorable Minister of Public Works, for seventeen hundred dollars (\$1,700.00), which will be forfeited if the person tendering declines to enter into a contract when called upon to do so, or fails to complete the work contracted for. If the tender is not accepted the cheque will be returned. The Department does not bind itself to accept the lowest or any tender.

BUILDING MOVER
Buildings moved without taking down chimney or disturbing occupants. Vessels Raised and Moved
—ALSO—
Boilers and Engines PRICES RIGHT.
W. A. CHUTE,
Phone 11. Bear River, Anna. Co. P. O. Box 104.

INSURE in the Nova-Scotia-Fire Strong-Liberal Prompt
Get our rates before placing or renewing your insurance.
C. B. LONGMIRE Local Agent, Bridgetown.

Watch Repairing
I pay particular attention to WATCH REPAIRING, replacing broken and worn parts where necessary and clean by the latest method.

I also repair clocks and jewelry and am prepared to give you the right job at a proper price.
Ross A. Bishop, LOCKETTS BLOCK.

WANTED
A LARGE QUANTITY OF HIDES, PELTS, CALF SKINS & TALLOW
CASH PAID AT THE HIGHEST MARKET PRICES
McKENZIE CROWE & Co., Ltd.

Cracks in walls may be filled up with plaster of Paris. Mix this with vinegar instead of water. It will then be like putty and can be used with ease. If mixed with water it hardens so soon that it is very difficult to use it, quickly.

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J. J. RITCHIE, K.C.
Keith building, Halifax.
Mr. Ritchie will continue to attend the sittings of the Courts in the County. All communications from Annapolis clients addressed to him at Halifax will receive his personal attention.

O. S. MILLER
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SEAFARER BUILDING, BRIDGETOWN, N. S.
Prompt and satisfactory attention given to the collection of claims, and other professional business.

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We do undertaking in all its branches
Hearse sent to any part of the County
J. H. EICKS & SON
Queen St., Bridgetown, Telephone 46
J. M. FULMER, Manager.

NOTICE
On and after Oct. 25th, all kinds of repairs for Frost and Wood's Machinery will be at Edward Craig's Blacksmith Shop, persons wishing to purchase any plows or any kind of Machinery made by Frost and Wood can buy of Mr. Craig or the undersigned.
ISAAC C. WHITMAN Agent
Round Hill Oct. 25th 1909.

To Let
TO LET
The Hall over Monitor Office, formerly occupied by the Foresters. Audience room with two side rooms. Wired for electric lighting. Heated if desired. Suitable for business offices.
Apply to M. K. PIPER.

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is covered by a good fire insurance company; the damage by fire, by water, by smoke and by firemen in their efforts to extinguish the flames. The man who
IS COVERED
by insurance has little fear of fire.

If you have forgotten your insurance, permit us to remind you of it. As a sensible man you should ask us for the suggestion and instruct us at once to
WRITE YOU A POLICY
The Acadia Fire
INSURANCE COMPANY,
W. D. Lockett,
Agent.