

# I OWE MY LIFE TO "FRUIT-A-TIVES"

They Did Me More Good Than All Other Treatments Combined



Mrs. H. S. WILLIAMS

PALMERSTON, ONT., June 20th, 1913  
 "I really believe that I owe my life to 'Fruit-a-tives'. Ever since childhood, I have been under the care of physicians and have been paying doctors' bills. I was so sick and worn out that people on the street often asked me if I thought I could get along without help. The same old stomach trouble and distressing headaches nearly drove me wild. Some time ago I got a box of 'Fruit-a-tives' and the first box did me good. My husband was delighted and advised a continuation of their use. 'Fruit-a-tives' completely cured me. Today, I am feeling fine, and a physician meeting me on the street, noticed my improved appearance and asked me the reason. I replied, 'I am taking 'Fruit-a-tives'.' He said, 'Well, if 'Fruit-a-tives' are making you look so well, go ahead and take them. They are doing more for you than I can'."  
 Mrs. H. S. WILLIAMS.

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

### EXCLUDE LIQUORS.

Temperance societies in Canada have been alert in asking the Post Master General that under the new parcel post system the carrying of liquors in the mails be forbidden.

This is a reasonable demand and in the public interests. Within the past few years the mail order liquor business has become a curse.

The mail order business is bad enough when general commodities are carried, but in the liquor business it is the worst of all. In territories where the electors have voted against the traffic the country is flooded with insidious circulars from liquor dealers, and workmen, boys, Indian, Negroes are constantly receiving packages of "boose" by express. As a result industry frequently paralyzed and orderly communities disgraced, while the local authorities are powerless to prevent these undesirable conditions.

This has become a gross abuse and the rights of the citizens of the prohibition districts are grossly violated. It is hoped that Hon. Mr. Pelletier will listen to the requests from the temperance societies. He probably does not want to see the post office department made part of the rum-selling organization and the parcel post prove a curse instead of a great blessing to Canada. He should therefore exclude liquors.—Outlook.

Minari's Liniment Cures Garget in Cows.

### A MATTER OF COMMON SENSE.

(From a Talk to Boys by Ex-Governor Long, of Massachusetts.)

Boys, I know it is not much use to preach to you, and that even if an impression is made on you, it runs the risk of being effaced as soon as you come into exposure to a temptation. But if you could only have in these bright, hopeful, confident days of yours, the experience of years, you would abstain from intoxicating liquors, not only as a matter of principle, but as a matter of hard common sense and of your personal happiness, health, success and prosperity. There is no denying that intoxicating liquors are indulged in by many respectable people, or that they are associated in some literature and in some society, with good fellowship and merry times, or that some persons can use them moderately without immediate apparent injury. But take my word for it, that the risk of their use is a terrible risk; that there can be just as good times and just as good fellowship without them and that nobody thinks a bit less of a young fellow because he will not use them, but, on the contrary, that every business man or professional man, whatever his own habits, instinctively turns away from employing any young man who has the taint of liquor about him.

Every physician now condemns the use of alcohol as a drink. Every employer counts the use of it against an employee. If you want a clear head, if you want a sound heart, if you want a clean conscience; if you want a healthy body; if you want money in your pocket and credit to your name, put your foot right down and say that you are going to abstain from the use of intoxicating liquors and keep the faith. Is there anything nastier than a man under their influence? Be clean and wholesome. Keep your brain clear, your head steady, your self-respect firm and you will have a life that is worth living. This is not a matter of goodly talk and sentiment. If nothing else will convince you, experience will, but it will be that experience which can only come too late to be of any use. You may think that you have self-control enough to take care of yourself. But the chances are that your self-control will be no more than pastebord against a gattling gun if you tamper with temptation and once begin the indulgence.



### THE STRENGTH OF HAIR

A human hair of average thickness can support a load of six and one-quarter ounces, and the average number of hairs on the head is about thirty thousand. A woman's long hair has a total tensile strength of more than five tons, and this strength can be increased one-third by twisting the hair. The ancients made practical use of the strength of human hair. The cords of the Roman catapults were made of the hair of slaves, and it is recorded that the free women of Carthage offered their luxuriant tresses for the same use when their city was besieged by the Romans.—Scientific American.

### THE PRICE OF TRUTH

D. Cady Herrick, at a luncheon in Albany, said of the truth:

"The truth is rarely palatable. They who would bring overmuch truth to bear on their profession or trade are usually corrected after the manner of young Jones."

"Young Jones, a cub reporter on the Cinnaminson Scimitar, wound up an article about a town meeting with the words:

"Mr. Smith then rose and made a few feeble remarks, during which the audience dispersed."

"The editor of the Cinnaminson Scimitar snorted when he saw that sentence. He dashed his blue pencil through it fiercely. Then he wrote in its place:

"The last speaker was our eminent fellow citizen, Mr. George William Smith, who, in crisp and well-chosen sentences, reviewed the subject under discussion, giving to it that clear, well considered and logical treatment which has made Col. Smith one of the foremost orators of our state. The audience dispersed after expressing warm approval of his polished and eloquent utterances."

"There!" said the editor, "that's how to do it."

"But the reporter sullenly retorted: 'The difference between our versions, sir, is the difference between the truth and the false.'"

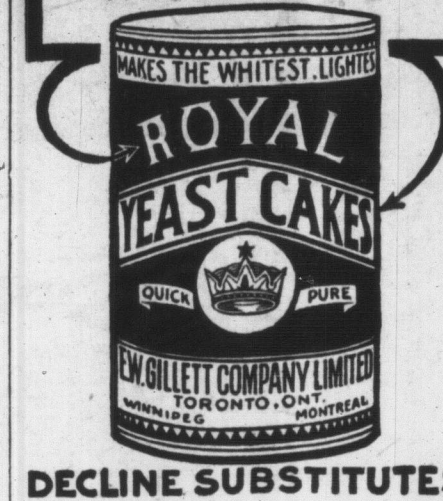
### THE CRATE FATTENING OF POULTRY.

Practical experience has shown that crate feeding is not only a very satisfactory but also an economical method of fattening poultry. The saving in the amount of feed required to produce one pound of gain is quite marked, and the feeder is enabled to observe to greater advantage the progress being made by individual birds. He can also, if necessary curtail the duration of the feeding period in the case of birds which have attained their maximum weight and are ready to be placed in the finishing crate.

Crate fattening cannot with success be carried on in a haphazard way. The feeder requires to understand the principles of what he is at and to give the necessary attention to the details of his work. In order to teach the proper method of feeding poultry in crates the Live Stock Commissioner at Ottawa has prepared a seasonable illustrated pamphlet on the subject which explains clearly the construction of a fattening crate, the constituents and preparation of proper rations, the method of feeding, killing and dressing birds and information regarding packing for market. The work which is designated Pamphlet No. 2 of the Live Stock Branch, is available to all who apply for it while the edition lasts, to the Publication Branch of the Department of Agriculture at Ottawa.

Pocket telephone, which may be connected with a plug in a private house, on street walls or lamp posts, and so used almost anywhere you happen to be, have lately been introduced by the Hungarian posts and telegraphs administration.

### WHEN BUYING YEAST INSIST ON HAVING THIS PACKAGE



### DECLINE SUBSTITUTES

#### BANE OF THE CIGARETTE.

It has doubtless been a perplexing question to those who have studied it and become interested in it why the use of the cigarette is so pernicious and deadly. The poisonous effects of the cigarette have usually been traced to the nicotine which is common to tobacco in whatever form it may be used. But why should the cigarette be more injurious in its effects than the pipe or the cigar, especially when we are informed that the latter yield more nicotine than the cigarette?

It has been discovered that cigarette yield a substance called furfural belonging to a chemical class called aldehydes, a name which means alcohol deprived of its hydrogen. This substance is entirely absent from cigar smoke, but a single cigarette yields as much of it as two fluid ounces of whiskey. Furfural is reputed to be fifty times as poisonous as ordinary alcohol. Tremors, convulsions, paralysis are results of furfural poisoning. It is extremely irritating to the throat and lungs, causes diseases of the lungs and paves the way to consumption.

Surely a wide knowledge of these facts should give a mighty impetus to the crusade against the cigarette. It is estimated that in the United States 80,000,000 are consumed daily at a cost of over three-quarters of a million dollars. In spite of educational efforts and restrictive laws this use and expense is continually increasing. Japan in 1900 prohibited by law the use of cigarettes by boys under twenty-one years of age. Shall Canada be less wise and more reckless regarding the health and well-being of her young people?

### HOW TO AVOID COLD WEATHER DISEASES

To prevent cold weather diseases, put your body into a proper healthy condition to successfully resist them. Colds, gripe, bronchitis, pneumonia, catarrh, typhoid fever, rheumatism and other ailments may be prevented in most cases, if this is done. Build up your health and strength—your nerves and blood and entire body—into such shape that you can count on good health all during the winter months—by taking Rexall Olive Oil Emulsion, the ideal blood, nerve and body builder.

This is a remarkable medicine, but a common-sense one. It doesn't stimulate. So-called "tonics" that stimulate give you no permanent relief; but leave you worse off than before. Rexall Olive Oil Emulsion contains none of these harmful, stimulating ingredients, such as alcohol and dangerous and habit-forming drugs. Its great benefit to you is through its real nerve and blood and body-building effects. It nourishes, builds, strengthens. Its merit does not rest on making you feel better for a few minutes at a time after taking it, but on making you feel better as a result of making you well.

Rexall Olive Oil Emulsion is the ideal blood and nerve-food tonic. You who are weak and run-down, and you who are apparently well now, but are liable to suffer from various cold weather ailments, use Rexall Olive Oil Emulsion to get and keep well and strong. For the tired-out, run-down, nervous, emaciated or debilitated—the convalescing—growing children—aged people—it is sensible aid to renewed strength, better spirits, glowing health.

Rexall Olive Oil Emulsion—king of the celebrated Rexall Remedies—is for freedom from sickness of you and your family. You'll be as enthusiastic about it as we are when you have noted its pleasant taste, its strengthening, invigorating, building-up, disease-preventing effects. If it does not help you, your money will be given back to you without argument. Sold in this community only at our store, —The Rexall Store—one of more than 7,000 leading drug stores in the United States, Canada and Great Britain. W. A. Warren, Bridgetown.

Albert of Monaco, the manager of the world's greatest gambling establishment, gave the following advice to some Chicago reporters who interviewed: "Don't gamble, young journalists. It makes you unhappy for those who do it. Americans especially should not play for money. They are too reckless. So please don't gamble"—Exchange.

You will find that druggists everywhere speak well of Chamberlain's Cough Remedy. They know from long experience in the sale of it in cases of coughs and colds it can always be depended upon, and that it is pleasant and safe to take. For sale by all dealers.

### Joker's Corner

"I say, caddie, did you ever see a worse player than I?"  
 "No, but then, sir, I've only been caddying for four years."

Mother (looking through the magazine)—"Darling, I see from statistics given here that every third baby born in the world is a Chinese."  
 Father (fondling his first-born)—"Then, thank God, this is our first."

Pat had been at work for three days digging a pit, and as the foreman wanted it finished within the week he had told Pat he would send another man to help him. It was getting near eleven o'clock, and Towser, the foreman's bulldog, was looking over the edge of the pit, when Pat said to himself, "I'll have a smoke." He had filled his pipe and was about to light it when he glanced up and beheld Towser's features. Slowly removing his pipe from his mouth he said, "Begorra, Oi've wor-erked wid Germans and Hungarians, and Oi've wor-erked with Oitallians, but if a man wid a face like that comes down here to work beside me Oi gets up!"

### ALMOST TOO MUCH.

In the old days of hand composition a printer known from New York to San Francisco as "Pilgrim" Hazlett wandered into a Pennsylvania town and asked the editor of the weekly for a "sit."

"Well," said the editor, "I can put you to work, but I'm afraid I can't pay much money."

"Make me an offer," said the Pilgrim.

"All right. I can give you two meals a day at my house, you can sleep here in the office on this lounge and I'll take care of your laundry. Then if you need tobacco get it across the street at the grocery. They run an account with us. And up at the brewery you can get a can of beer whenever you like. Besides, I'll pay you four dollars a week. Is that satisfactory?"

"Gosh," said the Pilgrim, after repeating the offer to get it straight in his mind, "if I get all that what do I want with the four dollars?"

During an Episcopal convention in Boston one of the bishops had an experience he will long remember. He was a portly man, weighing over three hundred pounds. One afternoon while walking through Boston Common he set down on one of the benches to rest. When he attempted to get up, he failed in the effort. He tried again and failed. About this time a little girl, poorly clad, came along and was attracted by the struggles of the bishop. Stepping up to him she exclaimed:

"Don't you want me to give you a lift?"

The bishop gazed at her in amazement and exclaimed:

"Why, you can't help me. You are too little."

"No, I am not," she replied. "I have helped my pa get up many times when he was drunker than you are."

A member of the nobility—a large land owner in Ireland—paid a visit to his Irish estates. His visit was a private affair, and no one was cognizant of it but his own agent. On the first day after his arrival he hired a car to take him over his property. He was unaccompanied, and the journey being a long one, he struck up a conversation with the driver as a means of passing time.

"Who owns these estates?" he queried in a careless tone.

"Well, yer Honor," said the jarvey "he's a lord—and he's not ov much account; he gets all his money from the poor people here, and spends it with the big people in London, and we never hardly see him."

"Indeed," said the gentleman, "and why do the people put up with such a man?"

"Faith then," said Paddy, frankly, "I don't know."

"It's a wonder they don't shoot him," said the nobleman.

"It is," was the somewhat laconic reply.

"Come, now, Pat," said the nobleman in an insinuating tone, "tell me really why don't they shoot him?"

"Well," ventured the jarvey, "it's the way, yer Honor, what's everybody's business is nobody's business, and that's the truth."

### 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 Complaint, Kidney Troubles, Headaches, Rheumatism and similar ailments vanish. Dr. Morse's Indian Root Pills & Save Doctors' Bills

### Kumfort Overshoes



### SILK HAT CAUSED RIOT.

On Jan. 15, 1797, when John Hetherington emerged from his London haberdashery shop in the Strand wearing a silk hat, he was surrounded by a mob of such proportions that he was arrested and charged before the Lord Mayor with inciting a riot. The constable who arrested him testified that "Hetherington appeared upon the public highway wearing a tall structure, which he called a silk hat, having a shiny lustre, and calculated to frighten timid people. Several women fainted, children screamed, dogs yelped and a young son of Cordwainer Thomas was thrown down by the crowd and broke his right arm." The defendant pleaded that, as an Englishman, he was free to wear any hat he chose, but, nevertheless, was bound over in \$2,500 to keep the peace.

### TWO NEW USES FOR PAPER.

We often are astonished at the odd uses to which paper can be adapted. The latest articles to be manufactured from paper are policemen's clubs and automobile tires.

An expert mechanic has placed a few clubs made of paper pulp in the hands of New York policemen. So far from being soft, they are as hard as wood and much tougher. Hard heads sometimes break a wooden club, but the paper ones will not break.

A German mechanic has just completed a process by which he has made auto tires from paper, and as far as they have been tested they have been found very satisfactory. It is claimed that they will be more durable than the best rubber tires, and the cost will be greatly reduced.



A bite of this and a taste of that, all day long, dulls the appetite and weakens the digestion.

Restore your stomach to healthy vigor by taking a Na-Dru-Co Dyspepsia Tablet after each meal—and cut out the "piecing".

Na-Dru-Co Dyspepsia Tablets are the best friends for sufferers from indigestion and dyspepsia. 50c. a Box at your Druggist's. Made by the National Drug and Chemical Co. of Canada, Limited.

### Insurance Agents

ACADIA FIRE Insurance Co. Established 1862. A Sound Canadian Company. SURPLUS TO POLICY HOLDERS \$560,486.90. 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 E. BATH, Local Agent Bridgetown. May 14, 1923—1y

### BOOKING ORDERS

for future delivery is not unusual in business houses. We have now on file requests for bookkeepers, stenographers and teachers as far ahead as February, 1914. Why not attend the school popular with students and employers? New term opens January 5th, 1914. Send for free new booklet to

Maritime Business College Halifax, N. S. E. Kaulbach, C. A.

### 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 situation, beautiful view of river and valley. For information apply to The MONITOR PUBLISHING COMPANY, Limited.

FARM FOR SALE. At Albany, farm of 250 acres; 10 acres under cultivation, part orchard, 50 acres pasture, balance wood and timber land, including 25 acres hard wood never cut. Good house of 8 rooms, bath, carriage house, etc. For terms and other information apply to The MONITOR PUBLISHING COMPANY, Limited.

### Railway & S. S. Lines

DOMINION ATLANTIC RAILWAY —AND— 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 10.15 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 Express train from Halifax and Truro, Wednesday and Saturday. P. GIPKINS, General Manager. Kentville

FURNESS, WITBY & CO., LTD. STEAMSHIP LINERS LONDON, HALIFAX & ST. JOHN, N. B. SERVICE.

From London. From Halifax. Steamer. Nov. 29. —Almeriana Nov. 29. —Shenandoah Nov. 26. Nov. 19. —Rappahannock Dec. 10. Dec. 2. —Kanawha Dec. 23. Dec. 17. —Shenandoah Jan. 5.

From Liverpool. From Halifax. Steamer. Nov. 29. —Durango Nov. 29. Dec. 5. —Almeriana Dec. 27. Dec. 19. —Durango Jan. 11.

FURNESS, WITBY & CO., LTD. Agents, Halifax, N. S.

### H. & S. W. RAILWAY

Accom. Mon. & Fri. Time Table in effect Oct. 6th, 1913. Aggr. Mon. & Fri.

Read down. Stations. Read up. 11.30 Lv. Middleton Ab. 16.25 12.01 \* Clarence 15.54 12.20 Bridgetown 15.36 12.50 Granville Centre 15.07 13.07 Granville Ferry 14.50 13.26 \* Karadale 14.34 13.45 A.R. Port Wade Lv. 14.10

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

# SMOKE DERBY PLUG TOBACCO

The red, white and blue jockey cap—on every plug—is the tag which tells the quality of the new DERBY Smoking Tobacco.

A plug which always gives you a fresh, cool smoke.

A tobacco which is distinctively mild, yet satisfying in the pipe. 10c—all dealers.