

### INDIGESTION AND CONSTIPATION

Quickly Relieved By "Fruit-a-lives"

Rochester, P. Q.  
"I suffered for many years with terrible indigestion and constipation. A neighbor advised me to try 'Fruit-a-lives'. I did so and to the surprise of my doctor, I began to improve and he advised me to go on with 'Fruit-a-lives'. I consider that I owe my life to 'Fruit-a-lives' and I want to say to those who suffer from indigestion, constipation or headaches—try 'Fruit-a-lives' and you will get well."  
CORINE GAUDREAU.  
20c a box, 6 for \$2.50, trial size 25c. At all dealers or sent postpaid by Fruit-a-lives Limited, Ottawa.

#### TRAVELLERS' GUIDE

### DOMINION ATLANTIC RAILWAY

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

GOING WEST		GOING EAST	
Stations	Times	Stations	Times
Middleton	11:35	Digby	12:05
Lawrencetown	11:50	Smith's Cove	12:20
Paradise	11:57	Imbertville	12:24
Bridgetown	12:08	Bear River	12:28
Tupperville	12:13	Deep Brook	12:37
Bonhill	12:18	Clemensport	12:44
Annapolis Royal	12:42	Upper Clemens	12:53
Upper Clemens	12:53	Annapolis Royal	1:07
Clemensport	12:59	Round Hill	1:22
Deep Brook	1:06	Tupperville	1:32
Bear River	1:15	Bridgetown	1:45
Imbertville	1:18	Paradise	1:56
Smith's Cove	1:22	Lawrencetown	2:03
Digby	1:37	Middleton	2:20

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

#### H. & S. W. RAILWAY

Accom.	TIME TABLE	Accom.
Wednesdays only	IN EFFECT	Wednesdays only
	March 10, 1918	
Read down	STATIONS	Read up
11:40 a.m. Lv. Middleton	Ar. 5:00 p.m.	11:40 a.m. Lv. Middleton
12:00 p.m. Bridgetown	Ar. 4:23 p.m.	12:00 p.m. Bridgetown
12:22 p.m. Granville Centre	Ar. 4:10 p.m.	12:22 p.m. Granville Centre
12:49 p.m. Granville Ferry	Ar. 3:43 p.m.	12:49 p.m. Granville Ferry
13:12 p.m. *Karsdale	Ar. 3:25 p.m.	13:12 p.m. *Karsdale
13:20 p.m. Ar. Port Wade	Lv. 2:45 p.m.	13:20 p.m. Ar. Port Wade

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

### C.P.R. Directors in the West

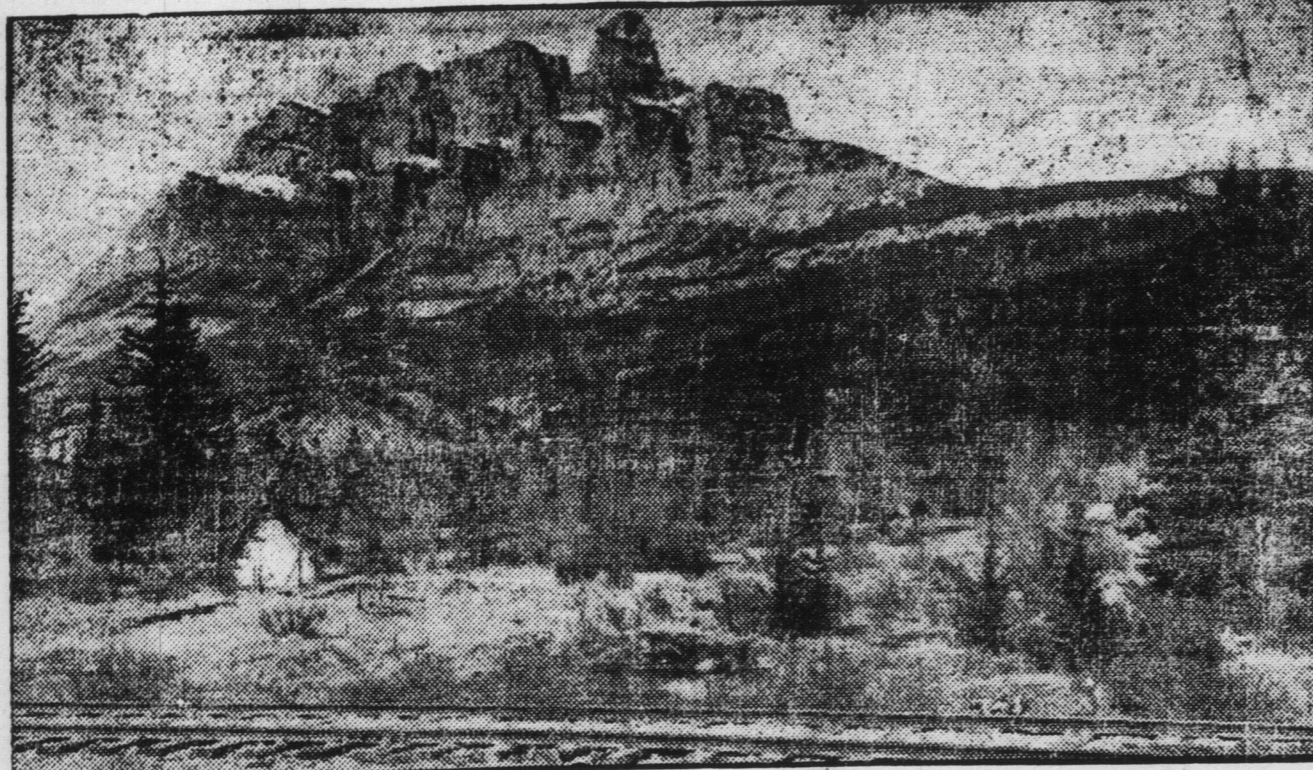


**C. R. Hosmer.** Sir Augustus Nanton, Senator F. L. Beique, E. W. Beatty, K.C.

ALTHOUGH Montreal is the headquarters of the C. P. R., the interests of the railway lie just as much in the West as in the East. If not more so, and the train which carries the President on his annual inspection trip always carries with it a strong contingent of directors. The names of the directors are identified with the early construction of the C. P. R., so far back as 1853. The Royal Bank under his presidency has made phenomenal progress, while he is the moving spirit behind some of the most important power development schemes in Canada. Mr. C. R. Hosmer began life as a telegraph operator, and at one time was manager of the C. P. R. Telegraphs. He is still closely identified with several telegraph and cable companies, but in 1859 entered his interests, so that he is now president of the Ogilvie Flour Mills and is a director of the Bank of Montreal, the Royal Trust Company, the Dominion Textile Company, the Laurentide Paper Company, and many other such representative Canadian undertakings.

Mr. W. D. Matthews is one of the leading financiers of Toronto. He was long engaged in the grain trade, and has been president of the Toronto Corn Exchange and chairman of the Eastern Grain Standard Board. As president of the great Consolidated

### The Lord of Castle Mountain



Castle Mountain in the Canadian Pacific Rockies.

THE early fall had come in the mountains. Hunting parties passed daintily at some tender lichen. A shadow flitted across his eyes, but he paid no heed, for the lambs that were small in the spring were now well-grown and could take care of themselves should some bold eagle try to topple one off the ledges. The big buck had no worries therefor. The bears were down below fattening on berries; the wolves were in the timber getting good feed from among the partridges, rabbits and perhaps some wounded deer or moose. The precipice on which the sheep stood dropped sheer for some six hundred feet to the snow-covered rubble of the upper edges of the timber belt, stunted, scattered trees barely skinned out a precarious existence where the rock walls started to climb. Away in the valley bottom a black dog crawled unheeded. It was a Canadian Pacific freight train laboring along from Banff to Lake Louise.

A man, rifle on back, crawled like a fly up a steep "chimney"; sweat dripped from his brow, his breath was labored; he crept slowly upwards, using hands and feet and sometimes his chin. Field glasses had told him the splendid buck was above and he wanted a shot at the king of the peaks. At last he reached the plateau and looked. There five hundred yards away on the further side of a canon, which it would take a half day to climb, stood the first belt of the Canadian Rockies. On the edge of a sheer precipice, a magnificent specimen of the Rocky Mountain sheep, or bighorn, nibbled daintily at some tender lichen. A shadow flitted across his eyes, but he paid no heed, for the lambs that were small in the spring were now well-grown and could take care of themselves should some bold eagle try to topple one off the ledges. The big buck had no worries therefor. The bears were down below fattening on berries; the wolves were in the timber getting good feed from among the partridges, rabbits and perhaps some wounded deer or moose. The precipice on which the sheep stood dropped sheer for some six hundred feet to the snow-covered rubble of the upper edges of the timber belt, stunted, scattered trees barely skinned out a precarious existence where the rock walls started to climb. Away in the valley bottom a black dog crawled unheeded. It was a Canadian Pacific freight train laboring along from Banff to Lake Louise.

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### 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 and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

### What is CASTORIA

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.

### 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.

### Most Heat from Fuel

One reason why the Kootenay Range gives the most use of the heat generated from the fuel, is that the grates have ample vents to make perfect combustion in the firebox, which is properly and scientifically proportioned according to the needs of the range.

FOR SALE BY  
Magee & Charlton, Bridgetown, N.S.

## McClary's Kootenay Range

London St. John, N.B. Toronto Calgary Montreal Hamilton Winnipeg Edmonton Vancouver Saskatoon 75

### ONE WEEK'S BUDGET FOR A FAMILY OF FIVE

- 40 lbs. Potatoes.
- 14 lbs. other Fresh Vegetables. (Use Vegetables freely)
- 10 lbs. FLOUR (Use as little Wheat Flour as possible)
- 10 lbs. CEREAL in other forms (Substitute other cereals for Wheat)
- 2 lbs. Butter or Fat
- 1 lb. cooking Fat
- 1 lb. SUGAR
- 1 lb. corn Syrup
- Molasses or Honey
- MEAT & MEAT SUBSTITUTES AT LEAST 2 lbs. FRESH FISH and 1 lb. SALT FISH
- 1 Doz. EGGS, 2 lbs. DRIED BEANS or SPLIT PEAS, 1 lb. CHEESE
- Hot Oats 4 lbs. LEAN MEAT

WHEAT, MEAT, and FAT are NEEDED OVER/EA. SAVE THEM IN EVERY POSSIBLE WAY.

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

### LABOR

When you buy matches look for the name "Eddy" on the box. A kind for every purpose.

### WINTER & 1919

Think of J. HARRY HICKS, Men's Furnishing. Goods at right prices. Day and Tuesday and

### HICKS

Queen and Granville Streets

### Money Loan

SON, Halifax

### BOOTS

Lin Soles. Eat less Bread. FIRE & SONS