



We are spending \$5,000.00 this month to explain what the word "Constipation" means.

Constipation means NON-ACTION OF THE BOWELS. If the liver is healthy, it pours enough bile into the intestines to make the bowels move. Then, too, the bowels discharge waste matter from the body by a peculiar snake-like movement. This requires strong muscles.

When the bowel muscles are weak—when there is not sufficient bile—the bowels do not move for two, three, sometimes four and five days.

This non-action of the bowels is Constipation. Waste matter, which should leave the body, is taken up by the blood, and carried to the kidneys and skin. These organs—in a vain endeavor to throw off the poisons—are overworked. The poisoned blood, in turn, irritates the nerves, causing Headaches—Backaches—Neuralgia.

The weakened kidneys cannot rid the system of uric acid, which changes into uric acid, causing Rheumatism, Sciatica and Lumbago.

It is useless to try to cure Constipation with calomel, cascara, senna, strong purgative pills and vile-tasting mineral waters. They simply force the bowels to act by irritating the delicate membranes. Their action weakens the muscles and really does more harm than good.

"FRUIT-A-TIVES" ACT ON THE LIVER—stimulate the glands—and so regulate the action of the liver that it will excrete sufficient bile to move the bowels in the normal, natural way every day.

Nothing else in the world will so surely and permanently cure Constipation.

"FRUIT-A-TIVES" are made of fruit juices, intensified, with the most valuable tonics and antiseptics added. Cure yourself of Constipation by taking these wonderful liver tablets. See a box. Sent by mail if your druggist has none. Fruit-a-tives Limited, Ottawa.

Sunday Observance in This Province

At the annual Synod meeting of the Church of England in Nova Scotia, the present duty of the citizens concerning the Lord's Day received prominent attention. In his address the Right Rev. Bishop Worrell, D. D., uttered the following wise words of warning:

"But drink is not the only evil. It was recently said by a writer in the Guardian: 'We have to thank our upper classes for setting the example which has borne such happy fruits, of ceasing to drink to excess. If they should now set a further example in the matter of Sunday observance, they will place themselves at the head of a movement which is called to make an enormous contribution to the moral and physical welfare of the nation.'"

"In this country and notably in this Province the matter of Sunday observance need cause no anxiety. It is well to have the eyes of so keen a watch dog as the Lord's Day Alliance ever observant of what goes on and ever ready to check the least movement in disregard of the law. But the best results will come from the attitude of those who are regarded as the leaders of society. If these insist on forgetting that Sunday is the Lord's Day, set apart not only for rest and refreshment, but most of all for worship, we shall find the entertainment and lurching and dining and restless week-end functions made the feature of the day, and we cannot be surprised if others less favored with this world's goods and culture will use what they find to hand and make the day one of boisterous and godless pleasure-seeking."

At a subsequent session, Rev. Archdeacon Armistead, D. D., presented the report of the Committee on Sabbath Observance. From it we glean the following items of interest:

"In Halifax there has been a decrease of Sunday work on our railway system, and the law appears to be fairly well observed in shipping circles." It was stated that there is still an amount of trading in small shops, which, unfortunately, an opportunity for the sale of intoxicants.

"In the industrial centres of Pictou county there are a number of factories still needing solution, involving Sunday labor by a number of people."

"In the Annapolis Valley and in the western part of the province the Lord's Day was reported to be well observed."

"In Cape Breton much has been done. The Dominion Iron and Steel Company has already reduced the amount of Sunday labor, and promises still further reduction. The Pictou Tram Company has also lessened the hours of Sunday travel and has made arrangements to give employees half of the Sunday for rest."

"Effort is still being made to reduce to a minimum unnecessary labor on the Lord's Day."

The Lord's Day Alliance received hearty commendation, and was commended to the support of the clergy and congregations.—M.

Bear River

Miss Edith Clarke spent the past week with friends in Wolfville. B. C. Clarke went to Halifax Wednesday on business and pleasure combined.

Mr. and Mrs. Brenton H. Rice are attending the Exhibition at Halifax. Mrs. G. C. Locke, of Everett, Mass., who has been the guest of Mrs. A. W. Dunn, returned home Wednesday.

Charles E. Miller arrived from Brooklyn, N. Y., Monday for his annual moose hunt.

W. W. Clarke went to Bridgewater on business last Saturday, returning the first of the week.

Willie J. Wright left Monday for New Haven, Conn., where he will enter Yale College, for a year's course. J. B. Rice arrived Monday, and he and his family returned to Boston Wednesday.

Miss L. Myrtle Miller spent the past week at Lake Jolly, the guest of Mrs. W. E. Miller.

Mr. and Mrs. William Morgan are spending a few days at the exhibition at Halifax.

B. E. Crouse arrived from Boston Wednesday on a few days' visit to his parents, Mr. and Mrs. W. S. Crouse.

Mr. and Mrs. H. M. Rice and little son, Raymond, went to Halifax Wednesday to spend a few days at the exhibition.

Fred Benson arrived from Somerville, Mass., Monday on a few weeks' visit to his parents, Mr. and Mrs. F. W. Benson.

Mrs. Walter W. Payson and three children, who have been visiting her father, Mr. William S. Harris, returned to Boston last Wednesday.

Wallace Dunn, who has been spending a few days with his brother, Charles F. Dunn, returned to Haverhill, Mass., Saturday.

Miss Ethel Harris, who has been spending her vacation with her parents, Mr. and Mrs. Stewart Harris returned to Boston last Saturday.

Mr. and Mrs. Charles S. Bryer, who have been spending some weeks with friends here, returned to their home in Abundale, Mass., Monday.

Mrs. Harry Ryerson and little son, who have been spending the summer here, returned to Boston last week.

Mrs. (Dr.) L. J. Lovett and daughter, Dorothy, left Wednesday for Halifax to spend a few days at the exhibition.

Mr. and Mrs. Frank Hayden and daughter, Beulah, who were the guests of Mrs. Margaret DeLap, returned to their home, Watertown, Mass., last week.

Warden C. H. Purdy and Councillor Frank Jones, who have been attending county Court at Clare, returned home Wednesday.

Mr. and Mrs. Gilbert Schaffner, of Granville, and Mr. Lloyd and Miss Winnifred Schaffner, of Lynn, were the guests of Mrs. Schaffner's mother, Mrs. Margaret E. DeLap, last week.

The Bear River Civilians' Rifle Association held their annual shoot on the range here on Wednesday. We were unable to get the score in time for this issue, but it will appear in the next.

Dr. Lovett expects to be away for a week or ten days after the first of October. During his absence, Dr. DeBlanc, house surgeon of the Victoria General Hospital, Halifax, will attend to his practice.

The first of this week we had big rainstorms, accompanied by heavy winds, which did considerable damage to the apple crop. The blight has struck the potatoes in this vicinity, and some of the farmers reporting that about half of their crop is effected, while others have as yet seen no cause for alarm.

The schooner Nova, reported ashore on Romer Shoals, near New York, has been hauled off and put in dry dock for temporary repairs, to enable her to proceed to her berth to discharge a cargo of lumber. She has lost rudder post, rudder and keel, with some damage to her stern. The full extent of damages cannot be ascertained until after cargo is discharged.

The prize lists of the Digby County Exhibition have been sent out. The total amount of prizes is seven hundred and fifty dollars, and all things point to a good show of stock, fruit and vegetables and in all other classes. Preparations are being made for a grand display. The Committee also intend arranging for a horse race, which never fails to draw a large crowd in Bear River. There will be hauling matches and other attractions as well. You'd better come.

MINARD'S LINIMENT RELIEVES NEURALGIA.



This is the pail that takes the place of a bakery of your own. When you open the pail, the biscuits are as fresh and crisp as at the door of the ovens. There is dainty eating for every meal, in one of these popular lunch pails. Get one.

Fall Millinery Opening

We beg to announce that our Fall Opening of MILLINERY will be held on Fri. & Sat., October 4th and 5th. All are cordially invited to attend.

Misses Dearness & Phalen

It Will Pay You To call at J. Harry Hicks and get his prices on

Men's and Boy's Clothing

for the next 10 days, also see what he is showing in

Fall and Winter Suits

A full line of Gentlemen's Furnishing

J. Harry Hicks

Guns! Guns!

We have just received our full stock of Guns, Rifles and Ammunition. We also have good stock of Screen Wire Cloth, Fly Screens and Screen Doors. A full line of Tinware and Enamel Ware, and a few Lawn Mowers, for sale cheap at the Hardware Store.

KARL FREEMAN WANTED.

A LARGE QUANTITY OF HIDES, PELTS, CALF SKINS TALLOW Cash paid at the Highest Market Prices. MacKenzie Crowe & Co. Ltd.

DOMINION ATLANTIC RAILWAY
—AND—
Steamship Lines
—TO—
St. John via Digby
—AND—
Boston & N. Y. via Yarmouth
"Land of Evangeline" Route.

On and after September 25, 1907, the Steamship and Train Service on this Railway will be as follows (Sunday excepted):
Flying Bluenose from Halifax, ... 12.06 p. m.
Flying Bluenose from Yarmouth, ... 12.53 p. m.
Express from Halifax, ... 11.34 a. m.
Express from Yarmouth, ... 2.32 p. m.
Acorn from Richmond, ... 5.15 p. m.
Acorn from Annapolis, ... 7.00 a. m.

Midland Division
Trains of the Midland Division leave Windsor daily, (except Sunday) for Truro at 7.40 a. m. and 5.20 p. m. 6.36 a. m. and 2.45 p. m., connecting at Truro with trains of the International Railway, and at Wigwag with express trains so and from Halifax and Yarmouth.

Boston Service
S. E. PRINCE GEORGE AND BOSTON by far the finest and fastest steamer plying out of Boston, leave Yarmouth, N. S., Monday—Wednesday, Friday and Saturday, immediately on arrival of express and Bluenose trains from Halifax, arriving in Boston next morning. Returning, Prince George and Boston leave Long Wharf, Boston, Tuesday, Thursday, Friday and Sunday at 2.00 p. m.

St. JOHN and DIGBY
ROYAL MAIL S. S. PRINCE RUPERT Daily Service (Sunday excepted). Leaves St. John, ... 7.45 a. m. Arrives in Digby, ... 10.45 a. m. Leaves Digby same day after arrival express train from Halifax.

FARSBORO-WOLFVILLE
S. S. Prince makes daily trips, Sunday excepted, between Farsboro and Wolfville calling at Kingsport in both directions. Trains and steamers are run on Standard time. P. GIFFINS, Kentville, General Manager.

EXECUTOR'S NOTICE.
All persons having legal demands against the estate of the late David Hatt, of Inglewille, County of Annapolis, are requested to render same within six months from date thereof. All persons indebted to the said estate are hereby requested to make immediate payment to
O. S. MILLER.

Bridgetown Market.
We carry a choice line of Beef, Pork, Lamb, Veal, Poultry etc.—Sugar Cured Hams, and Breakfast Bacon always in stock.—Fresh Fish in Season.

Williams and Cibert
WANTED!
Will give \$10.00 to \$25.00 for Old Carved sofas like this cut in Mahogany.
W. A. KAIN, Box 186, St. John, N.S.

Tenders
SEALED TENDERS addressed to the Postmaster General, will be received at Ottawa until Noon on Friday, the 4th October, 1907, for the conveyance of His Majesty's Mail, on a proposed Contract for four years, 3, 6, and 12 times per week each way, between DALHOUSIE ROAD and FALKLAND RIDGE.
FALKLAND RIDGE and SPRINGFIELD.
SPRINGFIELD and H. & S. W. RAILWAY STATION.
Printed notices containing further information as to conditions of proposed Contract may be seen and blank forms of Tender may be obtained at the Post Offices of Dalhousie Road, Falkland Ridge, Springfield, and route offices and at the office of the Post Office Inspector at Halifax.
G. C. ANDERSON, Postmaster General.

Patronize The Paradise General Store.
We are offering great Bargains in Sugar, Flour and Feed this week. It is our Fancy Goods, our new Stationery is worthy of your attention. You can get anything to be found in an up-to-date Store.
E. E. BURKE & SON.

Tailor Repair Room
Having opened the rooms formerly occupied by Chas. Hearn for the purpose of repairing cleaning and pressing ladies' and gentlemen's clothing.
I wish to solicit your patronage and assure you that your needs shall be promptly and satisfactorily attended to.
RALPH LANE

EXECUTOR'S NOTICE.
All persons having legal demands against the estate of the late Richard Shipley, of Bridgetown, County of Annapolis, are requested to render same within three months from date thereof. All persons indebted to the said estate are hereby requested to make immediate payment to
ISABEL F. SHIPLEY, Executor, and see what baby is crying about.

MORGANVILLE.
Percy Snell and Curtis Berry left Monday for Bangor, Maine. William Snell and George Jewel of Strathban, N. B., returned to their home on Monday. William Porter, of South Range, spent Sunday with his brother, Jesse Porter. Mr. and Mrs. James Kennedy, of Wallace Line, spent Thursday with Mr. and Mrs. Leonard Berry. Mr. Porter, of South Range, is visiting his son, Jesse Porter. Mrs. Tedy Tutis is visiting her sister, Mrs. Beier McNeil, North Range. Mrs. William Smith retained a number of the young folk at a party on Saturday evening. Miss Weir, of Annapolis, is visiting Miss L. T. Barry.

FOR CHRONIC DIARRHOEA.
"While in the army in 1863 I was taken with chronic diarrhoea," says George M. Felton, of South Gibson, N. S. "I have since tried many remedies but without any permanent relief until Mr. A. W. Miles, of this place, persuaded me to try Chamberlain's Colic, Cholera and Diarrhoea Remedy, one bottle of which stopped it at once." For sale by W. A. Warren, Pharm. B.

"Why," said E. H. Harriman at a dinner in New York, "things have come to such a pass that soon the man who is successful and rich will be looked upon with as much mistrust as the lawyer of the tale." "This lawyer said sadly to his wife on his return home one night: "People seem very suspicious of me. You know old Jones? Well, I did some work for him last month, and when he asked me for the bill this morning I told him out of friendship that I wouldn't charge him anything. He thanked me cordially, but said he'd like a receipt."

Farm for Sale
The subscriber offers a small farm at Carleton's Corner, ten minutes walk from Bridgetown, has good orchard, capable of bearing 200 barrels apples, also pear, plum, cherries and other small fruit trees. Good house, grounds, vegetable on S. and E. side, also good outbuildings, cuts hay for two cows.
HARRY LISTER.

Mrs. Uptodate—Marie, have you finished bathing the dog?
The Maid—Yes, ma'am.
Mrs. Uptodate—Did you tie the pink ribbon round his neck?
Maid—Yes.
Mrs. Uptodate—Then you can go. Errotituz, and see what baby is crying about.

WILSON'S FLY PADS
One pad placed here actually killed a hundred of flies.
SOLD BY
MINARD'S LINIMENT RELIEVES NEURALGIA.