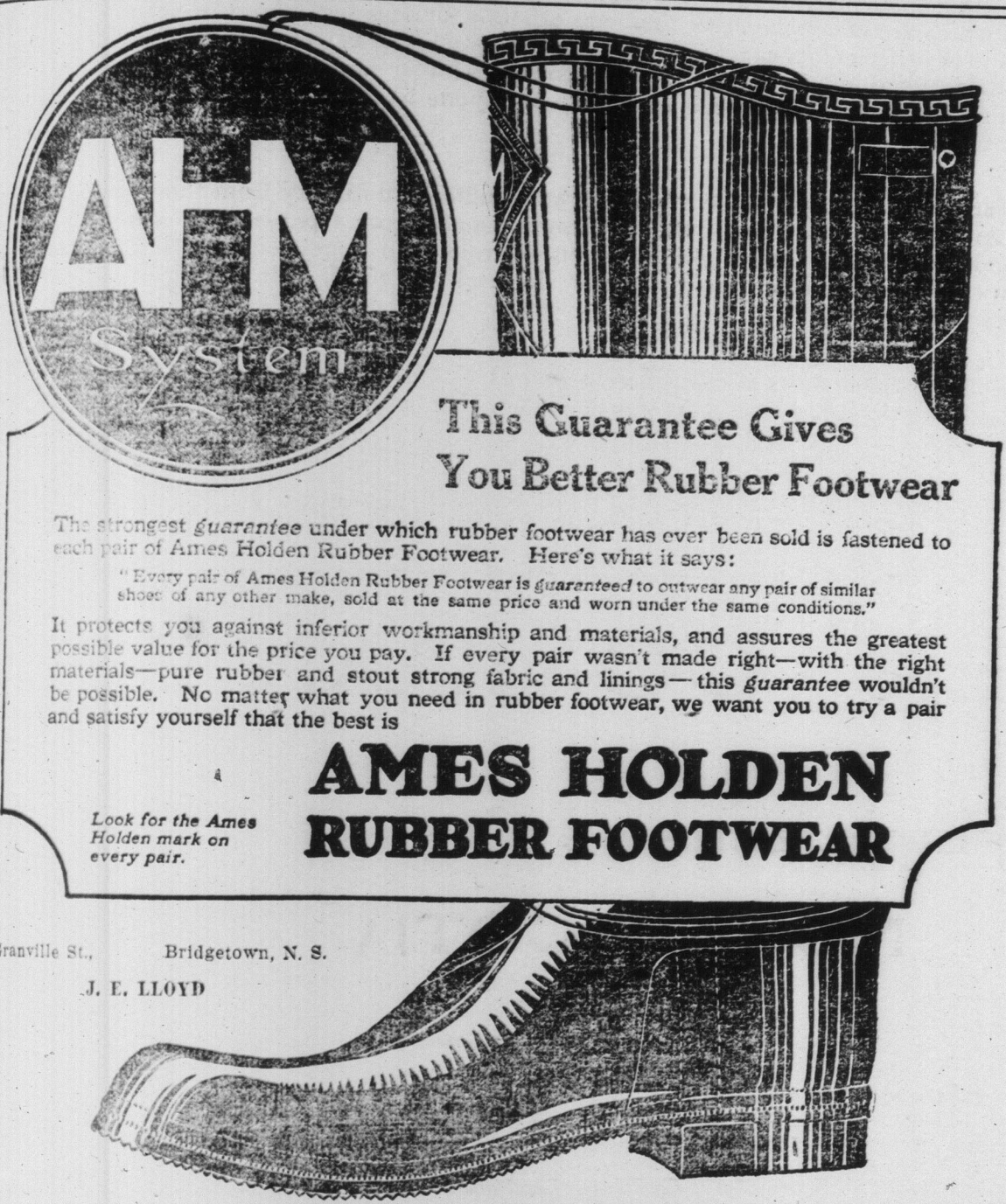




Your Grocer thinks well of King Cole Tea and confidently recommends it. He has intimate knowledge of its persistently increasing sale, and his experience tells him that back of this must be genuine merit in the tea itself.

"You'll like the flavor"

AM System

This Guarantee Gives You Better Rubber Footwear

The strongest guarantee under which rubber footwear has ever been sold is fastened to each pair of Ames Holden Rubber Footwear. Here's what it says:

"Every pair of Ames Holden Rubber Footwear is guaranteed to outwear any pair of similar shoes of any other make, sold at the same price and worn under the same conditions."

It protects you against inferior workmanship and materials, and assures the greatest possible value for the price you pay. If every pair wasn't made right—with the right materials—pure rubber and stout strong fabric and linings—this guarantee wouldn't be possible. No matter what you need in rubber footwear, we want you to try a pair and satisfy yourself that the best is

AMES HOLDEN RUBBER FOOTWEAR

Look for the Ames Holden mark on every pair.

Granville St., Bridgetown, N. S.
J. E. LLOYD

PROGRESSIVE COUNTIES

Mr. John D. MacDonald, Registrar of Deeds, Pictou, has at last after five years' effort, completed the work of making new consolidated and type-written indexes for the Registry, covering a period of one hundred and fifty years—from 1771, when the Philadelphia grant was registered as the first instrument down to the end of 1921. This was a big piece of work and Mr. MacDonald handled it well, having thereby made his office the most desirable of all the registry offices in the Province in which to search titles. He has had, too, the co-operation of the County authorities in the enlargement of the registry vault, within which searching can now be carried on with ease. Mr. MacDonald says the impression is quite general throughout the county that one must visit his office in person in order to have documents registered or titles looked up, but this is altogether unnecessary. Persons having papers ready for registration should not take the risk of holding them for any length of time, when mail service is available.

It might be of interest to our Annapolis County readers to learn that this county is also progressive and has adopted the same system in its Registry office, and the Registrar is very busy these days consolidating a ten year period, the books of which are in a very bad shape on account of long service.

The committee is to be congratulated on their foresight in arranging to have this important work done which will be of great benefit to the whole county. A new Record Book has been introduced in which all records are now made with the typewriter and the old method of long-hand has been abandoned which will mean a great saving to the county in books as very much less space is required in which to copy the documents when done on the typewriter. The Registrar had to purchase a new special wide carriage typewriter with which to do this work.

GENERAL DEBILITY FOLLOWS INFLUENZA

The After-Effects Often More Serious Than The Disease Itself

No reasonable precaution to avert an attack of influenza should be spared. The disease itself often proves fatal and its after-effects among those who are spared, make the life of the victim one of almost constant misery. Ask almost any of those who have been attacked by this trouble what their present condition of health is and most of them will answer: "Since I had the influenza I have never been fully well." This trouble leaves behind it a persistent weakness of the limbs, shortness of breath, bad digestion, palpitation of the heart and a tired feeling after even slight exertion. This is due to the thin-blooded condition in which the patient is left after the fever and influenza have subsided. This condition will continue until the blood is built up again, and for building up the blood and strengthening the nerves nothing can equal a fair treatment with Dr. Williams' Pink Pills. The value of this medicine in cases of this kind is shown by the statement of Mr. Edward J. McGuire, Pembroke, Ont., who says:—"In the fall of 1918 I was attacked with the influenza—and not in a mild form either. I was confined to my room for three weeks, and although the influenza subsided I did not regain my health. As a matter of fact I seemed to be growing weaker. I had no appetite, was subject to fainting spells and my feet and ankles were badly swollen. The doctor told me that my condition had developed into a serious case of anaemia, and although I was under his care for over two months I was not improving in any way. At this stage one of my friends advised me to try Dr. Williams' Pink Pills. I was loath to do so, as I began to think my case hopeless. However, I was finally persuaded to try them, and by the time I had used two boxes there was no doubt they were helping me. I continued taking the pills until I had used a dozen boxes, when I found that every symptom of the trouble had left me and I was again enjoying the best of health. I returned to my work and have ever since been in good health and feel that I owe it entirely to Dr. Williams' Pink Pills. I think that anyone who is suffering from the after-effects of influenza, or any form of anaemia should give this medicine a fair trial."

You can get Dr. Williams' Pink Pills through any dealer in medicine, or by mail at 50 cents a box, or six boxes for \$2.50, from The Dr. Williams' Medicine Co., Brockville, Ont.

Vulcanizing

Auto Tires and Tubes
First Class Work Guaranteed
A. T. SPURR
ROUND HILL
Tel 40-23

"ALPHIE" CHUTE

Bear River Nova Scotia
BUILDING MOVER & CONTRACTOR
Buildings of all classes raised and moved with Families and Chimneys. Vessels Raised and moved. Boilers and Engines put on Board Steamers, also, taken out Steamers. The only Practical Building Mover in the Lower Provinces.
Phone residence 11-3, Bear River Nova Scotia.

Shrubs, Trees, Vines, Hedges, Roses, Fruits

Special Discounts on February Orders.
Write today for price list.
CANADIAN NURSERY COMPANY
Moncton, N. B.

REST AWHILE TEA ROOM

—AT—
CENTRELEA
where you can obtain a hot cup of tea, coffee or cocoa on short notice. Also Confectionery, Soft Drinks, Tobacco, Cigarettes, Cigars, etc. and Groceries.
MRS. A. W. DANIELS
TRESSES! TRESSES!
ALL KINDS OF FRUIT AND ORNAMENTAL Trees, Grape Vines, Currant, Gooseberry, Blackberry and Raspberry Bushes, Flowering Shrubs, Evergreens, Roses, Climbers, etc. Everything in the Nursery line. Send list of your wants for prices. DEAL DIRECT AT LOWEST COST. Catalogue free.
J. H. WISMER,
Nurseryman, Port Elgin, Ontario.

ICE SUPPLY ON THE FARM

One day last summer I met a farmer who had been to the station with his cream. He had just received his cheque for July and showed his account with the company for the same month. It credited him with fifty-two pounds butter fat at forty-seven cents from first grade cream, and two hundred and twenty-four pounds butter fat at thirty-seven cents from second grade cream. When I asked him how he came to have so much sour cream, he said he had no ice and that his well water wouldn't keep his cream sweet, especially over Sunday. Then I asked him why he hadn't put up ice. "Well," he said, "It was too much bother."

A glance at the figure in this man's account will show that he lost \$22.40 that month by not having ice.

Outside of its use in the dairy, ice is essential in the farm home for supplying the refrigerator, in which meats, butter and other perishable foods can be kept fresh for a number of days.

To know how much ice to put up the following is a safe rule to follow: If engaged in the city milk trade the farmer should put up two tons of ice per cow, if supplying cream, one ton per cow is sufficient, and four tons for household use.

In putting up ice, one foot below the ice, one foot along each side and two feet above should be allowed for the sawdust. If the weather is cold, it is a good plan to pack damp snow between the cakes. This prevents the air from melting the ice.

Ice may be stored in the eaves of a woodshed or outbuilding, but it is better to have a building especially built for the purpose, because the dampness is apt to rot sills and walls.

In building, two things are essential, drainage and ventilation. Unless the soil is sandy, a few inches of gravel under the ice, with a drain to carry off the water is necessary. By having openings in the gables a draught can be secured which will carry away the warm air under the roof. Plans and suggestions for farm ice houses can be obtained free from the Central Experimental Farm, Ottawa, or from your nearest Experimental Station.

As ice often comes into direct contact with food and drink, it is important to secure it as clean as possible. It should never be taken from streams, or ponds into which there is any drainage from houses or barns. Disease germs lying dormant in the ice may become very active if they get into man's food.

Good, clear ice, free from snow, harvested before it begins to melt, is the best.

Ice is free for the taking and requires only a little labor in harvesting, therefore, why shouldn't it be used on every farm, when it gives such good returns, not only as cash, but in convenience to the household.

M. D. MacCHARLES,
Experimental Station,
Lennaxville, Que.

MINER KILLED AT SPRINGHILL

Kay Jones was Crushed to Death by A Fall Of Rock.

Springhill Mines, N. S., March 8—Kay Jones, a miner employee at number two mine is dead as the result of an accident at the mine this morning. Jones, with his buddy, John Henwood, were engaged cutting out a new place in number nine incline, on the east 2400 foot level. The explanation of the accident is that Jones was digging out a hole for a prop to support a boom, when a bump or movement of the roof sprung the running boom supporting the roof. The roof of the incline caved in, Henwood was pinned to the side of the incline. He was extricated without suffering serious injuries. The fall of rock buried Jones, and he was only after four hours of strenuous labor that his mangled body was recovered from the debris.

The deceased was of English extraction, and single. He boarded at the company boarding house and had no relatives in Springhill. He was a member of the Springhill branch of the Great War Veterans' Association. To-day their flag is at half mast in honor of the dead. The accident took place shortly after one o'clock, and the body was brought to the surface at six o'clock this morning. As is customary under such distressing circumstances the day shift was cancelled, and the mine did not work. Hoisting was resumed on the afternoon shift.

Norfolk, Va., Mar. 8—The schooner which went aground yesterday near Cape Charles light, was identified today as the United States ship Balsa, formerly The Breakers, constructed in Yarmouth, N.S., in 1919. The Balsa is in no danger, coastguards said, the sea being smooth and her position being protected.

CASTORIA

For Infants and Children
In Use For Over 30 Years
Always bears the Signature of *Chas. H. Fletcher*

Children Cry for Fletcher's CASTORIA

Fletcher's Castoria is strictly a remedy for Infants and Children. Foods are specially prepared for babies. A baby's medicine is even more essential for Baby. Remedies primarily prepared for grown-ups are not interchangeable. It was the need of a remedy for the common ailments of Infants and Children that brought Castoria before the public after years of research, and no claim has been made for it that its use for over 30 years has not proven.

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 Comfort—The Mother's Friend.

GENUINE CASTORIA ALWAYS

Bears the Signature of *Chas. H. Fletcher*
In Use For Over 30 Years
THE CENTAUR COMPANY, NEW YORK CITY

WEALTH OF FISHERY RESOURCES BASED UPON FISH CONSUMPTION

If We Eat No Fish Our Immense Natural Property Returns No Dividend—The Industry In The Hands Of The Consumer.

Many, many people do not realize what tremendous possibilities there are in our prolific fisheries. They are limitless sources of riches. Each crop of fish is newly-created wealth, just as substantial as that represented in grain and wheat, in cattle and similar food products. But unlike the commodities with which it has been compared, fish does not require any guiding care on the part of man. The perennial crops develop naturally, leaving to us the mere labor of reaping. The natural potential resources of our young country in this regard outstrip those of any other nation. Still we are not at the top as a fish-producing nation. We do not even take advantage of seafood here at home for our annual consumption is but twenty-one pounds per head.

When the statement is made that each crop of fish is new-found wealth, there are well-defined limitations. The value of a fish cargo is measured by the amount of money it will bring—not by the amount of nourishment it affords. The law of supply and demand fixes the gold value, which increases as the supply diminishes and falls to zero as the supply increases. Not infrequently boats laden with fresh fish come into eastern ports from the North Atlantic Banks and fail to find a market for their catch. Not a great many months ago a steam trawler failed to dispose of a cargo of 250,000 pounds at any price. So fish is new wealth only when it may be marketed.

The extent of the wealth we may acquire from the sea rests then entirely upon the demand, so the development of the industry does not rest with the fisherman and the persistence and vigor with which he prosecutes his calling. It lies entirely with the consuming public in this country and elsewhere. It is economic folly for the fisherman to take a single fish above the amount for which he can find a market. Any additional labor is wasted.

It is estimated that our waters are sufficiently fertile to supply the markets of the world with fish. Last year we caught close to a billion pounds, while the neighboring republic doubled that amount. From the great banks of the North Atlantic—literally at our door—our American cousins take from two to three times the quantity of fish we do. Is that not surprising?

Fish is undoubtedly becoming more popular. Statistics prove it. But it is necessary for the speedy advancement of the industry that it be used to a still greater extent. Canada consumes about fifty per cent (in value) of the fish she produces. It is the fisherman's most important market and their supply is controlled largely by the extent of this market's demand.

It is not necessary to dilate upon the individual economic and other advantages of a diet liberally provided with fish. This fact is pretty generally appreciated. One item of the greatest importance, however, is to make use of our unusual variety of seafoods. Our waters yield no less than six hundred edible species but not more than twenty are popular on the Canadian market. This means

a national economic loss, because the fisherman's catch is rendered only sixty to seventy per cent. marketable. The balance must be thrown back into the sea.

Try any fish once. It would not be placed on the market if it were not a good, substantial and wholesome fare.

RESULT OF THE LAST HORSE RACE

The following is the result of the horse race on the Annapolis River, Saturday, March 4th:

Free For All:
Elias Ramey, "Don S. L.", first money.
Kenneth Hebb, "Nancy", second money.
Wheelock Marshall, "Queen Bess", third money.
It is no doubt that "Don S. L." is the fastest horse in the town except "Confection" owned by Mr. C. F. DeWitt.

Green Race:
Harry Annis, "Cornercracker", first money.
Harry Bent, "Lucellar", second money.
J. R. Skinner, "Prohibition", third money.

LONESOME I

Men, Women, Girls, Bachelors, Widows, etc.

Join our Correspondence Club and make many interesting friends. Get acquainted throughout the world through our medium. Marry Wealth, Happiness. Hundreds rich, attractive and congenial, willing to wed. Photos Free. Send 50 cents for four months' subscription. \$1.00 for one year.


FLORENCE BELLAIRE
200 Montague Street, Brooklyn, N. Y.

Springhill Mines, March 8—The first automobile from Parrsboro to Springhill by road this year came through from the Bay Town last night, when Percy Bentley, who is opening a garage in Springhill, came through in five hours. His car was fitted with runners in place of front wheels. The road from Parrsboro to Southampton was fairly clear, but between the latter place and Springhill Mr. Bentley encountered heavy drifts.



For Soft and Spongy Jelly Rolls

Barbour's GOLD BOND BAKING POWDER
Made without Alum.



The AMBEROLA cheers your home coming

An Amberola!—what a world of good cheer, of good music, it brings to every home! We have Mr. Edison to thank for it—for its wonderful music, its Diamond Point Reproducer—its low price.

Edison's New Diamond Amberola is a revelation. If you have listened to none but shrill "talking machines" and metallic phonographs there's a pleasant surprise awaiting you. You really have no conception of how clear, pure and mellow music can be until you hear the Amberola.

The all-around goodness of the Amberola is due to the inventive genius of Thomas A. Edison. He has no peer—that is why the Amberola has no equal.

Come today to our store and let us play your favorite selections on the Amberola. You can own the Amberola on practically your own terms if you decide to buy. Or if you want to give it a thorough trial in your own home you can have

"Three Days of Good Music—FREE" without cost, without obligation. Write or phone, if you can't call.

H. F. SANFORD
Lawrencetown, Nova Scotia.