

**QUICK RELIEF**

If you keep a bottle of Johnson's Anodyne Liniment handy you need't suffer. Keep the bandage well saturated with the liniment and your wound will soon be healed.

That's what you need when you get a cut, a burn or a scald. You can't wait—you must have relief at once.

**JOHNSON'S Anodyne LINIMENT**

Is a sure help in time of trouble. If you have a sprain or strain, a wrenched knee or ankle, a lame back, sore muscles, lamboago, sciatica, stiff joints, muscular rheumatism, or any other ache or pain, Johnson's Anodyne Liniment will rid you of it. Try it. Get a bottle and keep it within reach. You're sure to need it.

Guaranteed under Food and Drug Act, June 30, 1906. Serial number 513

Sold everywhere for 25 and 50 cents a bottle

I. S. JOHNSON & CO., Boston, Mass.

**BRIDGETOWN BOOT AND SHOE STORE**

Our new Lines for Spring and Summer comprise the best and most up-to-date Goods in Ladies' Footwear in the market, including— Patent Bals, Button Oxfords, Buckle Oxfords, Tan Blucher Oxfords, Patent Slippers.

No trouble to show goods.

**E. A. COCHRANE,**  
Murdoch Block, Grayville Street.

The health of the Nation will be improved by the use of

**COWAN'S PERFECTION COCOA**

(Maple Leaf Label)

Pure, nutritious and easily digested.

THE COWAN CO., Limited, TORONTO

**SPRING MILLINERY!**  
New goods constantly arriving.

Quality, Style and Finish of our Millinery Lines Unexcelled.

**MISS CHUTE,** Stores: Bridgetown & Annapolis.

**Have You Selected Your Spring Suit?**

Call and see our choice assortment of Spring Suitings, English, Scotch and Domestic before you purchase.

**I. M. OTTERSON,** MERCHANT TAILOR

**NEW CARRIAGES.**

I have bought a carload of first class carriages direct from the factory of A. S. Fillmore, South Hampton, N. S., and I have a number of styles to select from including several up-to-date cushion rubber tired carriages. These goods are thoroughly built by competent workmen in our own province and deserve your patronage. Give me a call and look over the goods and I think you will be satisfied.

**F. B. BISHOP** Lawrencetown

Spramorfor accessories of all kinds in stock at my office.

**Spring Millinery Opening.**

Miss Ethel Saunders, late of one of the leading Millinery Rooms in Boston, has taken charge of Miss Lockett's Millinery Store and will show American and English Pattern Hats on April 10th to 18th. and following days.

**Miss B. Lockett, Queen St.**

**A Man is Only a Man**

By Winnifred Black.

A man I know is in trouble—had trouble. "I get a decent salary," he said, "but I got behind a year or so ago through sickness and various things and I've never caught up."

"I'm in debt and I don't believe I'll ever get out of it. I dread the day of every month just as a condemned man dreads execution day. Tap, tap, knock, knock, knock—they're at the door all day—the collector. At first I could stand them off with a promise of a dollar or two, but now they bound me like a pack of the bloodhounds we used to read about in 'Uncle Tom's Cabin.' I'm afraid I'll have to leave town and go somewhere else and start again."

"Why don't you pay up?" I said to the man I know. He stared at me with astonished eyes. "Pay up?" he said. "Why, I'd give ten years of my life if I could pay up."

"Ten years of your life," said I; "that's a good price. How about your cigars and your whiskey and soda and your little suppers after the theatre—couldn't you give them up for say six months?"

"I should think that would be better than to give ten years of your life or even than running away like a coward."

"There's a little woman in a newspaper office who works at the telephone exchange; she gets \$10 a week she's supporting a mother and six brothers on that \$10. She showed me the deeds for two lots she's buying out where her brother's tent is. If she can do that, why can't you?"

"The man gasped, then he shrugged his shoulders, and then he smiled. "Oh, well, of course," he said. "A woman can do that sort of thing; a man can't."

"Why not?" I queried mildly. "Oh, well, a man can't," said I, and then we both laughed and changed the subject.

If I really cared anything for the man I know I would have been honest enough to keep right on with the same subject and I would have said: "Now, I don't want to lecture you and I'm not going to, but please consider what you really like to do your mind to face them like a man, not to try to run away from them like a deserter; it's all a question of what you really like in the world and what you pretend to like."

"The trouble with you is you like your own comfort better than you like being a man. You're a question you treat the first of every month as a criminal dreads execution day, yet you don't dread it as much as you do the idea of giving up some fool little luxuries that you would just as well without."

"I'm not blaming you for your likes and dislikes; you didn't make yourself."

"Of course, you could do something toward making yourself over a bit if you really wanted to, but that isn't the question we're discussing."

"What I dislike about you is that you won't sell yourself; the truth about yourself—and take the consequences. You really prefer living on other people's money and getting fat on other people's worry to doing yourself any of the fool little luxuries you make yourself believe are necessities. Now, why don't you admit it? Why don't you call yourself a footpad or a holdup man and be done with it?" But you see I didn't really care, so I was dishonest enough to let the man I know go about his business, feeling he is a martyr, instead of waking him up to the fact that he is nothing but a selfish thief. I wonder if I did right.

**BADLY SPRAINED ANKLE CURED**

Three years ago our daughter sprained her ankle and had been suffering terribly for two days and nights—had not slept a minute. Mr. Stallings, of Butler, Tenn., told us of Chamberlain's Pain Balm. We went to the store that night and got a bottle of it and bathed her ankle two or three times and she went to sleep and had a good night's rest. The next morning she was much better and in a short time could walk around and had no more trouble with her ankle.—E. M. BRUMITT, Hampton, Tenn. 25 and 50 cent sizes for sale by

W. A. WARREN, BRIDGETOWN, N. S. W. WADE AND BEAR RIVER DRUG STORE, BEAR RIVER.

Fifty thousand salmon fry were released at Bates' rock, in the Sisseton, on Monday. They were brought from Windsor by Frank Burgess in ten cans. This gentleman has the distribution of almost 900,000 this year around Wolfville, Windsor, Yarmouth and Tusket.

**Not a Miracle But Medical Science**

Dr. T. A. Sleeman, Limited, Toronto, Ont.

"Some time ago I began to lose flesh and failed every day until I had to quit work. My physicians and all my friends said I had consumed 105 pounds down to 119. I was advised to go to the Rockies or to the coast. I went to both places under heavy expense. I continued to fail, and was advised by two doctors to come home as nothing more could be done for me. Hope seemed to have left me."

"I tried Psychology and since starting its use I have gained from 119 to 141 pounds. I have lost 21000 worth of the medicine. I am a well man and I cannot say too much in praise of Psychology. The strongest recommendation would be weak in view of the fact that I believe it has saved my life. It has run down conditions and weak lungs. I sincerely hope and trust that you will continue your good work of saving run down people and consumptive cases. Write to me and I will give you my continued advice. I remain, dear sir, Psychology's best friend."

ALEX. MORAN, Saint St. Marie, Ont.

Almost every male suffers from the like the above. Psychology will restore this result in every case. At all drug stores, 50c and \$1.00, or Dr. T. A. Sleeman, Limited, Toronto.

**The World to Come**

It is one of the best signs of the increasing collective wisdom of the peoples that they are now bestirring themselves for the preservation of their national resources. It is dangerous for the people of many countries that the natural resources of the earth are being used up at a rate so tremendous that in a measurable period of time the great staple products, such as coal and iron, will be exhausted, at least in countries like Great Britain and the United States where the production is greatest.

Having this prophesy of what this continent is coming to, as a result of present methods of production and consumption of natural supplies, Dr. Charles P. Steinmetz, of Union College, Schenectady, predicts that young men now living will see the exhaustion of anthracite. The natural course, then, will be to rely upon bituminous coal for protection against freezing. But the government he planted with the right kind of forest trees and cared for in the right way. Trees will often grow where grain and grass will not, and washed hillsides need not be abandoned. There is money in most of them if they are set to work producing wood for forest products. Acres are usually fairly profitable, but the gravel bars, rocky knolls, marshy swale, and exhausted and eroded slopes are not. So many of them need remain unproductive. They will grow timber—pine, locust, poplar, oak, chestnut or some other kind. But the soil must be studied, and the species selected to suit it. Failure might follow the planting of walnut or soil suited to white pine, or vice versa.

Studies of various regions and trees that suit them have been made by the various forest services. The aim of these studies has been to point out how the farm's waste and neglected corners may be turned into wood lots where the farmer may grow his own posts, poles, fences and sawlogs. The owner pays taxes on all his land, and is out of pocket for whatever is not carrying him something. Further, by growing a tree crop on land which is too poor to plough, the quality of the land itself is improved. Wood growing on worn-out land thus becomes doubly profitable.

At the Yarmouth Y. M. C. A. Boys' Camp, held at Tusket Falls in August, I found MEXARD'S LINIMENT most beneficial for sun burn, an immediate relief for colic and toothache.

**ALFRED STOKES,** General Secretary.

**HARD TIMES FOR DRUNKARDS.**

In the meantime, while the world is discussing his case, the lot of the drunkard, the all-time drunkard, grows worse. He is no greater misanthrope than he was a hundred years ago, but he is not as tenderly and tolerantly regarded as he was then. Courts and the general public do not care as formerly for the plea of sobriety. The unfeeling answer is returned that his spells of sobriety should come nearer together and his intervals of drunkenness further apart. His offense is not condoned by society as it was in the days of drunkenness, once a religious, drunkenness is a bar to employment now. The drunkard is blacklisted and boycotted without any formalities.

**HOT SHOT FOR A JURY.**

A jury in Woodstock, N. B., gave a verdict "not guilty" in the case of Richard Gray, charged with incest. Judge McLeod thus handled the jury, without gloves, after their finding.

"I cannot compliment you on your finding. This is the most extraordinary verdict I ever heard. Jurymen taking the oath as you have done, should pay some attention to the evidence. This is a plain, clear case that he is a good man when he is sober. The unfeeling answer is returned that his spells of sobriety should come nearer together and his intervals of drunkenness further apart. His offense is not condoned by society as it was in the days of drunkenness, once a religious, drunkenness is a bar to employment now. The drunkard is blacklisted and boycotted without any formalities."

**Whales Forcing Mackerel Inshore**

(Halifax Chronicle)

The prospects for the fishermen of the Western Shore, securing good hauls of mackerel are excellent, as large whales are forcing the fish inshore and the American sealers cannot reach them. The mackerel are very wild, and the Americans thus far have not been able to successfully shoot their seines. At least six large whales were sighted off Sambro yesterday and it is thought that they are following the schools of fish.

The cruiser Canada, Capt. Knowlton, arrived in port last night. The Canada is keeping a sharp watch on the Americans, and is engaged daily cruising off Sambro, where there is a fleet of twenty-five American mackerel boats. The presence of whales on this coast is something unusual, but they have followed the mackerel here. The Canada will go out again this morning.

At Clark's Harbor mackerel are reported schooling. Two hundred fish were taken there in one trap yesterday. At Lockeport, thirty barrels were secured, over 100 were taken by one boat at Isaac's Harbor, and off Liverpool seven American sealers are reported to have secured fish.

If one feels dull and spiritless, in the spring or early summer, they call it "Spring Fever." But there is no fever—usually. It is the after effect of our winter habits. The nerves are mostly at fault. Tired, worn-out nerves leave us languid, lifeless, and without spirit or ambition. A few doses of Dr. Shoop's Restorative will absolutely and quickly change all of the depressing symptoms. The Restorative of course won't bring you back to full health in a day or two, but it will do enough in 48 hours to satisfy you that the remedy is "realistic" and that "tired nerves" druggists everywhere are advising us use as a splendid and prompt general tonic. It sharpens a failing appetite, aids digestion, frees sluggish livers and kidneys, and brings a new life, strength and vigor. Test it a few days and be convinced.

ROYAL PHARMACY, BRIDGETOWN, BEAR RIVER DRUG STORE, BEAR RIVER.

**PROFIT IN WASTE PLACES ON THE FARM.**

Many poor soils, now waste spots on the farm, would become profitable if planted with the right kind of forest trees and cared for in the right way. Trees will often grow where grain and grass will not, and washed hillsides need not be abandoned. There is money in most of them if they are set to work producing wood for forest products. Acres are usually fairly profitable, but the gravel bars, rocky knolls, marshy swale, and exhausted and eroded slopes are not. So many of them need remain unproductive. They will grow timber—pine, locust, poplar, oak, chestnut or some other kind. But the soil must be studied, and the species selected to suit it. Failure might follow the planting of walnut or soil suited to white pine, or vice versa.

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Gluten is really the nutriment in wheat. It is a heavy, tough substance much resembling raw dough. The trouble with Manitoba flour is, that it contains too much gluten. Bread made with it is apt to be gray and heavy, and pastry is sure to be.

Ontario wheat does not contain quite enough gluten, but it is rich in carbohydrates—which give to flour the qualities of lightness and whiteness.

**Beaver Flour**

is both a Manitoba and an Ontario wheat flour.

Just as much Ontario wheat are used in blending Beaver Flour, so that each will supply what the other lacks.

That is why Beaver Flour makes whiter, lighter, more wholesome Bread and Biscuits than Manitoba flour—and makes lighter, tastier Cakes, Pies and Pastry than any "pastry" flour.

No matter what other flour you are using now, try Beaver Flour. The first sack will prove its superiority. At your grocer's.

Dealers, write for prices on all kinds of Feeds, Coarse Grains and Cereals. T. H. TAYLOR CO., Limited, Chatham, Ont.

What says Hugh B. Riordan, proprietor, Clifton House, Annapolis, N. S.: "I was afflicted with Rheumatism for three months and at times could hardly walk. I was advised to try EMPIRE LINIMENT, and after using three bottles was perfectly cured." Aug. 6th, 1907.

**BOY WANTED.**

WANTED—A boy going to school to do office work, out of school hours. Good pay to a smart boy not afraid of work.

Apply at MONITOR OFFICE.

**NOTICE.**

Advertisers and Subscribers in arrears to the Bear River Telephone are requested to settle their accounts directly with the publisher of this office, or with our agent at Bear River, W. W. Wade, who will forward any remittances that may be handed to him.

**STOMACH TROUBLES.**

Many remarkable cures of stomach troubles have been effected by Chamberlain's Stomach and Liver Tablets. One man who had spent over two thousand dollars for medicine and treatment was cured by a few boxes of these tablets. Price, 25 cents. Samples free at W. A. WARREN'S, BRIDGETOWN, W. W. WADE'S AND BEAR RIVER DRUG STORE.

**SIMPLE CURE FOR SMOKING.**

There have been now and again several suggestions put forwards for the cure of excessive cigarette smoking by boys. One of the most original and simple, yet good in results, has just been told me. It is nothing less than feeding your boy peppermint candy. Tobacco will not blend kindly with the taste of sweet peppermint. Socially the cure may seem worse than the disease, but from a medical viewpoint the sucking of peppermints is far less harmful. A common peppermint drop will prevent smoking for about an hour, so the amount of candy used need not be great.

**Black Watch**

Chewing Tobacco

The big black plug.

**Field and Garden Seeds ... in Great Variety**

Our seeds are especially selected and we sell only what we can recommend.

Paris Green and Blue Vitriol for preparing Bordeaux mixture.

A full line in best grades of Commercial Fertilizers.

**Jos I. Foster**

**Fresh New Stock**

White Blouse Waists from 55c to \$2.60 Selling fast

Ladies' and Children's Whitewear and Ribbed Underwear

Wash goods in Prints, Ginghams and Lawns.

Hamburgs, Laces, Ribbons, Hosiery and Gloves

George S Davies, Union Bank Building.

MINARD'S LINIMENT CURES DANDRUFF.