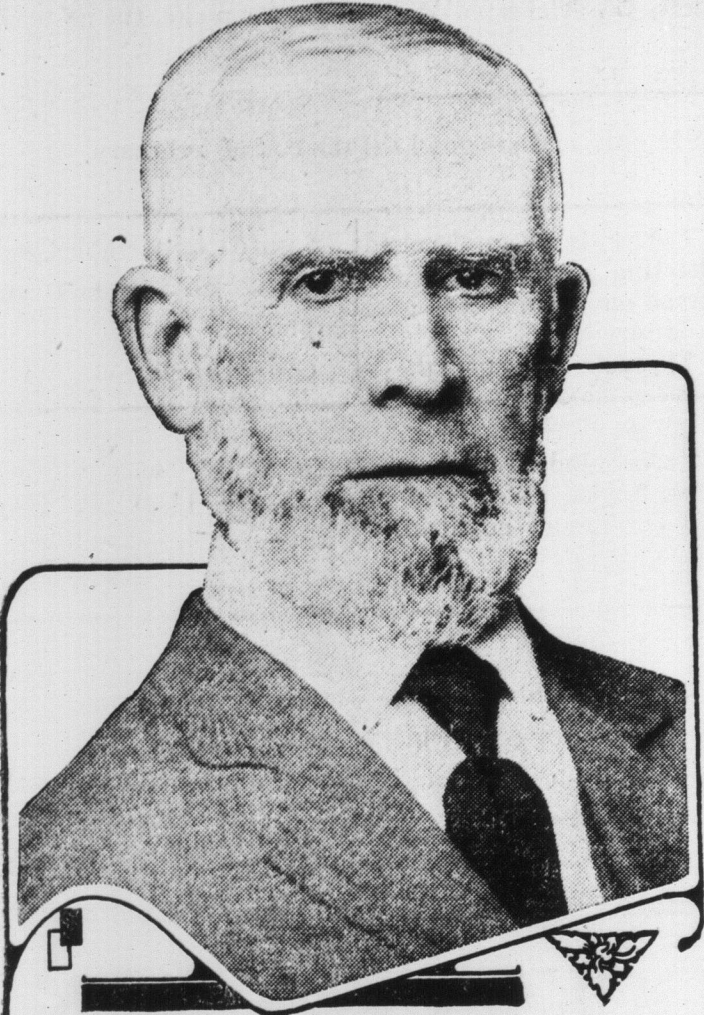


### Quaker Minister Is Grateful to Tanlac



Rev. Parker Moon

Nearly everybody in Southwest Missouri either knows or has heard of the Rev. Parker Moon, who for a full half century has devoted his life and talents to Sunday school and organization work for the Society of Friends or Quakers.

"Uncle Parker", as he is more familiarly known, came from fine old rugged Quaker stock, and there is not a better known or more highly respected citizen in that part of the state. In referring to his remarkable restoration to health by Tanlac he said:

"About five years ago I suffered a general breakdown. My principal trouble was nervous indigestion. My appetite was very poor and my food seldom agreed with me, and I had to live on a very restricted diet. I suffered a great deal from headaches and dizzy spells; I had severe pains across the small of my back and was badly constipated most of the time. In fact, I was so weak and rundown I was not able to attend to my duties.

"This condition made me very nervous and I could not sleep at night. Frequently I would be awake most all night and was in that condition more or less for five years. My physician said he could not do anything for me and suggested a change of climate. I then moved to Texas and did not get the relief I had hoped for. Finally, I got so bad off I was not able to get around with any degree of comfort. I was also told I had heart trouble.

"I had read about Tanlac and, as it had been very highly recommended to me, I decided to try it. I got a bottle and had taken only a few doses until I could notice a marked improvement in my condition. I noticed especially that I was not troubled any more with sour stomach after eating, which was a great relief.

"I kept on taking Tanlac until I fully regained my health. My appetite is splendid; I enjoy my meals and I do not find it necessary now to take any laxative medicine of any kind. I can sleep much better and am not nearly so nervous.

"I take great pleasure in recommending Tanlac to anyone who needs a good system builder, or who suffers with stomach trouble. I have recommended Tanlac to a great many of my friends and am pleased to reach others by giving this statement for publication."

Tanlac is sold in Bridgetown by S. N. Wear in McTearon by Clifford A. Mumford and in Bear River by L. V. Harris.

#### VIRGINIA EAST

Mrs. L. E. Clute spent Monday afternoon with Mrs. Odber Robar.

Winter sport was held at Mrs. Odber Robar's Friday evening, Jan. 21.

Mr. George Riley, of Bear River East, spent Sunday with his brother, Mr. John Riley.

Mr. Cecil Garde has returned to his home in Grey Wood after spending a week with his brother, Mr. Roy Garde.

Mrs. Elizabeth Robar has returned to her home after spending a few weeks with her daughter, Mrs. Wm. Dunn, at Clementsvale.

Mrs. James Garde, two daughters and brother-in-law, Mr. Wallace Garde, of Grey Wood, spent Sunday with Mr. and Mrs. Roy A. Garde.

Miss Hazel B. Gillatt has had her Normal College "C" license raised to a Normal "B".

#### GRANVILLE FERRY

The W. M. A. S. met at the home of Capt. and Mrs. C. W. Crossop on Friday afternoon, Feb. 4th.

Miss Josephine Amherman, having successfully completed her course at the St. John Business College, returned home Friday.

Miss Laura Hardy, of the Bridgetown teaching staff, was suddenly called home on Monday, Jan. 24th, owing to the death of her father.

#### RECENT APPOINTMENTS

To be School Commissioner for the Town of Bridgetown, Dr. M. E. Armstrong. To be Justice of the Peace in and for the County of Annapolis: Joseph L. Cleveland, of Margaretsville; in and for the County of Digby: Leopold Blinn, of Grosses Coques.

#### CARE OF VEGETABLES IN STORAGE

(Experimental Farms Note)

There is always much loss of vegetables from rotting or drying up during the winter, but with a little watchfulness and care much of this could be prevented.

This year the late blight of potatoes caused much rot, and many tubers were stored with the disease in them. It will be found to pay well to look over the potatoes before stored and remove those which show the disease or are rotting so that others will not be infected. It will not be long before the potatoes will begin to sprout, and if the sprouts are removed promptly the tubers will remain in much better condition than if they are allowed to grow long. It will be necessary to go over them two or three times or more before spring to remove sprouts. If potatoes are in boxes or bins where sprouts can be readily seen, one is more likely to remove the sprouts in 1001 time than if they are kept in bags.

If onions are rotting, put them in a drier place and spread out well. For best results they need to be kept very dry.

If carrots, beets, parsnips and turnips are withering, a good plan is to put them in boxes and keep a damp bag or piece of sacking over the top of the box. To keep well all these vegetables should, however, be stored where it is cool but not very dry.

If cabbages are rotting, keep the heads apart so they will not touch one another and so there will be a good circulation of air about them. While they should not be in a very dry place, yet one that is fairly dry is better than one that is inclined to be damp particularly if it is rather warm and not well ventilated. They should be kept cool, but will not stand many degrees of frost.

Squash and pumpkins if kept in a cool place may have rotted by this time but if they are still in good condition they will keep much longer if put in a room where the temperature is above 50 Fahr.

If celery has begun to rot, the plants should be all gone over and diseased parts or plants removed, and when replanted see that the tops are kept dry as long as the plants last and if there is room have a small space between the top of each plant.

To keep celery in good condition during the winter the tops should be dry but the roots in moist soil, hence if watering is necessary great care should be taken not to wet the tops.

It is not difficult for a farmer to care for his vegetables in winter as he has, as a rule, a good cool cellar but in cities celeres are usually too warm for most vegetables, hence where the main cellar is too warm wherever possible a part of it where cool air can be admitted should be partitioned off from the rest for a vegetable room.

#### THE VALUE OF ABSORBENTS IN THE STABLE

(Experimental Farms Note)

The amount of excrement voided by animals depends upon the amount of feed given and the capacity of the animal. It has been found at the Experimental Station, Kentville that 1000 pounds steers will average 38 pounds manure per day including the bedding which amounted to 19 pounds for each steer per day. This amount of bedding, on first thought, would seem to be excessive, but when it is considered that approximately one third of the excrement is liquid and must be absorbed by some material to be retained, the wisdom of using that amount will be apparent. It is found that 1 pound of straw will absorb in 24 hours from 2 1/2 to 3 1/2 pounds of liquid according to the quality of the straw. Oat straw is a better absorbent than wheat straw, probably largely because of having more and larger leaves. If 20 to 25 pounds of urine is to be absorbed per day it will be seen therefore that 10 pounds of straw is not an excessive amount.

One pound of well dried peat will absorb from 5 to 6 lbs of liquid, thoroughly dried saw dust 4 to 4 1/2 pounds and dried leaves 1 1/2 to 2 pounds. Of all absorbents, everything considered, straw is the best. The trouble with the other absorbents is to get them dry and provide satisfactory storage.

The importance of using an abundance is still more fully apparent when it is known that two thirds of the fertilizer constituents in the voidings of animals is in the liquid, and that in this liquid there is twice as much nitrogen and four times as much potash as there is in the solid excreta. The only alternative therefore, to prevent waste is to do everything possible by the use of absorbents to retain these liquids so that the valuable fertilizing constituents they contain may be retained.

One ton of oat straw contains 12.4 lbs of nitrogen 4 pounds of phosphorus, and 24 pounds of potash. These different elements cost in commercial fertilizers at the present time approximately per pound 30 cents for nitrogen, 11 cents for phosphorus and 8 cents for potash. This would make a ton of straw worth \$6.08 for the fertilizing constituents it contains.

Investigation shows that cow urine contains 21 pounds of nitrogen and 7 pounds of potash in one ton, and the solids, 8.6 pounds nitrogen, 2.4 pounds of phosphorus and 1 pound of potash. At the price for these materials as given above a ton of the urine would be worth \$6.85 and the solids \$2.90. It will be seen, therefore, to save the ton of liquid worth \$6.86, two tons of straw having a fertilizer value of \$6.08 per ton would be used, making a total of 3 tons of manure worth \$18.92. This does not take into account the value of the humus furnished in the straw which is an exceedingly valuable factor not only in soil till, but in the development of important soil organisms which are abundant only where humus is present.

W. T. MACOON, Dominion Horticulturist

W. S. BLAIR, Superintendent, Experimental Station, Kentville, N. S.

#### Those Having Sick Animals SHOULD USE



Good for all throat and chest diseases. Distemper, Garget, Sprains, Bruises, Colic, Mange, Spavins, Running Sores, etc., etc. Should always be in the stable.—SOLD EVERYWHERE.

#### CHURCH NOTES

(St. John Evangelical) METHODIST

Two eloquent sermons, together with a special programme of music marked the third anniversary of the Ayleford Church. (N. S.) Rev. Woffard M. Ryan, B. A., was the preacher, his father the veteran of eighty eight years, taking part in the service. It was on the spot where this church stands, Woffard Ryan was converted, and here consecrated his life to the service of God as a minister of the Gospel. Rev. K. H. McNeill presided at the service and announced at the close of the day that the church was now clear of debt. The congregation sang the doxology.

BAPTIST

Rev. L. J. Tingley, pastor at large, is assisting Rev. R. Osgood Morse in a series of special meetings at Grand Harbor, Grand Manan. The revival is widespread; more than thirty have already professed conversion and the work continues. Dr. Tingley is a convincing speaker.

PRESBYTERIAN

Dr. A. M. Hill, maritime secretary of the Brotherhood movement, addressed the congregation of St. Andrew's church St. John, last Sunday evening.

#### DO YOU KNOW THAT?

1. The smoking of herring on the Digby principle was introduced into Nova Scotia by John Crosskill.

2. John Crosskill was employed by the British government in conveying Hessian troops to America to operate against the colonists in rebellion.

3. He settled in Halifax and was given a grant of land at Bridgetown.

#### Mother

"California Syrup of Figs" is Child's Best Laxative

Beware! Say "California" or you may not get the genuine "California Syrup of Figs" which doctors recommend for babies and children of all ages. Nothing else cleans the little bowels and regulates the child's stomach and liver so gently, so thoroughly. Directions on each bottle. But you must say "California". Don't be talked into an imitation fig syrup which hasn't the delicious, fruity taste or the perfect "laxative physic" action.

Miss Phyllis Robinson left on Tuesday, the 8th for Truro to attend the Provincial Normal School.

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

### The Path to Health

For many thousands of women the Path to Health has certainly been through Lydia E. Pinkham's Vegetable Compound. When this great remedy was first introduced, and for many years after, skeptics frowned upon its curative claims, but as year after year has rolled by and the little group of women who had been cured by it has since grown into a vast army of hundreds of thousands—doubt and skepticism have been swept away as by a mighty tidal wave, until today this purely vegetable medicine is recognized as the greatest remedy for woman's special ills in the world. This is because it is a wonderful tonic and reconstructer which acts directly and favorably upon the feminine organization and is a specific for that purpose.



Women in All Countries Depend Upon

### Lydia E. Pinkham's Vegetable Compound

#### Among the Churches

Parish of St. James, Bridgetown

Rev. E. Underwood, Rector

The following are the usual services in the different parts of the parish during the winter months.

#### BRIDGETOWN SUNDAYS

Holy Communion 1st, 3rd, and 5th Sundays at 8 a. m. 2nd and 4th Sundays at the 11 o'clock service.

Other Services, 11 a. m. (except the first Sunday in the month when the service is omitted) and 7 p. m. Sunday School at 10 a. m.

#### WEEK DAYS

Tuesdays, C. L. T., Janu. 6.30; p. m. Senior, 8 o'clock. Wednesday, 7 p. m. Taxis E. v. Friday, 6.30 p. m. Trail Rangers. Organized Bible Class, 8 p. m.; Choir practise, 9 o'clock.

#### ST. MARTY'S, BELLEFLE

1st Sunday in month, Holy Communion and sermon 10.30 a. m. All other Sundays, usual service 8 p. m. Sunday School at usual hour.

#### ST. PETERS BY THE SEA, YOUNG'S

1st Sunday in the month, 2.30 p. m.

Special services and meetings are held according to notices given. In Church or announced in our "Local column on page 4.

#### Bridgetown United Baptist Church

Rev. M. S. Richardson, Pastor

Sunday School at 10 a. m. Preaching service at 11 a. m. and 7.00 p. m. B. Y. P. U. Friday evening 7.30 Weekly prayer service of the church on Wednesday evening at 7.30

#### A REAL LAVE TESTIMONIAL

Given to Professor Hamilton, of Hampton, N. S.

East Middle LaHave, Lunenburg Co

Prof. B. S. Hamilton:

Dear Sir—This is to certify that I was stricken down with a bad attack of lumbago from which I could not move without assistance, but after one treatment from you I was able to get up, walk stoop, lie down and turn with ease. The pain disappeared at once like magic. I received two treatments in all, and I have never felt better in my life. Many thanks for what you have done for me. I highly recommend your treatment to everyone, everywhere.

Your respectfully,

GABRIEL MOSHER

#### Returning to Bridgetown

### Frederick W. Mayor, THE EMINENT TORONTO EYE SPECIALIST

Is Returning for 3 Days, February 15th, 16th and 17th



#### LUMINOLOGY SHADOW TEST SYSTEM

HE LOOKS INTO THE EYE

Owing to the remarkable success of this specialist during his recent visit to Bridgetown and the many requests for his services since his departure, I have engaged Mr. Mayor, the eminent Toronto Eye Specialist, for a return visit and his wonderful "Luminology Shadow Test System." He will at the same time demonstrate this wonderful system to all who wish to consult him Free of Charge. Those with defective vision, headaches, or who suspect eye weakness, or those old chronic hard cases who have yet to receive entire satisfaction, should avail themselves of this rare opportunity of consulting an eye specialist of the QUALITY and PROFICIENCY of Mr. Mayor.

Mr. Mayor's recent success here proves his ability to you.

Make an appointment for any morning, afternoon or evening.

Remember Eyes Tested Free. Satisfaction Guaranteed. Glasses only advised when needed. Children's Eyes our Speciality. Prices Moderate.

### W. A. WARREN, Phm. B

The Rexall Store

BRIDGETOWN, Nova Scotia

### 10 Per Cent Discount

OFF ALL

Tobacco Pouches AND Cigar Cases

O. P. COVERT, Hair Dresser and Tobacconist.

Sole Agent and Dealer in Booster the Great Hair Restorer.

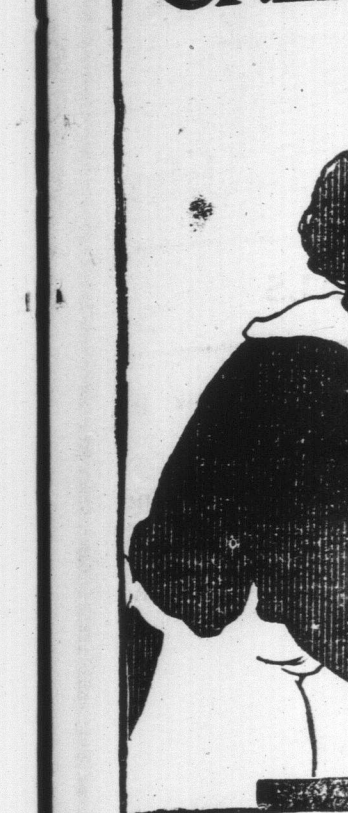
Advertise in the MONITOR

Back to Better Baking

## PURITY FLOUR

More Bread and Better Bread

### CREAM



### Leather

During the past, our many loyalty to us through We are grateful for stock from week to meet the decline in generous consideration

### LLOYD

For a short stock of Comfort

### RED

Call and take Price.

### J. H. H

Queen St.

### Amateur P

Send us orders. refund y turned p

### Bear R

BEAR RIVER

### Boston & Y

Fre

FALL S

Leaves Yarmouth

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