

HEALTHIEST ONE IN THE FAMILY

No Sign Of Dropsy And Kidney Trouble Since Taking "FRUIT-A-TIVES"



HATTIE WARREN
Port Robinson, Ont., July 8th, 1915.
"We have used 'Fruit-a-tives' in our house for over three years and have always found them a good medicine. Our little girl, Hattie, was troubled with Kidney Disease. The Doctor said she was threatened with Dropsy. Her limbs and body were all swollen and we began to think she could not live. Finally, we had her take 'Fruit-a-tives'. She *threw up* her food and her flesh began to look more natural. Now she is the healthiest one in the family and has no signs of the old ailment. We can not say too much for 'Fruit-a-tives' and would never be without them."

WILLIAM WARREN
Box 6 for \$2.50, Trial Size, 25c.
At all dealers or sent postpaid on **OTTAWA.**

DOMINION ATLANTIC RY

On and after November 1st, 1916, train service on the railway is as follows:
Service Daily, Except Sunday
Express for Yarmouth... 12.08 p.m.
Express for Halifax and Truro... 2.08 p.m.
Accom. for Yarmouth... 7.10 a.m.
Accom. for Middleton... 7.10 a.m.
ST. JOHN - DIGBY
DAILY SERVICE
(Sunday excepted)
Canadian Pacific Steamship "Empress" leaves St. John 7.00 a.m. arrives Digby 10.00 a.m. leaves Digby 2.00 p.m. arrives at St. John about 5.00, connecting at St. John with Canadian Pacific trains for Montreal and the West.

BOSTON SERVICE

Steamers of the Boston and Yarmouth S. S. Company sail from Yarmouth for Boston after arrival of Express trains for Halifax, Wednesday and Saturday.
R. U. PARKER,
General Passenger Agent,
GEORGE E. GRAHAM,
General Manager

H. & S. W. RAILWAY

Accom. Tues & Fri.	Time Table in effect April 2nd, 1916	Accom. Tues & Fri.
Read down.	Stations	Read up.
11.10	W. Middleton AR.	15.45
11.38	* Clarence	15.17
11.55	Bridgetown	15.01
12.23	Granville Centre	14.38
12.30	Granville Ferry	14.21
12.55	* Karsdale	14.05
13.15	St. Port Wade Lv.	13.45

Connection at Middleton with all points on H. & S. W. Railway and Dominion Atlantic Railway.
P. MOONEY,
General Freight and Passenger Agent.

Yarmouth Line

STEAMSHIP "PRINCE GEORGE"
Leaves Yarmouth Wednesday and Saturdays at 5 p.m. Returning leaves Central Wharf, Boston, Tuesdays and Fridays at 1 p.m.
Tickets and Staterooms at Wharf Office
A. E. WILLIAMS, Agent
Yarmouth, N. S.
Boston and Yarmouth S. S. Co., Ltd.

Lawrencetown

Jan. 1
Miss Vesta Pick of Wolfville is a guest of her friend Mrs. Roy Blauvelt.
Mr. Hilsley of Acadia University, a guest of his friend and school mate, Malcom Shaffner.
Next Friday evening a social will be given in the Epworth League. A good time is expected.
The Methodist Choir will meet for practice at the church on Saturday evening at 8 p.m. A good attendance is asked for.
Miss Lucinda Bancroft and little niece Kathleen of Round Hill, are visiting her brother and wife, Mr. and Mrs. S. E. Bancroft.
Mrs. Newcomb and little granddaughter Emily Newcomb of Bridgetown visited her daughter Mrs. R. J. Messenger quite recently.
Rev. Frank Beals will occupy the pulpit in the Baptist church next Sunday morning at 11 o'clock, and remain during the week to assist in the Union services held alternately in the Baptist and Methodist churches.

On Friday evening last Mr. John Hall entertained the members of the Adult Bible Class and the teachers of the Sunday School at his home. A thoroughly enjoyable evening was spent.
The Life and Times of Sir Charles Tupper embraces a half century of the history of Nova Scotia and Canada including the passing of the School Law, Confederation and the building of the C.P.R. Everybody interested in Longley's lecture in the Demonstration Building on Thursday evening, Jan. 4th at 7.30. Admission 10 cents.

The Week of Prayer will be observed in the Baptist and Methodist churches beginning on Sunday next Jan. 7th. The Revs. F. J. Beals and S. J. Boyce will be in charge. The following is the program to which everyone is cordially invited.
Sunday, Jan. 7th, 11 a.m.; Rally in Baptist Church.
Sunday, Jan. 7th, 7.30 p.m.; Rally in Methodist Church.
Monday, Jan. 8th, 7.30. Methodist Church. Topic "Grieving the Spirit."
Tuesday, Jan. 9th, 7.30. Baptist Church. Topic "A Helpful Meditation."
Wednesday, Jan. 10th, 7.30. Methodist Church. Topic "National Righteousness."
Thursday, Jan. 11th, 7.30. Baptist Church. Topic "The Young for Christ."
Friday, Jan. 12th, 7.30. Methodist Church. Topic "Religious Drifting."

MARGARETVILLE
Jan. 1
Mr. J. P. Stronach, who has been ill, is slowly improving.
Our teacher, Mrs. Smith, is visiting at her home in Middleton.
Mr. Kenneth Brown of Saskatchewan is at home for a few months.
Mr. and Mrs. G. H. Gage entertained a few friends at tea on Thursday evening.
Capt. S. O. Baker and Mr. A. Higgins left on Wednesday to spend a week in Boston.
The Baptist Sunday School held their annual Christmas tree in Orange Hall one evening last week.
The members of Rev. Mr. Gage's congregation presented him with a purse of money on Christmas morning.
Mr. and Mrs. Arthur Cleveland of Halifax have been visiting at the home of Mr. and Mrs. George Harris.
Miss Ina Dorman of Acadia University is spending the holidays with her parents, Mr. and Mrs. A. B. Dorman.
The Christmas Play "The Puppet Princess," was given in Orange Hall on Tuesday evening. Proceeds for Belgian Relief Fund.
On Monday evening, Dec. 25th word came to Mrs. S. Baker that her little granddaughter Frances, daughter of Dr. F. H. Parks of Dorchester, Mass., had died.
On Friday, Dec. 22nd, the sad news received by her parents that Mrs. [Name] had died.

What are Peps

Peps are the new treatment for coughs, colds and lung troubles. They are little tablets made up from Pine extracts and medicinal essences. When put into the mouth these medicinal ingredients turn into healing vapors, which are breathed down direct to the lungs, throat and bronchial tubes. The Peps treatment is direct. Swallowing cough mixtures into the stomach, to cure ailments and disorders in throat and lungs, is indirect. Peps are revolutionizing the treatment of colds, as their price is within the reach of all. See box all druggists, or Peps Co., Toronto.

Middleton

Jan. 1
Principal and Mrs. Jeffrey are spending the holidays at Yarmouth.
Rev. Mr. Harley spent the Christmas holidays with his sister at Bridgewater.
Mr. and Mrs. B. Bent of Halifax spent Christmas with Mrs. Bent's mother Mrs. Gullivan.
Miss Mary and Evelyn King of Annapolis Royal are guests of Mr. and Mrs. Vaughn Young.
Mr. and Mrs. C. A. Potter spent Christmas with Mrs. Potter's parents.
Mr. and Mrs. Harry Edwards of Caledonia.
Mr. and Mrs. H. W. Miller and boys "Jack" and "Billy" of Halifax spent Christmas with Dr. and Mrs. S. N. Miller.
Miss Susie Smith left on Saturday for her old home in Caledonia, where she will spend the winter among friends.
Mrs. William Johnson of Halifax has been spending the holidays with friends in town, also Lawrencetown and Bridgetown.
The annual Christmas tree and supper was given for the children of Holy Trinity Church in the Parish Hall on Thursday evening last.
Mr. and Mrs. Wm. Eaton and Miss Flora Root spent Christmas at Springfield the guest of Mrs. Eaton's and Miss Root's father, Mr. J. C. Root.
Mrs. Gordon Thomson and daughter Greta, of Halifax spent the New Years with Mrs. Thomson's sister Mrs. C. M. Hoyt. She was also the guest of her parents Mr. and Mrs. Howard Hunsor of Nictaux West.
Miss Hazel Durling has resigned from the telephone office and has gone to her home at Springfield. Miss Durling was an exceptionally good operator, who will be missed from the Middleton switch board. We understand Miss Durling's mother is in poor health and we sincerely hope she will soon get better.
Pte. E. Clare Cox, who has been for three months past in Northumberland War Hospital, at Gosforth, Newcastle on Tyne, and is leaving for a convalescent hospital, says the Northumberland is one of the best military hospitals in England, in its equipments, staff and the liberty permitted to the patients. Pte. Cox has also been the recipient of many kind attentions from citizens of Gosforth.

NORTH RANGE

Jan. 1
A Happy New Year to the Monitor and all its readers.
Mr. Jesse Height is home for an indefinite period from Five Mile River Hants County.
Mr. and Mrs. Vlan J. Andrews were the Christmas guests of Mr. and Mrs. Perry Porter of Hillsgrove.
Mr. and Mrs. C. B. MacNeil are spending their holidays with their children in Boston and vicinity.
Mr. and Mrs. Sherman Tharber from Westport are spending their holidays with friends and relatives in this place.
Miss Blanche Corkum of Berwick, spent Christmas week

DEEP BROOK

Jan. 1
Mrs. Fenwick Rice went to Bear River on Saturday, where she intends to spend the winter.
Mr. and Mrs. Frank Root and children of Digby, spent Christmas with Mrs. Root's mother, Mrs. A. G. Sullis.
Mr. and Mrs. G. L. Benson and little daughter of Kentville, spent Christmas with Mrs. Benson's mother, Mrs. J. C. W. Dittmars.
Mr. and Mrs. C. V. Henshaw spent a few days last week with friends in Yarmouth, returning Wednesday, after a very pleasant trip.
Mrs. L. E. Sherman entertained the young people of the Plus Ultra Class on Saturday, Dec. 30th. A large number was present and a very pleasant evening was spent by all.
The Smith Cove Red Cross Society intends holding a Concert in Union Hall on Thursday evening, Jan. 4. During the evening home-made candy, sandwiches and cake, and hot drinks, will be served by the Deep Brook Red Cross Society.
On Christmas Day the Rector, the Rev. A. W. L. Smith, held a service in St. Matthew's Church at 3 p.m. The Church was very prettily decorated and appropriate hymns and carols were sung by the choir. The collection on that day from the Parish was \$33.00, which the Rector has kindly forwarded to Halifax to be sent to the Belgians.

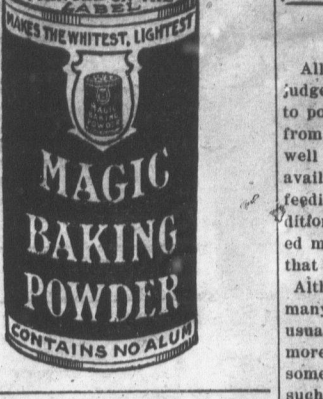
MARKETING POTATOES

(Experimental Farms Note)
From the consumer's side the question of marketing potatoes is of the greatest importance especially so in years when the prices for such commodity are advancing daily. The officers of the Experimental Farms had an opportunity of inspecting quantities of potatoes in the consumers' own cellars. The potatoes had been purchased in the ordinary way from small dealers. The condition of the potatoes was most unsatisfactory. In three cases the amount of rot came up to 75% of the total quantity in storage. This rot was the common Late Blight rot, and was certainly present when the potatoes were dug, and before shipping.
The consumer is helpless in such cases, and rarely is there a way open to him for compensation. Nor is the smaller dealer to blame, the blame rests entirely with the shipper and the grower. In order that such losses may be avoided and the consumer be in a position to secure for his good money, good potatoes that will keep over winter, it is necessary for the growers, on their part, to exercise more care in digging, sorting and handling potatoes. Late blight is a preventable disease; every farmer should know this fact, since the Experimental Farms system has made every effort to demonstrate on many farms in the country the effect of spraying with results showing the production of sound crops, and an increase yielding amounting to some 90 to 100 bushels per acre.
The sale of inferior potatoes is dishonest, if not illegal at the present moment. Farmers know from their own experience that storage rot causes great losses in their own cellars. It seems, however, the general practice to dispose of an infected crop immediately and shift the losses from rot from the farmer to the consumer. The latter, however, has to pay the price of good potatoes.
In some instances, the storing of potatoes (or their winter vegetables) in too warm cellars, potatoes and similar vegetables must be stored in a cool place. They cannot stand frost, which causes a sweetish taste in potatoes; but the temperature should never rise above 40F. Where such conditions are non-existent it is better not to lay in a winter's supply, as losses are sure to result.
Farmers are cautioned that the attitude of consumers will eventually result in demanding grading of potatoes just like apples; and the farmer who does not control diseases in the field, will have all rotten or diseased potatoes thrown on his hands. Diseased potatoes, when boiled, still make good stock food, it should be remembered. A letter or postal card addressed to the Publications Branch of the Department of Agriculture will bring by return mail all the required information relating to the growing of crops of potatoes free from disease.

RICE AS A FOOD

The Toronto Star, which is running a series of valuable articles on wartime economies, urges the use of rice on Canadian tables in lieu of other high-priced edibles. Oatmeal, too, costs no more now than it did before the war, while cornmeal and other cereals are practically normal in price. But as the Star points out the people who would like to travel light cannot, that it may make the rice dishes taste better to know that they are very popular in Europe.
Minard's Liniment cures Garget in Cows.
Minard's Liniment cures Diphtheria.

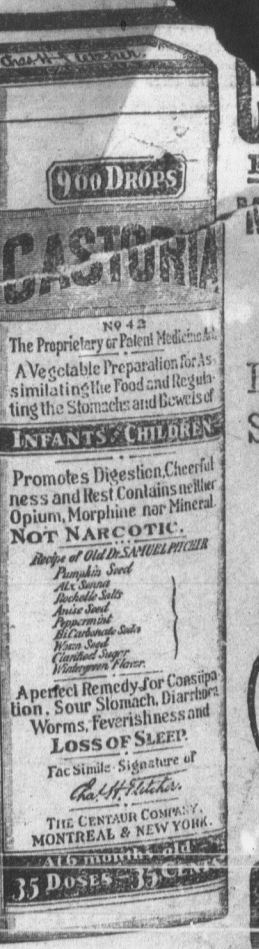
NO ALUM



STOP—CONSIDER.
All fall, those in a position to best judge conditions, have been appealing to poultrymen and farmers to refrain from disposing of their early hatched well mature pullets, but to very little avail. The abnormally high prices of feeding stuffs and the uncertain condition of the feed markets have caused many poultry keepers to sell stock that they would have better kept.
Although there were probably not as many chickens raised this year as usual, the fall glut of the market was more apparent than it has been for some years. The poultry came in with such a rush—much of it in a miserably thin condition—that the packers could not get enough pickers to handle it, and so quite large quantities had to be put into storage, feathers and all. Fairly decent range stock were being bought in the local market for twelve cents per pound alive, whereas the same stuff, crate fed for two or three weeks, would readily have brought eighteen to twenty cents per pound.
Hard times! Can you beat such wasteful extravagance? What will the results be? Low priced poultry for a short time perhaps until about the New Year. After that, Mr. Consumer will have to pay the price—and it will be so small one. Eggs—high in price? Well, rather. This year will see them bring a price never before reached in this country. Only this week, eggs were quoted on the local market as high as seventy cents per dozen. At the present time in the city markets strictly "new laid" are almost priceless, as there are very few coming in, and the demand is good. Owing to the fact that there are very few eggs in storage, and that there will not be as many fowl wintered, the prices are certain to be unusually high for some time. If you have some well matured pullets that the high feed prices have caused you to consider disposing of—Stop and Consider. Look at both sides of the question. So long as the product returns a profit over cost of production, what matters whether that cost be high or low?
The indiscriminate selling of stock that is being included in at present should make a big demand for hatching eggs and day-old chicks next spring from those breeders who had the courage to hold on. Will you be one of the "stayers" or are you a "quitter?"
HENS REQUIRE BALANCED RATION
Feeders of horses, cattle, sheep and hogs have claimed for years that these animals must be fed a "balanced ration."
Ten times as many eggs were produced by hens fed a well-balanced ration by those given only corn, wheat and oats in an experiment conducted by the Ohio Experiment Station. The balanced ration consisted of three parts by weight of corn and one part of wheat fed twice daily in the litter, and a mash mixture of two parts ground corn and one part bran fed in self-feeding hoppers.
The hens given the balanced ration ate more food, which cost about 50 per cent more than the ration of corn, wheat and oats. However, they gained more in many eggs, making a net profit as many eggs, making a net profit while the other lot was kept at a loss.
CASTORIA
For Infants and Children.
In Use For Over 30 Years
Always bears the Signature of *Dr. J. C. Watson*

Poultry

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For Infants and Children.
In Use For Over 30 Years
Always bears the Signature of *Dr. J. C. Watson*



For Mothers
Genuine Castoria
Always Bears the Signature of *Dr. J. C. Watson*
In Use For Over Thirty Years
CASTORIA

Real Estate for Sale

A lot of land situated on the south side of the river at Bridgetown, about three minutes walk from town. Beautifully situated and would make ideal building lots. Sufficient for three lots, splendid drainage. Will sell whole or in lots. Price very reasonable.
Apply to
The Monitor Publishing Co., Ltd.

FIRST CLASS FARM

Small farm situated about two and one half miles from Bridgetown. Ten acres of choice tillage land and five acres of excellent marsh. Capable of putting up three or four hundred barrels of first class flour. Buildings in excellent condition. Never failing supply of splendid water.
Apply to
The Monitor Publishing Co., Ltd.

PROPERTY NEAR BRIDGETOWN

Property situated about five minutes walk from Bridgetown. Fifteen acres of land with two hundred apple trees, half of which are coming into bearing. Also pear and plum trees. House contains nine rooms, large pantry and two large halls, newly painted throughout. Large dry cellar. Barn 24 x 28 sheathed inside. Water in house. Hay and pasture sufficient for two cows. An excellent opportunity for a man who wants a small place. Will be sold right.
Apply to
The Monitor Publishing Co., Ltd.

CREAMERY OR FACTORY SITE

A lot of land in Bridgetown about 150 feet square with building one and one half stories, 40 x 50 feet with lean-to on north and east sides. Building contains ice room, drying or curing room, churn, milk and cream vats, power separator, engine and boiler in good condition. Suitable for manufacturing cheese and butter or would make a fine cannery factory for which industry there is a good opening.
Apply to
The Monitor Publishing Co., Ltd.

PROPERTY FOR SALE

Property just outside Annapolis Royal consisting of seven and one half acres of land. Large house with good rooms; size of house 36 x 45 with ell 14 x 21 and porch, ice house, wood house and wagon house attached. Good side barn with stable, hen house and shed for storing machinery. Approximately 160 apple trees on the place a few of which pick early varieties and the remainder hard or winter fruit. Cuts 9 tons of hay at present and can be made to double this quantity. Price on application.
The Monitor Publishing Co., Ltd.

SMALL PROPERTY FOR SALE

A small place in Bridgetown, containing about one acre of land with cottage house of eight rooms and pantry. Large verandah across front, and town water in house. A number of apple, pear, plum, and other small fruit trees. New barn 28 x 38, and carriage house. Will be sold at a bargain to quick purchaser.

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J. M. Owen, K.C., Daniel Owen, L.L.B.
BARRISTERS AT LAW
Annapolis Royal, N. S.
Office over Bank of Nova Scotia
Office in Middleton open Wednesday from 2.30 to 5.30 p.m. Thursday from 9 to 11 a.m.
Office in Bear River open the 1st and 3rd Saturdays of every month.
Money to loan Real Estate Securities.

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Veterinary Surgeon and Dentist
—Graduate of—
Nova Scotia Agricultural College
Ontario Veterinary College
University of Toronto.
PARADISE, N. S.
Sept. 30, 1914—17. Phone

Dr. F. S. Anderson
DENTAL SURGEON
Graduate of the University of Toronto
Office: Queen Street, Bridgetown
Hours: 8 to 5.

ALEX. M. KENNEDY
ARCHITECT
BRIDGETOWN, N. S.
PHONE 21-24

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