

GUARD AGAINST THE 'FLU

Serious Outbreaks of Influenza all over Canada

GOOD HEALTH IS THE SUREST SAFEGUARD

'FRUIT-A-TIVES' Brings Vigor and Vitality and Thus Protects Against Disease

There can be no doubt that the situation regarding the spread of influenza throughout Canada is one of grave concern. It is quite true that the number of cases does not constitute an epidemic such as caused the suffering and sorrow during the terrible days of 1918. Yet there is no disputing the fact that everyone should be on their guard against the disease.

In Montreal alone, from January 20th to February 21st, three thousand, one hundred and twenty-two cases of influenza and 139 deaths from the disease were reported to the Health Department.

If the outbreak had come at the beginning of the winter instead of the end, we might reasonably feel that the very cold weather would check the spread of the disease. But coming as it has, at the end of the winter, there is grave fear that an epidemic may occur. For spring, with its usual rain and underfoot, its dampness and chill, its constant changing from cold to warm and back again, is a prolific source of coughs and colds, pleurisy and pneumonia.

The best protection, in fact, the only safeguard against the 'Flu, is GOOD HEALTH.

Those who are not as well and strong as they should be; those who are underweight; those who are "run-down" through overwork or sickness; should build up at once. What they need is a blood-purifier, a body-builder, a strength-giver, big "Fruit-a-tives", the wonderful fruit medicine.

"Fruit-a-tives" regulates the kidneys and bowels, causing these organs to eliminate waste regularly and naturally as nature intended. "Fruit-a-tives" keeps the skin active and insures an abundant supply of pure, rich blood. "Fruit-a-tives" tones up and strengthens the organs of digestion, sharpens the appetite, brings restful sleep and renews the vitality of the nervous system. "Fruit-a-tives" contains everything that an ideal tonic should have; to purify the blood, to build up strength and vigor, to regulate the eliminatory organs, so that the whole system would be in the best possible condition to resist disease.

Now is the time to build up your health and strength, not only as a precaution against the ravages of influenza, but also to protect you against a spring fever, and the inevitable reaction which comes with the appearance of warmer weather. Get a box of "Fruit-a-tives" today and let this fruit medicine keep you well.

"Fruit-a-tives" is sold by all dealers at 50¢ a box, 6 boxes for \$2.50, trial size 25¢, or sent postpaid on receipt of price by Fruit-a-tives Limited, Ottawa.

GRANVILLE FERRY

Miss Nettie Caswell is visiting her home here.

Mr. A. J. Mortimer arrived on 24th for a two weeks' vacation. Mr. and Mrs. E. Reed came on this week after spending the winter in St. John.

Mrs. Harry Amberman at the time of writing is quite ill. We hope she will soon recover.

Mrs. H. F. Reed is expected home this week. She has been visiting relatives in the States.

The Water Corporation has been lucky this year in having very little trouble with "Freeze ups."

Mrs. Lawrence Whittet has returned home after spending the winter with her daughter, Mrs. Mitchell, in Halifax. The funeral on Sunday 21st of Addie Amberman was largely attended. She was the eldest daughter of Mr. and Mrs. Vernon Amberman. Every sympathy is felt for the bereaved parents.

ROUND HILL

Mrs. James Primrose has returned to Wolfville.

Mr. J. W. Spurr, is now pressing hay in Tupperville.

Miss Erena E. Healy is visiting in Paradise.

Miss Nina Starratt, of Paradise, was a recent guest at Mrs. S. A. DeLaney's. Miss Maria Chute, of Annapolis Royal, is visiting at Mrs. Joseph Bancroft's.

Mr. George Armstrong, of Middleton, spent a few days with his sister, Mrs. Bessie Sargent last week.

Miss Maude Whitman, who came home to attend the funeral of her brother Hugh, has returned to Bathurst, N. B.

A LINGERING COUGH a tender throat, frequent colds, impoverished blood, loss of weight or lack of energy, are all ear-marks denoting lowered resistance. The system needs

SCOTT'S EMULSION

three or four times a day to help restore the resistive powers of the body. Coughs, colds and the like do not linger long when Scott's Emulsion is taken consistently and regularly. Better try it!



Scott & Bowne, Toronto, Ont.

Suburban Notes

LAWRENCETOWN

Mrs. Ada Balcom has returned from a visit in Clarence.

Special union services are being well attended from night to night.

Mr. and Mrs. H. T. Phinney spent a week in Halifax and Wolfville recently.

Rev. Mr. Wilson occupied the pulpit in the Baptist church on Sunday 21st.

Mr. Amos Ramsey, of Clarence, has bought Mr. Clifford Duncan's place at the west of town.

Mr. Tsac Durling has bought Miss Elizabeth Morgan's place formerly occupied by Mr. and Mrs. Banks.

Mr. and Mrs. Hudgins have moved from Aylesford and are occupying Mr. Hanley's house on Bridge Street.

A sleighing party from Nictaux spent a very pleasant evening at the home of Mr. and Mrs. F. O. Foster quite recently.

Mrs. Bell Healy, of Jamestown, North Dakota, arrived last Thursday to spend a month with her mother Mrs. Murray Elliott and her sisters.

Thanks to the correspondents at Melvern Square and Port Lorne for information regarding S. S. teachers. There are a large number yet to be heard from. Who will be the next?

Mr. and Mrs. Willar Phinney and little son left for their home in the west on Monday last accompanied by Mrs. Maxwell Shaftner, who will spend a few months with her brother and sister.

L. W. Durling, since his return from Kentville where he has been during the winter, has finished his new barn and is now beautifying his house with paint. After which he expects to begin work on the bungalows, which will be erected on the south side of the river. Mr. Durling is one of our progressive citizens.

A meeting was held Monday evening in the interior of the hospital. Miss Watson superintendent of the hospital, Miss Watson came on Saturday to address the meeting, but on Sunday received a telegram that her mother was seriously ill so she left on Monday noon for St. John. Mr. Fair also was unavoidably absent.

Mrs. Frank FitzRandolph passed away on Wednesday morning after a short illness of pneumonia. Mrs. Randolph was Miss Elizabeth Robblee, niece of Mrs. (Rev.) H. G. Millicek, with whom she lived for several years before her marriage. Much sympathy is felt for the bereaved husband and four small children.

The address to Rev. I. Brindley from the "Island and Karsdale Bible Class" was read with much appreciation. We regret very much Mr. Brindley's departure from the county. He will be greatly missed in the Sunday School conventions, where he was ever ready to serve with song and address to fill "gaps" made by others who failed to be present. Mr. Brindley was a faithful and enthusiastic worker and never failed to respond when his help was needed. We wish to express our gratitude for valuable services rendered in the past and extend our best wishes for success in this new field of labor. What is our loss is gain to the Tabernacle Baptist Church St. John.

A REAL LIVE TESTIMONIAL Given By Professor Hamilton of Hampton

Prof. B. S. Hamilton DEAR SIR—For the benefit of suffering ones I wish to put my testimonial with others that you have cured I contracted that dreaded disease Diabetes Insipidus and I doctored for one year, loosing flesh and strength until I was given up by the doctors to die saying that there was no cure for me, but by the hand of providence the Professor came to Centreville and I consulted him and he told me that he could cure me. I commenced his treatment and in a short time I began to gain and today I am strong, gained twenty-eight pounds working once again. Trusting that you may be spared for years to come to administer to needy sick.

Yours truly LORAN SHAW, Centreville, Digby Co.

Digby County Monitor

Mrs. H. L. Dennison left for Halifax on Tuesday.

Mrs. Frank Hayden is spending a few days in Halifax.

The latest word from Fred May, in hospital in Boston is that he is improving.

Mr. and Mrs. F. W. Mayor, of Kentville, are in town and are guests of Mr. and Mrs. W. E. VanBlarcom.

A small son of Mr. and Mrs. Howard Forrest, Mt. Pleasant, was quite seriously burned last week but is now improving.

Miss Gladys Sulis, of Digby, who recently graduated from the Yarmouth Hospital, is on professional work at Lower East Public.

Miss Bessie M. Eaton, of Freeport who has been spending several weeks with her uncle, Mr. Gorham Brooks, at Ayer, Mass., arrived Saturday at left Tuesday for her home.

In the list of estimates as brought down in the House of Commons this week appears the following: Digby repairs to piers, \$5,000; Meteghan, breakwaters extensions, \$16,500 revise \$9,700.

Mr. Hubert A. Peters, who was married at Brockton, Mass., March 22nd to Miss Gertrude Marshall, arrived from Boston Wednesday with his bride and left for Westport to visit his parents. Mr. and Mrs. Ernest Peters.

Capt. Arthur Hunt, Chute, C. E. F. who was in Digby on Wednesday had a most interesting career as war correspondent, soldier, author and lecturer, and has every where won warm praise both from the matter of his address and the manner of their delivery. He is making a tour of the province in the interest of the Old Home Summer project.

Mr. Claude Bishop, for many years a popular clerk in H. E. Jones' drug store, has moved from Digby to Liverpool where he has taken the management of one of the Kinley chain of drug stores. Before leaving Digby the members of King Solomon Lodge, A. F. & A. M., presented him with a Masonic ring as a token of friendship.

Liverpool Advance: Mrs. O. C. Jones and young son, of Kentville, are guests of Mr. and Mrs. R. F. Morton.

Moncton Times:—Mrs. H. B. Titus was at home to her friends for the first time since her marriage on Friday afternoon, March 12th, at her residence 185 Bonaccord Street. The house was prettily decorated with yellow daffodils. Mrs. Titus was assisted at the table by Mrs. Thomas Jones, while Mrs. Harvey Morton and Mrs. Minor Purdy ushered. Mrs. H. B. Titus presided at the tea table and Miss Muriel Taylor and Miss Hazel Ford served. Little Miss Audrey McKenzie attended the door.

LAKE PLEASANT

Mrs. Daniel Allen is visiting friends at Falkland Ridge.

Mr. Howard Woodworth is visiting friends at Bridgewater.

Mrs. Levi Acker is confined to her bed at time of writing.

Mr. H. S. Channing made a business trip to New Germany on the 25th.

Mrs. L. McNay spent the 25th with her mother, Mrs. Geo. Durling.

Mr. Willford Acker had the misfortune to lose a valuable cow recently.

Mr. Norman Goucher and son, of Hunter's Lodge, were in this place on the 25th.

Primrose Tutts is at Springfield with his wood sawing outfit doing a rushing business.

Mrs. Fred Acker and baby, of St. John, are the guests of Mr. Acker's parents, Mr. and Mrs. Levi Acker.

Misses Hope McNay and Muriel Stangwhite spent last week end with Miss Mable Marshall of Falkland Ridge.

Mr. Oscar McNay, who has been foreman for Chaplin Bros., Colchester county, has returned home to secure men for stream driving.

A pile sale was held in the school room on the evening of March 24th. The sum of \$3.15 was raised. Proceeds to purchase more books for school library.

FALKLAND RIDGE

Mrs. Hiram Collishaw is on the sick list.

Born to Mr. and Mrs. Edgar Oickle, on March 26th a daughter, Mrs. Edgar Mason held a Thimble party at her home March 22nd.

We were shown today a Mayflower in bloom picked by Christina Swallow.

Mrs. Daniel Allan, of Lake Pleasant is the guest of her brother, Harry Whemont.

Emerson Warner made a business trip to Bridgewater on Thursday, returning Saturday.

A number met at the home of Mrs. Marley Marshall and presented Mable Marshall with an arm chair as a slight token of regard for her services as church organist for a number of years.

ST. CROIX COVE

Mr. Henry Milbury, St. John, visited his parents recently.

Mr. and Mrs. John Titus, Hampton, were recent visitors at the home of Mr. and Mrs. Silas Beardsley.

Mr. and Mrs. D. M. Hall and Mr. and Mrs. Webb Milbury visited Mr. and Mrs. Wm Johnson, Port Lorne, the 24th.

Mr. and Mrs. Basil Hills, Port Lorne, spent the 22nd at the home of her parents Mr. and Mrs. Robert Marshall.

Marine News

Schr. Emma Belliveau which was ashore at Cape Fear, has been floated.

Schr. Rebecca L. MacDonald arrived at Montevideo, March 13 from Pensacola.

Schr. Rosanna Belliveau, Capt. R. B. Comeau sailed from Barbados Feb 21 for Hayti.

Schr. W. S. MacDonald, Capt. G. Morrison sailed from Moss Point on Mar. 22 for Havana.

Schr. Jean F. Anderson, Capt. C. Morrison arrived at Havana March 8th from Montreal.

Stmr. Wm Green, Capt. H. A. Henshaw sailed from Tampico, March 16th for Galveston.

Schr. Stewart T. Salter, Capt. Morrissey, sailed from Hayti March 22 for Philadelphia.

Schr. Mapleland, Capt. Harvey Randall, arrived at Trinidad March 22nd from St. Andrews Bay, Fla.

S. S. Prince Arthur is expected to sail from New York to Boston during this week; this boat has been converted into an oil burner.

Harold Pugh of the Custom's staff, Halifax formerly of Westport has successfully passed his examination as master of tug boats in the coasting trade.

The French Beam Trawler M. F. B. arrived at Liverpool last week from the banks. She had on board about 45,000 fresh fish. Capt. reports having experienced bad weather.

A heavy iron keel, weighing 7100 pounds, was landed at Digby from St. John by the Bear River Wednesday for a boat being built by Evan Dunn for Mr. E. P. Morris, of New Haven, Conn.

Stephen Comeau a member of the crew of the tern schooner "Westway" arrived at his home in Plympton, Digby Co., last week from Florida, and was a passenger to St. John on Friday.

Capt. B. N. Melanson, of Gilbert's Cove, has sold the new coastal steamer "Herbert Greene," recently completed by him at that place, to parties in Sydney and she will be used as a freighter between that port and Newfoundland.

The subsidy for the steam service between St. John and Digby has been reduced from \$20,000 to \$10,000, and that for the service between St. John and ports on the Bay of Fundy, Minas Basin and Margaretsville from \$8,000 to \$5,000.

Ross Wasson, of Windsor, was seriously injured last week by falling from the hatch of the barge, Daniel Munroe, of the B. King and Company's gypsum fleet. An arm, a leg and several ribs were fractured. Because of the freight wrecks at Hantsport there was much delay before he could be taken to the hospital at Windsor.

The tern schooner St. Clair Theriault, Capt. Elol LeBlanc, which was hauled out on the marine slip in Yarmouth early in the winter and became frozen in, was put afloat on Saturday. The schooner will tow to St. John where she has been chartered to load lumber and empty casks for St. Kitts.

Capt. George Jones, of Clementsport, formerly second officer of the Prince Arthur, left Yarmouth Wednesday for New York. He was accompanied by two quartermasters and four seamen to join that ship, which it is understood will come to Boston in a few days to complete the work of reconditioning.

Stmr. Vallinda, Capt. E. H. Lewis, arrived here Saturday night with a full freight from St. John for Bridgetown merchants. She also towed up the river scows and other material for use in the construction of the temporary traffic bridge across the river at Bridgetown. She sailed again yesterday morning.

Stmr. Herbert Greene, Capt. Noel, arrived in Yarmouth Friday from Gilberts Cove, Digby County, bound for Sydney. After having compasses adjusted she resumed her voyage Monday; this steamer was built by Capt. B. N. Melanson of Gilbert's Cove, who sold her to a Sydney company.

Liverpool Advance: Thomas Rawding has contracted with Newfoundland fishing firms to build two tern schooners. The vessels will be built at Saulnierville and Freeport, Digby Co., where two shipyards have been leased by Mr. Rawding for that purpose. Howard S. Allen will superintend the construction of both vessels.

The crew of the fishing schooner Helen G. McLean received several severe wounds from a razor used by the proprietor of one of our beer saloons during a fight on his premises last Friday night.

WE THOUGHT LIVERPOOL WAS A DRY TOWN

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DON'T READ THIS

Corset Waists, 26 inch only. P. C. Corsets, with suspenders and laces, only 90 cents and upwards. Fine Shirts, 15, 15½, 16, 16½, \$1.15. Work Shirts (old growth rock maple) sizes 14, 14½, 15, 15½, inches. Summer Work Shirts. Boys' and Men's Pants, Boys' and Men's Braces. Boys' and Men's Shirts and Drawers, the Real Penman Quality, 60 cents to \$1.10 per garment. Men's Cotton Socks. "Rock Rib" Hose 5 to 7½ inch, 35 and 40 cents. Blankets, all sizes. "Buster Brown" Hose 8 to 10 inch, only 50 cents. A Splendid Range of Pearl Buttons. Handkerchiefs at about one-half next summer's prices.

Sale on Every Day 12 noon until 6 p.m. Saturday until 11 p.m.

Walter Scott, 'The Keen Cutter'

HOT CROSS BUNS

FOR GOOD FRIDAY

Buy them early; also fresh shipment today of CAKES, PIES, TARTS, TURNOVERS AND COOKIES

W. H. Maxwell Queen St., Bridgetown

Apple Tree Logs

30 cents per Hundred Pounds

Turn those old apple trees into cash before the Spring rush comes.

Receiving now at Paradise and Lawrencetown.

Cash on Delivery

THOMAS FORTIER Annapolis Royal

Spring Cleaning Season Will Soon Be Here

We have a good stock of Decorator White, Paris White and Alabastine, in colors.

Martin-Senour Paints and Varnishes, Varnish Stain in colors Wall Paper Samples, Brushes, Mops and Brooms.

One Car of Fresh Portland Cement.

KARL FREEMAN BRIDGETOWN, N. S.

Everything in Hardware, and Builders' Supplies

On Good Friday

Home Made Hot Buns Easter Novelties, Post Cards and Booklets. Mrs. S. C. Turner Variety Store

Have you made out your income tax returns yet? Every unmarried person or widow or widower without children under 21 years of age who during 1919 received or earned \$1000 or more and all other persons who received \$2,000 or more, must fill out a report. The fine for failure to do so is \$100 a day. Forms can be had at all post offices for the asking.

NOTICE

I have secured the Local Agency for L. M. TRASK & CO. MILTON IRON FOUNDRY YARMOUTH NORTH, N. S.

Call at my house and see the stoves, Ranges and ploughs, including repair parts for same. The Prices and Quality of my goods cannot be beaten.

Jack McLaughlin BRIDGETOWN, N. S.

Twelve hundred and thirty bull moose were registered as killed in Nova Scotia during the open season—October 1st to November 30th, 1919.

Remember that Every added Subscription Helps to make This paper better For everybody

VOL. XLVIII—No 1

THE DEATH OF JUDGE SAVARY

Last Member of Canadian Parliament Has

Judge Savary who since the death of Sir James Grant, had been the last