

## PLEASE PUBLISH MY TESTIMONIAL

So Other Sufferers Will Take "Fruit-a-tives" And Be Cured

Gratitude—heartfelt gratitude—prompted this letter. Madame Langlois was so thankful to "Fruit-a-tives" for restoring her to health and strength, that she gladly allowed her letter to be published.



MADAME VALERE LANGLOIS

ST. ROMUALD, QUE., SEPT. 23rd, 1912. "I have pleasure in stating that I have been cured of severe Dyspepsia and Chronic Constipation by using 'Fruit-a-tives.' I was a terrible sufferer from severe Constipation for many years, and I tried every remedy I heard of, and also was treated by physicians without any permanent benefits.

Then I tried "Fruit-a-tives," and this fruit medicine has completely cured both the Constipation and Indigestion. I cannot praise "Fruit-a-tives" enough!" MADAME VALERE LANGLOIS. Soc. a box, 6 for \$2.50—trial size 25c. At dealers or sent postpaid on receipt of price by Fruit-a-tives Limited, Ottawa.

### POLES AND CROSS-TIES.

Quantities Purchased in Canada in 1912.

In 1912, there were 608,556 poles purchased by Canadian railways, and telegraph, telephone and light and power companies, according to a recent bulletin of the Forestry Branch, Ottawa. This represents an outlay of \$1,113,524, making the average cost per pole \$1.83. The total number of poles purchased and the average price per pole increased somewhat from corresponding figures for 1911.

Cedar made up 86 per cent of the total number of poles cut, the western cedar being increasingly used for this purpose. Balsam, fir, tamarack and spruce made up the balance of the cut, the greater part of the poles being 20 and 25 feet in length.

In 1912, there were purchased 1,200,000 cross-ties representing a value of \$1,113,524. This represents the large increase of 48.1 per cent over the number of ties purchased in 1911, due probably to the extensive railway construction now going on.

Jack pine ties made up 36.5 per cent of the total with an average value of \$0.44. Cedar was second on the list with an average cost at point of purchase of forty-five cents, followed by Douglas fir, averaging 30 cents per tie. In all twenty-one different species of wood were used.

Ties treated with preservatives made up 8.5 per cent of the number purchased. These were chiefly hardwoods, it being found more economical to treat the heavier, stronger woods, than those which are liable to fail from mechanical wear before they have time to decay. Some of the eastern railways are now using hardwood ties exclusively.

Dept. of the Interior, Ottawa, Canada.

### THE OLD CRIMINAL AND THE YOUNG.

A noted preacher once said to me: "Oh, give up this prison business. It's too hard on you, too wearing and depressing." And I replied: "Not all the preachers in the land could teach me spiritually what these convicts are teaching me, or give me such faith in the ultimate destiny of the human soul." Perhaps my experience has been exceptional, but it was the older criminals, the men who had sowed their wild oats and come to their senses, who most deepened my faith in human nature.

I am glad to quote in this connection the words of an experienced warden of a large Eastern penitentiary who says: "I have yet to find a case where I believe that crime has been taught by older criminals to younger ones. I believe, on the contrary, that the usual advice of the old criminal to the boys is: 'See what crime has brought me to, and when you get out of here behave yourself.'"

My whole study of "old-timers" verifies this statement; moreover, I am inclined to believe that in very many instances the criminal impulses exhaust themselves shortly after the period of adolescence, when the fever of antagonism to all restraint has run its course, so to say; and I believe the time is coming when this branch of the subject will be scientifically studied.

It is greatly to be regretted that the juvenile court, now so efficient in rescuing the young offender from the criminal ranks, had not begun its work before the present severe discrimination, before the second or third offence had blotted hope from the future of so many of the younger men in our penitentiaries; for the indeterminate sentence under the board of pardons has done little to mitigate the fate of those whose criminal records show previous convictions.

From "The Man Behind the Bars," by Winnifred Louise Taylor, in the November Scribner.

There is a woman who speaks from personal knowledge and long experience, viz., Mrs. P. H. Brogan, of Wilson, Pa., who says, "I know from experience that Chamberlain's Cough Remedy is far superior to any other. For cough there is nothing that excels it." For sale by all dealers.

### TRAVELLING INCOGNITO.

An American travelling in Europe engaged a courier. Arriving at an inn in Austria, the man asked his servant to enter his name in accordance with the police regulations of that country. Some time after the man asked the servant if he had complied with his orders.

"Yes, sir," was the reply.

"How did you write my name?" asked the master.

"Well, sir, I can't pronounce it," answered the servant, "but I copied it from your portmanteau, sir."

"Why, my name isn't there. Bring me the book."

The register was brought, and instead of the plain American name of two syllables, the following entry was revealed:—

"Monsieur Warranted Solid Leather." Minard's Liniment relieves Neuralgia.

### AUCTION ROOM FRAUDS.

How People are Fleeced by Them Daily in London.

(London Express)

Two "country cousins" came out of a London "auction room" a few days ago the poorer by £2 10s., and the richer by a "real gold" watch, with a worthless guarantee, a "guinea" safety razor, and some valuable experience. As they went away two decoys whose bids had inflated the prices of the various articles walked into the street, and presently walked back into the auction room to bid again.

That is an example of a swindle that is being worked successfully all over London. A reporter who played the part of an unsophisticated bidder in three of these auction rooms yesterday gained a good idea of the methods by which unwary passers-by are fleeced.

Practically all the auctioneers use the same methods. As soon as two or three likely victims have joined the decoys round the rostrum they are tempted by the offer of tie-pins, brooches, and penknives, if only they will trust the auctioneer with a penny. The tie-pins or other articles of "Christmas cracker" jewellery are handed over, with the pennies and, their confidence thus gained, the decoys fall ready victims to the next offer.

"If you will trust me you will not lose by it," the glib-tongued auctioneer assures them. "I want six gentlemen who will trust me with a shilling each. They will not regret it—this is our way of advertising. We give things away every Thursday." One or two of the decoys receive their shillings back with a package containing jewellery or some trumpery trifles; the victims receive similar packages, but not their shillings back; and then, in nine cases out of ten the auctioneer declares that "the sale is now closed." If any of the bidders object they are hustled into the "private office" until the crowd has dispersed.

One man who protested yesterday was met with a torrent of foul abuse from the auctioneer, and told that if he did not clear out he would be prosecuted for trespass.

Women as well as men act as decoys. "It's a real Gillette," a woman whispered when the reporter asked to look at the "guinea" safety razor which could be secured for a bid of half a crown. This was at an auction room in the West End, where employs one of the cleverest decoys at the game.

Of three men who rose to the bait of real gold repeater watches, with a written guarantee, one bid too freely to be anything but a decoy. The second had apparently come in for fun, and had been tempted by the auctioneer's patter and promises. Both paid over gold for their watches, with a pair of opera glasses thrown in.

The third man one pitted. He looked like one from the country. He wanted one of the watches, but, as he explained when the auctioneer urged him to increase his bid, "I haven't enough money with me."

"Would he pay a deposit?" asked the auctioneer, and the victim handed over all he had. He was carefully wise enough to demand a receipt, which after some delay, was given to him.

He went away studying the receipt carefully. "Silly mug," remarked one of the onlookers; "that's the sort of flat these places live on."

That was the end of the auction for the time being.

### WHEN BUYING YEAST INSIST ON HAVING THIS PACKAGE



DECLINE SUBSTITUTES

### The Home

#### MACARONI CREOLE.

Two cupsful of macaroni, four tomatoes, two tablespoonfuls chopped onion, four teaspoonfuls of butter, half cupful of grated cheese, one pound of beefsteak (round or rump) Cook the macaroni in boiling water till tender. Peel the tomatoes and let them simmer with the chopped onion. Cook the chopped steak in the frying pan for ten minutes, then add to the tomato, with the macaroni, grated cheese, salt and butter.

#### PACKING MEDICINE BOTTLES.

When packing a trunk the problem is often what to do with the various bottles, not of medicine alone, but of toilet articles. I have solved the question in a most satisfactory way. I put the bottles in a large tin coffee can with tight cover and pack between the bottles with fine clean sawdust which can be had from any grocery, tie on the cover and wrap the whole in paper. In case one bottle should break, the sawdust absorbs the liquid and there is no danger of soiling clothing. If a coffee can is not at hand, a small tin pail with cover is just as good. Keep the sawdust when you unpack and the tin is ready for instant use next time.

#### HOW TO PREPARE ROAST PORK.

It used to be considered rather plebeian taste to fond of pork and in spite of Charles Lamb's "Dissertation on Roast Pig," one was considered as wanting in the finer sensibilities if one spoke too fondly of this dish. Ham and bacon, of course, were always tolerated, if not loved, but pork in any other form was tabooed in many excellent households.

Then came the high cost of living and the scarcity of pork and other meats and at the same time roast pork rose many degrees in the estimation of those who have tasted "roast pig," as it should be roasted, need no Charles Lamb to convince them of its goodness.

And apple sauce is the proper garnish for pork, just as roast lamb needs mint sauce to bring out its full flavor. It would be interesting to know how and why certain sauces and garnishes came to be served with certain meats and fish. In the case of apple sauce and pork, the custom may perhaps be ascribed to our English ancestors who hunted the wild boar and always put a bright red apple between his teeth when he was brought to the table.

One housekeeper declares that to preserve to any roast meat its full deliciousness and flavor it should be prepared in the fireless cooker. A piece of pork or lamb roasted in this way she says, is as tender as chicken. The meat almost falls apart and still is not dry, as frequently happens when roasted in the oven, but sweet and juicy. The cooker, however, does not brown the meat, but this can easily be remedied by putting the roast for a few minutes in the hot oven.

#### RECIPE FOR COOKING.

Marion Harland's recipe for roast pork, this housekeeper declares, is excellent, except that she herself substitutes the cooker for the oven, Miss Harland's directions are:

Score the skin of a pork roast until the knife touches the meat under it. Rub into these lines or squares a mixture of fine crumbs seasoned with onion juice, a little grated lemon and pepper and salt to taste. Work in well until the stuffing stands out of the cracks. Put into your roaster with a cupful of hot water under it and after covering bring quickly to the point at which the water begins to steam. Slacken the heat then and cook twenty-five minutes to the pound, basting often with its own gravy. Pour off the gravy twenty minutes before taking the meat up and set in a bowl of ice to send all the fat to the top. Greasy pork gravy is an offence to the educated palate. Thicken with browned flour. A better plan is not to attempt gravy, but to send around sauce alone with the roast.

Minard's Liniment for sale everywhere

### Joker's Corner

She was a forewoman in a large millinery establishment, and earned four pounds a week. He was something good in the jam trade, and his weekly wage was £9 10s. They met, they talked, they loved, they married, and now they were spending a fortnight's honeymoon at Hastings. "Charles," she cried enthusiastically, as they walked along the Esplanade, now that we are married, there's only one thing I regret—that I have to give up my fine position."

"That's all right, my sweetest," he replied in soothing tones; "don't you worry about that, you needn't give up your position; I'll give up mine."

#### DADDY MEANT WELL.

Little Eva May was only a baby girl, but she objected when bedtime came round, as children do.

Finally, father offered to lie on the bed till she fell asleep, and carried her off, greatly to mother's delight. The minutes passed—ten, fifteen, twenty, and at the end of half an hour mother began to wonder what had happened to father. She continued with her sewing, but, in a few moments, the silence was broken by the pit-pat of naked feet.

Nearer came the steps, and an instant later Eva May stood in the doorway, finger raised for silence.

"Hush, hush, mummy," she said, "I've got daddy off to sleep at last!"

#### THE COLLECTION INCREASED.

The collections had fallen off badly in the colored and the pastor made a short address before the box was passed.

"I don't want any man to gib' me dan his share," brethern," he said gently, "but we mus' all gib ercord to what we rightly hab. I say 'rightly hab,' brethern, because we don't want no tainted money in dis box. 'Squire Jones tol' me dat he done miss some chickens dis week. Now if any ob our brethern hab fallen by de wayside in connection wid dese chickens let him stay his hand from de box."

"Now, Deacon Smiff, please pass de box while I watch de signs an' see if dere's any one in dis congregation dat needs me ter wrestle in prayer for him."

#### DIDN'T COUNT.

Two Irishmen arranged to fight a duel with pistols. One of them was distinctly stout, and when he saw his adversary facing him he raised an objection.

"Bedad," he said, "I'm twice as big a target as he is, so I ought to stand twice as far away from him as he is from me."

"Be aisy now," replied his second, "I'll soon put that right."

Taking a piece of chalk from his pocket he drew two lines down the stout man's coat, leaving a space between them.

"Now," he said, turning to the other man, "fire away, ye spalpeen, and remember that any hits outside that chalk line don't count."

#### SCOTTISH HUMOR.

Lord Kingsburgh, the Lord Justice Clerk of Scotland, is famed for his fund of good stories. He was in great form at the gathering of the Clan Donald Society, Edinburgh, recently.

He had several anecdotes to tell of the bagpipes. At a certain party a lady accosted a piper who had been giving selections, and remarked that it would be an improvement if the instrument were without the things that made the buzzing noise.

"Is it the drones that you would be meaning?" asked the piper.

"Yes," said the lady; "these things that stick over your shoulder."

"If it was not for the drones," replied the piper, "she would be no better than a common piano."

Very smart was the reply of the piper who was playing early one morning at Balmoral. Lord John Russell, who was Minister in Attendance on the Queen, remarked to the piper, in a patronizing way, that he was rather fond of the pipes, and would not mind having a piper playing in the morning at his place in England. He inquired if he could get him a piper.

The Highlander looked down on his Lordship, who was a very small man, and asked: "What kind of a piper would you be wanting?"

"Oh," said Lord John, "just a piper like yourself."

"Ay," replied the piper, "you might easy get a Lord like your Lordship, but you couldna easy get a piper like me."

Dr. Morse's Indian Root Pills

Save Doctors' Bills

### Why Do Women Suffer

When They Could Be Well?

It is so easy to be well and strong and able to enjoy life, that it is surprising how many women drag themselves through the day suffering tortures from lame back due to kidney trouble. Mrs. Wilcox found the way to cure herself and gladly writes about it so that others may be induced to use the same remedy.



BIG LORRAINE.

"During the last winter, I was bothered very much with a Weak Back. I was advised by a friend to try GIN PILLS and I did. The first box I found helped me very much and I found when I had taken the second, I was completely cured." MRS. F. WILCOX. If GIN PILLS do not do all that we say they will—let us know, and we will cheerfully refund your money. Send for a free sample and see for yourself that they will do you good. Then buy the regular boxes at your dealers—50c. for \$2.50. National Drug and Chemical Co. of Canada, Limited Toronto.

#### USEFUL HINTS.

Just before baking, dip the buns or rolls into milk. The crust will bake a beautiful brown and be nice and crisp.

It is claimed that if the window glass has been spattered with paint, the latter can be entirely removed by melting soda in very hot water and washing the glass with it.

Worked into the castors of bedsteads, heavy tables and chairs, a little blacklead works wonders, saving the creaking noise and the articles can be moved with ease.

Paste an envelope on the inside of the cover of the cook book. This is handy for keeping loose recipes, until such time as one is able to test them. If good, they can be pasted into a proper book, if not they can be discarded.

When boiling cabbage or greens of any kind, it is well to know that dropping a piece of butter about the size of a walnut into the saucepan will prevent all that unpleasant smell which is so often caused by the water boiling over, and it enables one to go on with ones work without the least worry, as you will find there won't be a particle of water boiled over.

Minard's Liniment Cures Dandruff.

### Insurance Agents

### ACADIA FIRE Insurance Co.

Established 1862

A Sound Canadian Company SURPLUS TO POLICY HOLDERS \$560,436.90.

For rates and further information, ask or write

Fred R. Beckwith Agent, Bridgetown, N. S.

### FIRE INSURANCE

Insure your buildings in the OLD RELIABLE

"NORTHERN" Established 1836

DALY & CORBETT, Provincial Agents HALIFAX, N. S.

FRED E. BATH, Local Agent Bridgetown

May 14, 1923—1y.

### LEARN THEN EARN

Has it ever occurred to you that you must be prepared to earn your salary? That the employer has not time to teach you? That he expects you to attend a good school and learn how before attempting his work? Think it over. We admit students any school day at the

#### Maritime

Business College

Halifax, N. S.

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#### HOME FOR SALE.

Fine country residence, just on the limits of the town, suitable for summer house or all-year-round residence. House modern, commodious and convenient, with good stable. Orchard yielding over three hundred barrels of apples, besides other fruit. Fine situation, beautiful view of river and valley. For information apply to The MONITOR PUBLISHING COMPANY, Limited.

#### FARM FOR SALE.

At Albany, farm of 250 acres; 10 acres under cultivation, part orchard, 50 acres pasture, balance wood and timber land, including 25 acres hard wood never cut. Good homes of 8 rooms, barn, carriage house, etc. For terms and other information apply to The MONITOR PUBLISHING COMPANY, Limited.

### Railway & S. S. Lines

### DOMINION ATLANTIC RAILWAY

Steamship Lines

St. John via Digby

Boston via Yarmouth

"Land of Evangeline" Route.

On and after Oct. 13, 1913, train service of this railway is as follows: Bluenose for Yarmouth 1.47 p.m. Express for Halifax 2.02 p.m. Express for Annapolis 7.50 p.m. Express for Halifax, Monday only 4.13 a.m.

#### Midland Division

Trains of the Midland Division leave Windsor daily (except Sunday) for Truro at 7.05 a.m., 5.10 p.m. and 7.15 a.m. and from Truro at 6.55 a.m., 2.30 p.m. and 12.10 noon, connecting at Truro with trains of the Intercolonial Railway, and at Windsor with express trains to and from Halifax and Yarmouth.

Buffet Parlor Car service on Mail Express trains between Halifax and Yarmouth.

#### St. JOHN and DIGBY

DOUBLE DAILY SERVICE (Sunday Excepted.)

S. S. "YARMOUTH," leaves St. John 7.00 a.m., arrives in Digby about 10.15 a.m.; leaves Digby 1.15 p.m., arrives in St. John about DAILY SERVICE (Sunday excepted). 4.30 p.m., connecting at St. John with Canadian Pacific trains for Montreal and the West.

#### Boston Service

Steamers of the Boston & Yarmouth S. S. Company sail from Yarmouth for Boston after arrival of Bluenose train from Halifax and Truro, Wednesday and Saturday.

P. GIFFKINS, General Manager, Kentville

### FURNESS, WITBY & CO., LTD

#### STEAMSHIP LINERS

LONDON, HALIFAX & ST. JOHN, N. B. SERVICE.

From London. From Halifax

Steamer. —Rappahannock Oct. 28

—Kanawha Nov. 6

Oct. 28 (via St. John's) —Almeriana Nov. 16

Nov. 15 —Rappahannock Dec. 5

From Liverpool. From Halifax

Steamer. —Tabasco Nov. 5

Oct. 24 —Digby Nov. 11

Nov. 4 —Durango Nov. 25

FURNESS, WITBY & CO., LTD. Agents, Halifax, N. S.

### H. & S. W. RAILWAY

Accom.	Time Table in effect	Accom.
Mon. & Fri.	Oct. 6th, 1913.	Mon. & Fri.
Read down.	Stations	Read up.
11.30	Lv. Middleton AR.	16.25
12.01	* Clarence	15.54
12.20	Bridgetown	15.36
12.50	Granville Centre	15.07
13.07	Granville Ferry	14.50
13.26	* Karsdale	14.34
13.45	AR. Port Wade LV.	14.10

\*Flag Stations. Trains stop on signal. CONNECTION AT MIDDLETON WITH ALL FOINTS C.N.R. & S.W.R.Y. AND D.A.R.Y.

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A new smoking pleasure for the man who enjoys a distinctively mild tobacco.

The red, white and blue jockey cap—on every plug—is the tricolor of quality.

10c.—all dealers.

