

ENJOYING THE BEST OF HEALTH

"Fruit-a-lives" Cured His Rheumatism



Prof. J. F. DAVIS

I want to say to the people of Toronto and elsewhere that "Fruit-a-lives" is my only medicine and has been for the last four years. Previous to that, I had been very much troubled with Rheumatism and Kidney Disease, and had taken many remedies as well as employing hot applications of salt bags etc., without getting satisfactory results. Noticing the advertisement of "Fruit-a-lives", I adopted this treatment altogether and, as everybody knows, since taking "Fruit-a-lives", I have been enjoying the very best health and find it a pleasure to follow my vocation of Dancing and Department Instruction".

Prof. J. F. DAVIS, the celebrated teacher of dancing and deportment in Toronto, is quite frank in stating that "Fruit-a-lives" alone cured him of distressing Rheumatism and Kidney Trouble. See a box, 5 for \$2.50, trial size, 25c. At all dealers or sent on receipt of price by Fruit-a-lives Limited, Ottawa.

16-YEAR-OLD BOY ACCIDENTALLY DISCHARGES GUN THAT KILLS A 14-YEAR OLD YOUTH.

Amherst, Dec. 1.—A shooting accident, attended with fatal results, occurred at the Joggins Mines yesterday afternoon, between three and four o'clock. The unfortunate victim of the accident was William Leo Como, aged fourteen, son of Thaddeus Como, who, with two other lads, William Gray, aged sixteen, and George Shannon, aged fourteen, were shooting in the woods near the Joggins. The Como lad had just climbed over a fence and was being followed by the Gray and Shannon boys, when Gray's gun was accidentally discharged, the whole contents landing in the side of Como's neck, killing him instantly.

Coroner Munro, of River Hebert, was at once notified and empaneled a jury, which after hearing the evidence, brought in a verdict to the effect that the death was due to the accidental discharge of a gun in the hands of William Gray. The two lads feel the result of the death of their companion very keenly. The funeral will take place tomorrow from St. Thomas church. The interment will be made at Minudie.

Four-Masted Barks.

(Yarmouth Herald.)

The contention, recently given, regarding sailing vessels with four masts, three rigged with yards and the last as a schooner, that they are properly designated as four-masted barks, is upheld by Capt. Morse, of the steamer Tabaristan, now in Halifax, with her cargo of cotton on fire, who says:

To the controversy as to the correct term to denote the rig of the Italian four-mast iron vessel Gabriele D'Annunzio, which is now riding at anchor in mid-stream, is a four-masted bark, pure and simple, and nothing else.

The master of the steamship now in port and a mariner of no mean note sets forth a forceful argument that any craft with a schooner-rigged after mast is not a ship in the particular sense of the word, quoting one of the greatest navigating experts of modern times, Capt. H. Paasch, of Antwerp, Belgium, who, in his professional books of instruction emphatically states that any vessel having three or more masts and with the mizzen-mast only four-and-aft rigged is a bark to be further qualified by the number of masts she carries.

This has but one meaning and it would seem overrides that given in the American Register and establishes more firmly the weight of the contention that a ship (aside from the generic name applied to all species of vessels) must have at least three masts all rigged with yards. If a ship has more than three sticks they must all be square-rigged. Captain H. Paasch's eminence in the sea profession is unquestioned. He has been decorated with the French legion of honor and countless other similar insignia in all the countries of Europe, while degrees from the leading scientific universities of England and the continent have been conferred on the mariner in recognition of his merit. Thus, in Capt. Morse's claim, appears the solution of the difficulty and will afford a new view of the matter, which has proved the cause of numberless disputes among old salts. Shippers does not appear in either the above records and it therefore, is undoubtedly erroneous although used somewhat among sailors to designate this class of vessel.

The Halifax Herald prints a letter in its last Friday's issue from Capt. Paasch, who has been Lloyd's surveyor at Antwerp for almost a lifetime, and knows every part of a vessel, sail or steam, and has written a book entitled from "Keel to Truck," which has had an immense sale among seamen and mariners, and who is well known to many Nova Scotians. The book has been printed in English, French and German. In this book Capt. Paasch gives the name of "four-masted barks" to vessels rigged as indicated above, "and that is the only name which is used by those who are otherwise familiar with that class of vessel."

TWO POINTS ON HOW TO CURE A COLD

When you begin to sniff and feel a burning sensation in the nasal passages, or when a tickling irritation in your throat starts you coughing, the first important thing is to act at once. It's the neglected cold that becomes troublesome and dangerous.

The second important thing to do is to take Na-Dru-Co Syrup of Linseed, Licorice and Chlorodyne, and keep it up till the cold disappears entirely. Na-Dru-Co Syrup of Linseed, Licorice and Chlorodyne is absolutely free from harmful drugs, and can safely be given even to moderately young children. It is pleasant tasting, and it acts promptly relieving the irritation of the throat and nostrils, loosening the mucus, promoting expectoration, and checking the cough.

Your druggist has Na-Dru-Co Syrup of Linseed, Licorice and Chlorodyne in 1/2 oz. and 1 oz. bottles, or a 1/2 oz. bottle for you. Compound it at the National Drug and Chemical Co. of Canada Limited.

RECREATION FOR THE BRAIN WORKER.

When we come to sheer hard work with the brain, we are close to the danger zone for many a business man or factory head. Attention to one thing or one line of thought is a strain very like excitement so far as the effects are concerned. It takes more blood to supply a hard worked brain than it does for the same brain when it is tranquil. An excited man finds that his temples throb. More blood is needed because the waste of tissue is greater. Nature here endeavors to introduce a sort of economy. Close attention causes many external impressions to be shut out from the consciousness. The process of shutting out external impressions assists in maintaining attention, but while it helps the worker for a time, it has its effect on the brain. A man may work hard amid noise and disorder, but in time fatigue appears as nature's protest against the strain of work, the noise and the distractions caused by the disorder, and the attention automatically slackens.

A poor attempt at recuperation is made by the man who looks on his out-of-office time as so much loss and who causes it to be a period of dull routine. Such a man is like one who laboriously applies a highly tempered tool to the muddy surface of a water-soaked grindstone. The real recreation or re-creation as the word is, may be had by him who enjoys the happy home circle with its wholesome non-business atmosphere. The wordy war of wit among congenial friends will strike his cares and worries off in scintillating flashes as a spinning emery disc strikes glowing sparks from a surface of dulled steel.

A Des Moines man had an attack of muscular rheumatism in his shoulder. A friend advised him to go to Hot Springs. That meant an expense of \$150.00 or more. He sought for a quicker and cheaper way to cure it and found it in Chamberlain's Liniment. Three days after the first application of this liniment he was well. For sale by druggists and dealers.

A FEW LAST MINUTE CHRISTMAS GIFTS

Charming Presents That Cost Little In Time or Money.

Any pretty trifle made to contain pins makes an acceptable gift for Christmas. A traveling convenience that is as useful at home as abroad is made after the manner of the old time needlebook that rolled up. The foundation of it is a strip of ribbon or silk-morocco and chamois can also be used, likewise canvas—about six inches wide and twenty inches long. Lay this flat on the cutting board and cover it with two thicknesses of cotton batting. Put a layer of coarse white flannel next to this and then one of coarse holed white net. Bind the edges neatly together with a satin ribbon matching the outside of the convenience, and then turn up four or five inches of the bottom of the strip and tuck the ends to form a pocket. About five inches from the top put a pump cushion with corners reaching to the strip edges. Have this an inch and a half deep and stick it full of varicolored pins—blue, green, red, pink, white and the ordinary sorts. They will look best if stuck in in some ornamental manner. In the space above the cushion put black and white safety pins in several sizes.

A Neckwear Gift.

If you are in a hurry to get together a very presentable last minute gift take a look into your ice-box and rescue a few bits of lace and net, then



NET JACKET.

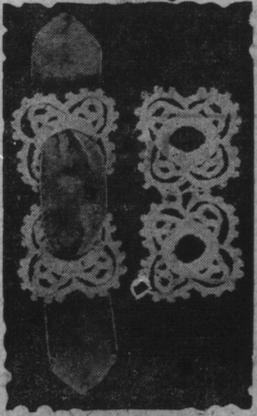
Set to work on a stock collar and jacket like the one seen in the illustration. A wide piece of fillet lace forms the high collar, which is edged at the top with folds of maline and black velvet. The "fall" is of gathered maline in two layers, each one trimmed with insertion matching that used for the collar. A pump bow of black velvet finishes the pretty gift.

An Easy to Make Jacket.

A combing jacket is something any woman would appreciate, especially if it is as pretty as some of those the shops are showing. The dainty things in the big stores are all but absolutely shapeless, two perfectly straight breadths being used to form a sort of jaunty kimono sack, with pointed back and front. The two lengths have the ends cut bias, this shaping making the front and rear points, and the sleeves are made by catching the breadth edge to edge under the arm. White flannel combing jackets are pretty with blue or pink satin ribbon bindings.

Make a Crochet Buckle.

The girl who crochets can turn out in a few hours several of the crocheted buckles like the dainty one pictured.



CROCHET BUCKLE.

Mercedized white cotton of a rather coarse number is used. Velvet ribbon is looped through the buckle with charming effect.

HAIR HEALTH.

If You Have Scalp or Hair Trouble, Take Advantage of This Offer.

We could not afford to so strongly endorse Rexall "93" Hair Tonic and continue to sell it as we do, if it did not do all we claim it will. Should our enthusiasm carry us away and Rexall "93" Hair Tonic not give entire satisfaction to the users, they would lose faith in us and our statements, and in consequence our business prestige would suffer.

We assure you that if your hair is beginning to unnaturally fall out or if you have any scalp trouble, Rexall "93" Hair Tonic is without question the best remedy we know of to eradicate dandruff, stimulate hair growth and prevent premature baldness.

Our faith in Rexall "93" Hair Tonic is so strong that we ask you to try it on our positive guarantee that your money will be cheerfully refunded if it does not do as we claim. Two sizes, 50c. and \$1.00. Sold only at our store—The Rexall Store, Royal Pharmacy, W. A. Warren.

"LET NOT THE SUN GO DOWN UPON YOUR WRATH."

"Father, forgive us," is our daily prayer.

When the worn spirit feels its helpless death; Yet in our lowly greatness do we dare To seek from heaven what we refuse on earth.

Too often will the bosom, sternly proud, Bear shafts of vengeance on its graveyard path;

Deaf to the teaching that has cried aloud, "Let not the Sun go down upon your wrath."

We ask for mercy from the God above, In morning worship and in vesper song; And let us kindly shed the balm of love.

To heal and soothe a brother's deed of wrong.

If ye would crush the bitter thorns of strife,

And strew the bloom of Peace around your path—

If ye would drink the sweetest stream of life,

"Let not the Sun go down upon your wrath."

FATHER SHOT BY SON WHILE HUNTING DEER.

Milo, Me., Dec. 4.—Leverett Dyer, aged forty-one years, was shot and killed by his fourteen-year-old son, Frank, while hunting on Sunday morning. They started out in the vicinity of Highland Quarry, a distance of two miles from Lake View, and after being in the woods a short time, the father told the boy to go in one direction and he would take another, but the father took a different course from the one he mentioned, and the boy unexpectedly seeing what he took to be a deer, fired the fatal shot. The bullet from his gun hit the father in the hip, passing through his body and coming out of the abdomen.

Telling the boy he was badly hurt and that he had better get help, as they were then about one and one-half miles from settlement, the boy hastened to the home of Daniel Hughes and got assistance. They hurried to the scene and found Mr. Dyer in a very bad condition. He was taken to the home of Mr. Latham, and Dr. McFadyen of Milo was summoned, and later Dr. Ford, but there was no help, he living only about six hours. He leaves his wife, two daughters and a son, besides his parents and other relatives.

TRAIN JUMPED THE RAILS.

Medicine Hat, Nov. 25.—The early morning crow train due in Medicine Hat at 4.30 o'clock from Kootenay Landing piled in a heap about 3.30 o'clock this morning at Fitzgerald, a small crossing near Bulls Head.

Two engine men lost their lives and seventeen people were more or less injured. Two or three of the injured are seriously hurt, one will likely die.

Engineer James Cain, a veteran at the throttle, lay under the firebox of his engine. He met a terrible end, as did also his fireman, H. H. Flower, both of whom were scalded to death. When it struck the switch the engine careened and rolled completely over, the train broke loose and the baggage, express, mail car and coaches left the rails and rolled over.

We wish to call your attention to the fact that most infectious diseases such as whooping cough, diphtheria and scarlet fever are contracted when the child has a cold. Chamberlain's Cough Remedy will quickly cure a cold and greatly lessen the danger of contracting these diseases. This remedy is famous for its cures of colds. It contains no opium or other narcotics and may be given to a child with implicit confidence. Sold by druggists and dealers.

Butter Wrappers

Best German Parchment

An increasing number of customers among our farmer constituency are giving us their orders for printed butter wrappers.

If you make good butter you will profit if the purchaser recognizes your package by the imprint on the wrapper.

Send us a Trial Order

Printed Butter Wrappers

500 sheets, 2 lb. size 2.5
1000 " 2 " " 3.25

Unprinted Parchment

500 sheets, 1 lb. size 2.
1000 " 1 " " 2.5

MUNICIPALITY OF ANNAPOLIS.

250 sheets, 2 lb. size .5
600 " 2 " " 1.0
1000 " 2 " " 1.5

300 sheets, 1 lb. size .50
800 " 1 " " 1.00
1000 " 1 " " 1.25

Tenders for Supplies.

Tenders will be received by the undersigned till Dec. 2nd, at noon, for the following supplies for the County Institutions.

For 3 months.—Flour, Manitoba and blended.
For 3 months.—Cornmeal, bag and barrel.

For 3 months.—Oatmeal.
" " —Middlings and Bran.
" " —Sugar, granulated and brown.

For year.—Kerosene Oil,
" —Molasses.
" —Beef, quarter, roast, stew, soup.
For year.—Mutton.
" —Wood, 125 cords of merchantable wood in lots of 20 cords or more.

FREEMAN FITCH.
JOSEPH I. FOSTER.
J. C. GRIMM.

WHEN ANSWERING ADVERTISEMENTS PLEASE MENTION THE MONITOR-SENTINEL

There are people living in Montreal," says Dr. LaBerge, "who believe that cobwebs placed upon a cut will stop the hemorrhage. Now as a matter of fact, cobwebs are a bad thing to place in an open cut, indeed modern medical science extracts dust and germs from a cut, and cobwebs contain both of these things. Another treatment that I have heard of for the same trouble is tobacco leaf. This is placed, like the cobwebs, in the cut, but only serves to irritate."

TAXING FARMERS.

Charlottetown is repeating or paralleling Toronto's blunder by charging market fees that keep the farmers from the market. Such fees are among the most wasteful and foolish indirect taxations a city can levy on itself. —Toronto Globe.

If you are troubled with chronic constipation, the mild and gentle effect of Chamberlain's Tablets makes them especially suited to your case. For sale by druggists and dealers.

Professional Cards

O. S. MILLER

BARRISTER,
Real Estate Agent, etc.
SHAFNER BUILDING.

BRIDGETOWN, N. S.

Prompt and satisfactory attention given to the collection of claims, and other professional business.

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Office in Middleton open Thursdays.
Office in Bear River open Saturdays.

Money to loan on Real Estate Security

CHAS. R. CHIPMAN, LL. B.

BARRISTER, SOLICITOR
COMMISSIONER ETC.

Shafner Building, — Bridgetown

AGENT FOR CALEDONIAN INSURANCE CO.—Insure your buildings in the largest and strongest company.

MONEY TO LOAN

Telephone 52.

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Money to Loan on first-class real estate security.

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Transit Work, Levelling, Draughting, Blue Printing, etc.

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Crown and Bridge Work a specialty.
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Opposite J. W. Beckwith's Store

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NIGHT CALL, 3 LONG RINGS

UNDERTAKING

We do undertaking in all its branches
Hearse sent to any part of the County.

J. H. HICKS & SONS

Queen St., Bridgetown, Telephone 4
H. B. HICKS, Manager

HONESTY

There are lots of honest people in the world. If you have lost something perhaps an honorable person found it.

This is an honest paper and honest people read it.

Tell them about your loss in our Classified Want Ads.

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MASTER WORKMAN

SMOKING TOBACCO

The Professional Man's opinion:

When I want real comfort, I fill my pipe with

"Master Workman" Smoking Tobacco

This world-famous Brand can now be obtained for 15c a cut at all the best Stores.

The Professional Man.

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