

PARALYSED AND COULD NOT WALK

"Fruit-a-lives" Completely Restored New Brunswick Merchant To Health.



BRISTOL, N. B., JULY 25th, 1911. "I am unable to say enough in favor of 'Fruit-a-lives' as it saved my life and restored me to health, when I had given up all hope and when the doctors had failed to do anything more for me. I had a stroke of Paralysis in March, 1910, and this left me unable to walk or help myself, and the Constipation of the bowels was terrible. Nothing did me any good and I was wretched in every way. Finally, I took 'Fruit-a-lives' for the Constipation, and it not only cured me of that trouble but gradually this fruit medicine toned up the nerves and actually cured the paralysis. Under the use of 'Fruit-a-lives', I grew stronger and stronger until all the palsy and weakness left me. I am now well again and attend my store every day and all day."

ALVA PHILLIPS. "Fruit-a-lives" is the only remedy in the world that is made of fruit juices and tonics. 50c. a box, 6 for \$2.50—trial size, 25c. At dealers or sent on receipt of price by Fruit-a-lives Limited, Ottawa.

ADVANTAGES OF FALL PLANTING.

That the fall is the right time to set out the farm orchard has recently been proved by results attained by Professor Whitten of Missouri. He concludes that the tree is capable of responding to the call for quick establishment of the new root system when it is transplanted in the fall and that the available plant food which is stored and carried over in a staple condition in the roots is partly used in the autumn to meet the demand for a new root system or for the healing of wounds. Spring transplanted trees do not quickly begin to make new roots in the spring. They are out in full leaf and apparently making good progress above ground before there is root growth below ground. The readily available stored food in the trees is carried to the growing points above ground and utilized to make new growth there more readily than it is carried to the wounds of the roots to make callouses or to make new roots. Root growth does not begin to form abundantly until June, at least six weeks or two months after trees are ordinarily transplanted in the spring. Fall transplanted trees always have a larger root system. Considering that the size of the fruit crop harvested depends upon the feeding capacity of the roots, one does not have to be an expert in fruit growing to see the advantages in fall planting.—Ex.

Minard's Liniment Cures Garget in Cows.

STAGE A STAIRCASE.

A Musical Play on the Steps at the London Hippodrome.

Carpenters are busy building "the most wonderful stairway in the world" to form the setting for a new musical production at the London Hippodrome on October 15, entitled, "The Escalade, or Magic Staircase." When the curtain rises the audience will be confronted with the great shimmering white stairway filling the whole stage and rising from the curtain line almost to the heights of the roof. The top step will just be visible at the back of the stage, and to begin with all that will be seen there will be a row of dainty feet. Then, stepping apparently from nowhere, the chorus will glide in time with the music down the stairway. Each step will be twelve inches wide, and on these steps the chorus will go through many movements, marching and drilling like soldiers and dancing and with slow, stately steps will show how it is possible to descend stairs with infinite grace. The stairway, claimed to be one of the most marvellous mechanical effects ever designed for the stage, is the work of Ned Wayburn, an American, who spent three years evolving and perfecting the idea. He went to England to superintend its construction.

If you have young children you have perhaps noticed that disorders of the stomach are their most common ailment. To correct this you will find Chamberlain's Stomach and Liver Tablets excellent. They are easy and pleasant to take, and mild and gentle in effect. For sale by all dealers.

THE NEW WOMAN IN CHINA.

It is certainly true that the educated women of China are making a name and a place for themselves and are working hard to better the condition of young women as a whole. A visitor to that country today will find Chinese women at the heads of hospitals and in some cases also conducting nurses' training schools. They are principals of large government or private schools for girls, and many of them are doing excellent work. A few young women have graduated from American colleges but the majority of principals and teachers are the products of mission or government schools. The very wealthy, of course, have private tutors, and some of the women most zealous in founding schools for girls have been from princely families.

The ladies in their homes are also working for reforms, and thousands signed petitions sent to England protesting against the opium trade which that country forces on China. They are forming anti-cigarette leagues and holding meetings at which some of them preside and speak with great intelligence and dignity. They are zealous in the anti-foot binding societies, and take an active part in church and philanthropic work if they are christians. For would the women forget to speak of the women in the church who go about as teachers of the Bible or on errands of mercy to the poor and suffering. Some of these are ladies of fine families and country women, whose chief qualifications are a tender heart and a sympathetic mind rather than literary attainments.—Popular Science Monthly.

NO ALUM



PROBLEMS OF THE FRUIT GROWER.

During a sitting of the Select Standing Committee of the House of Commons on Agriculture and Colonization a few months ago it came out in evidence that many apple growers were last year unable to secure more than 75c to \$1.00 per barrel on the tree and in some districts hundreds of barrels of good fruit were allowed to fall to the ground and rot because no profitable market could be found for it. It came out also that in the western provinces consumers were required to pay from \$5.00 to \$5.50 per barrel for good fruit. Mr. J. A. Ruddick, Dairy and Cold Storage Commissioner, in giving evidence on this question pointed out that about \$1.75 per barrel was received in the Lake Ontario and Lake Erie Districts by the members of co-operative associations while independent growers received about \$1.00 per barrel. The Commissioner in referring to the discrepancy between the first and final prices of apples estimated that the unavoidable expenses amounted to about \$2.23 per barrel made up as follows: barrel, 43c; picking, 17c; management expenses or commission to a local buyer, 19c; freight to Winnipeg, 80c; broker's commission, 12c; and retailer's profit 50c per barrel.

The question of marketing was but one of many dealt with by the special committee who had as witnesses besides the Dairy and Cold Storage Commissioner, Messrs. Dan L. Johnson, Forest, Ont.; S. B. Chute, Berwick, N. S.; W. S. Foggo, Vernon, B.C. and James Hardwick, Ottawa. As evidence of the value to the grower of co-operation Mr. Johnson instanced the case of a woman who was offered by a local buyer, \$125 for her crop for which she received through a co-operative association \$1,885.

Mr. Chute who represented 1,500 farmers, as manager of the United Fruit Companies of Nova Scotia, explained that through his organization 5,000 tons of fertilizer had been bought from the manufacturers for the benefit of about 15,000 on purchase of fertilizers, spraying machines and materials, farm implements, seeds and other requirements. Equally interesting evidence was given by the other witnesses all of which appears in a pamphlet of 116 pages that has been printed for public distribution by the Publications Branch of the Department of Agriculture at Ottawa.

When you have a bad cold you want the best medicine obtainable so as to cure it with as little delay as possible. Here is a druggist's opinion: "I have sold Chamberlain's Cough Remedy for fifteen years," says Enos Lollar of Saratoga, Ind., "and consider it the best on the market." For sale by all dealers.

The Home

GOOD GROOMING.

Good grooming can do much toward helping out a woman with a limited dress allowance. This from a woman who has comparatively little to spend on dress, yet always presents the perfectly appointed appearance of women who can lavish money on their toilet. Any woman who wishes to be so can be well groomed. Being neat isn't of itself being well groomed. There's a subtle difference between neatness and good grooming. Good grooming is a sort of sophisticated neatness, a neatness carried into an art.

It's their beautiful grooming that gives to photographs of fashionable women a finish and distinction missing in pictures of women who do not go in for that sort of thing. The art of good grooming can be learned. I think the best way to learn it is simply to study it in the women whose appearance we admire.

Never mind what Mrs. Fashionable has on. Consider what she has done to make the costume look so charming upon her.

Her hair is neatly arranged. "But she has a skillful maid who understands the art of hair dressing," you cry. Well, why can't you understand this art, too? Instead of buying a new hat for yourself, go once to a fine hair dresser and have your hair done and watch like a cat while it is being done. Then go home and practise and practise, doing all the little tricks you saw done until you become skilful in them.

There's one little trick in hair dressing that is almost magic in giving a woman the well groomed look. You use a stiff toothbrush to administer it. After your hair is arranged dip the brush lightly into water and then rub the brush lightly over scalp—very lightly. Pass the brush delicately over the edge of your hair where it grows from face to the hair. Be especially careful to do this over the ears. Nothing militates so much against the well groomed look as the least disarrangement of hair over the ears. The slightly soaped water applied by the brush will keep the hair about face and neck in arrangement for a long time. The brush should not be wet—just damp.

Mrs. Fashionable's coiffure hairpins do not show. They do in the heads of most women who do not go in for the art of fine grooming. Also her hair itself shows evidence of the right care lavished upon it. Never would it in fine condition. It does were it not in fine condition.

Her hands show that delicate care is taken of them, and her nails could never be as perfectly manicured as they are in a hurried few minutes by an ordinary manicure set. Manicuring is a clever art, calling for much skill, but one visit to a good establishment will teach the woman who wants to do her own nails well all the tricks that she needs to know. Mrs. Fashionable's notes tell the story of life on trees when they are not worn. Tread shoes have a special look that untread shoes simply cannot have. Good grooming insists upon trees. Her shoes are not worn down a hairbreadth at heel or sole. Her costumed notes tell the story of the little accessories of Mrs. Fashionable's toilet are in perfect condition—her veil, her collar, her cuffs, her gloves. Accessories in perfect condition count much in good grooming.

Her gown and such accessories as can crumple or crease show the care expert pressing. Why won't women with a limited dress allowance learn the importance of the iron in good grooming? I've an electric iron in my own room which I use every day of my life. It presses out my laces, my collars, my blouses and skirts constantly. Mrs. Fashionable's gown could never look as it does if dust were allowed to rest in it after she takes it off, if it were not hung up carefully on a dress hanger. Her costume itself? Yes, it is very beautiful. But if it weren't she'd still have the subtle, enviable look that being well groomed gives any woman who achieves it by help from others or through her own painstaking efforts.

CASSEROLE OF FISH.

Two pounds of cod, halibut or salmon, six onions, six potatoes, two carrots and seasoning. Remove the skin and bones from the fish, put the fish into one kettle and the trimmings into another. Cover the fish with cold water and let it simmer while preparing the other ingredients. Peel the onions and carrots and put them into the kettle with the fish trimmings, cover with water and cook for about an hour. Peel and slice the potatoes and boil them a few minutes. Put the cooked fish, onions, potatoes and carrots (which should be cut into dice) into a casserole, or baking dish, season with salt and pepper, strain over the whole the liquor in which the fish was cooked, and cook in the oven for twenty minutes more.

Minard's Liniment cures Diphtheria.

Joker's Corner

WHAT IT MEANT.

Not long ago an English cyclist was wheeling through some of the country byways of the West of Ireland, and, on his journey one day, had occasion to dismount at a small roadside cabin so that he might make inquiries as to his whereabouts. The tenant of the humble shanty enthusiastically invited the tourist to come in for a little rest, and this he consented to do.

As soon as the stranger had entered the hut he could not help observing the extreme poverty of everything about him. The furniture was of the rudest possible description, and amongst the various articles was an extraordinary but primitive arrangement that evidently served the purpose of a sideboard; this simply consisted of a rough plank, supported at each end by four bricks.

Doing duty as a sort of centre ornament on this strange stand was half an old brick, and resting on it was a faded flower. The stranger became exceedingly curious as to the meaning of this brick and flower, and during the course of conversation he made inquiries about it.

"Shure, yer honor," said the Irishman, "and do you really want to know what the things mean? Well, then, I'll tell ye. Ye see this big hole at the back of my ear? Shure, then, it was made entirely wid that brick."

"But what have you got the flower there for?" asked the tourist.

"Ah, but shure now," proceeded Pat, pleasantly, "that is a flower of the man's grave that threw the brick!"

DID THE VICAR STOP?

It was too much. Every Sunday old Adams, who blew the organ, would continue blowing after the music had stopped, thereby producing most undesirable sounds. Time and again had the organist taken him to task for it.

"Right, mister," had been old Adam's invariable reply. "I forgits, you know."

One Sunday the organist could stand it no longer. The congregation had been set tittering by the old man's forgetfulness, and during the sermon the organist seized the opportunity to write him a note on the matter, and hand it to a choir-boy to deliver.

Misunderstanding the whispered directions, the lad handed the note straight up to the vicar, who astoundedly read the following:—"Will you stop when I tell you to? People come here to listen to my music, not to your horrible noise!"

HE GAVE IT UP.

"There," said the superintendent of the lunatic asylum, "is a young man who started in life as a great public benefactor. After years of thought he finally completed a gigantic plan of philanthropy, a scheme which he expected to bring joy to the hearts of millions of grief-stricken mortals and peace into thousands of unhappy homes—its failure sent him here." "How infinitely pitiful," mused the visitor. "And what was his idea?" "It was a device for inventing trousers bagging at the knee," responded the superintendent, with a long-drawn sigh.

THOUGHT FIREWORKS OUT OF PLACE.

The storm at sea was increasing and some of the deck fittings had already been swept overboard, when the captain decided to send up a distress signal. The rocket was already lit and about to ascend, when a solemn-faced passenger stepped up. "Cap'n," said he, "I'd be the last man on earth to cast a damper on any man's patriotism, but seems to me this here's no time for celebratin' an' settin' off fireworks."

WE DON'T KNOW.

Jones—"Don't you think a talkative woman is more popular with the men than any other kind?" Henpecke—"What other kind is there?"

At 60 Years Of Age THE KIDNEYS NEED HELP

GIN PILLS give 'em the strength of youth.



50 Broad Street House, London. I bought some of your GIN PILLS at Victoria, B.C. last September. I made inquiries in New York on my arrival there but was unable to obtain any information about them. Your remedy, I find at 60 years of age, to give me perfect relief and I regret very much that you have not made arrangements to have GIN PILLS on sale in New York and London, as I urgently recommend GIN PILLS to friends of my age as being the one thing that does me good.

E. G. WOODFORD. If your kidneys need help, strengthen them and keep them well with GIN PILLS—the guaranteed cure for Weak Kidneys, Pain in the Back, Bladder Trouble and Rheumatism. 50c. a box—6 for \$2.50—money back if they fail to relieve. Sent on receipt of price if your dealer does not handle them. Sample box free on request. National Drug and Chem. Co., of Canada Limited, Toronto. National Lazy Liver Pills are a sure cure for Constipation. 25c. a box. 200

THE VETERAN.

Ay, sell him, now the old-time fire Burns feebly in his breast! Forget the past, the proud desire To do his level best. He's willing yet, but sinews fail When years a number flock; He'll bring a pittance at the sale,— Ay, send him to the block!

Forget the day you drove him home, Lest memory lose a tongue,— The burst of speed, the flying foam, The pride of strength unwrung. No retrospection, if you please, Pass all that's gone before; The wine is drunk, who wants the lees? Go, spurn him from your door!

What matter though his faithful heart Shall mourn the homely stall? Why fear his shrinking sides may smart? Beneath the lash's fall? Pull up the roots and chance the blow Waive sentiment, I say; He's but a chattel, let him go For what the crowd will pay.

He has no words wherewith to plead, Did he your purpose rate? Nor knows the renace of the steed That paws without the gate. Hail, then, the young, with life awing! Let useless age make room— The King is dead. Long live the King!— Ay, send him to his doom! —By Thos. J. Taylor, in Our Dumb Animals.

Insurance Agents

ACADIA FIRE Insurance Co.

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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. E. Kaulbach, C. A. PRINCIPAL

Real Estate

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, 18 acres under cultivation, part cleared, 50 acre pasture, balance wood and timber land, including 25 acres hard wood never cut. Good house of 3 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: Bluebonnet for Yarmouth 1.47 p.m. Express for Halifax 2.02 p.m. Express for Annapolis, Saturday only 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 Bluebonnet 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. | |
| —Almeriana | Oct. 7 |
| Sept. 25 —Shenandoah | Oct. 16 |
| Oct. 4 —Rappahannock | Oct. 28 |
| Oct. 14 —Kanawha | Nov. 6 |

From Liverpool. From Halifax

| | |
|-------------------|---------|
| Steamer. | |
| Sept. 25 —Durango | Oct. 17 |
| Oct. 18 —Tabasco | Nov. 5 |
| Oct. 22 —Digby | Nov. 11 |

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

H. & S. W. RAILWAY

| Accom. Mon. & Fri. | Time Table in effect Oct. 6th, 1913. | Accom. Mon. & Fri. |
|--------------------|--------------------------------------|--------------------|
| Read down. | Stations | Read up. |
| 11.30 | Lv. Middleton A.R. | 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 | * Rapsdale | 14.34 |
| 13.45 | A.R. Port Wade L.V. | 14.10 |

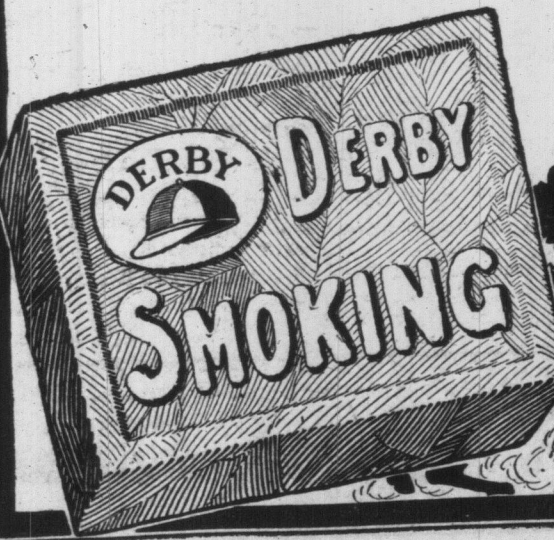
*Flag Stations. Trains stop on signal. CONNECTION AT MIDDLETON WITH ALL FAIRWAYS & S.W. R.Y AND D. A. R. P. MOONEY, General Freight and Passenger Agent

SMOKE DERBY PLUG TOBACCO

The red, white and blue jockey cap—on every plug—is the tag which tells the quality of the new DERBY Smoking Tobacco.

A plug which always gives you a fresh, cool smoke.

A tobacco which is distinctively mild, yet satisfying in the pipe. 10c—all dealers.



A delightfully soothing, healing lotion, which will save you the discomforts of roughened cheeks, chapped hands and sore lips, and keep your skin soft and white. 25c a bottle, at your Druggist's.