

WOMAN WORKS 15 HOURS A DAY

Marvelous Story of Woman's Change from Weakness to Strength by Taking Druggist's Advice.

Peru, Ind.—"I suffered from a displacement with backache and dragging down pains so badly that at times I could not be on my feet and it did not seem as though I could stand it. I tried different medicines without any benefit and several doctors told me nothing but an operation would do me any good. My druggist told me of Lydia E. Pinkham's Vegetable Compound. I took it with the result that I am now well and strong. I get up in the morning at four o'clock, do my housework, then go to factory and work all day, come home and get supper and feel good. I don't know how many of my friends I have told what Lydia E. Pinkham's Vegetable Compound has done for me."—Mrs. ANNA METERIANO, 36 West 10th St., Peru, Ind.

Women who suffer from any such ailments should not fail to try this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound.

Fertilizers For 1919

(Experimental Farms Note)

Now is the time for the farmer to plan his croppings for 1919 and in doing so to decide upon what fertilizers, if any, he purposes to use. Last spring there was considerable disappointment among farmers, especially among those who had delayed placing their orders till a few weeks before the season opened, as there was not only a shortage of material but transportation facilities were such that quick deliveries could not be made. There is no prospect that conditions will be better next spring and it therefore behooves the farmer this fall to carefully consider his needs, scan the prices and having made his selection to place his orders, stipulating an early delivery. Co-operation in ordering may effect the saving of a considerable amount in purchasing and freight rates.

During the last ten years there has been considerable increase in the number of farmers in British Columbia, Quebec, Ontario and the Maritime Provinces using fertilizers, but unfortunately but a small percentage of them have any definite knowledge of the profit that may have resulted from their application. There will always be a degree of uncertainty as regards results from fertilizers, chiefly owing to the fact that seasonal conditions cannot be predicted, but with close conservation from carefully planned work, a very great knowledge may be gained as to the kind and amount of fertilizer which will prove profitable. A series of adjacent plots on fairly uniform soil, each with a different amount or combination of fertilizer sown to the same crop, furnishes the most reliable means of learning the most profitable application, but at time and labor do not permit of the adoption of this plan, a strip of the field, well staked, should be left unfertilized, and its yield weighed against that of a similar sized strip on the fertilized area. From the results so obtained the profit or loss from the application of the fertilizer may be readily obtained.

A considerable saving may be usually effected by buying fertilizer ingredients—nitrate of soda, sulphate of ammonia, superphosphate, basic slag, etc., than by purchasing ready mixed fertilizers, and this course also furnishes valuable information for future guidance obtainable in no other way. Information and advice regarding the use of fertilizers will be gladly given as far as may be practicable, by the Division of Chemistry, Central Experimental Farm, Ottawa.

Met Him In Prison.

He was one of those smart men who like to show their cleverness. "Watch me take a rise out of him," he said, as the tramp approached. Then he listened solemnly to the tale of hard luck. "That's the same old story you told me the last time you accosted me," he said, when the vagrant had finished. "Is it?" was the answering question. "When did I tell it to you?" "Last week." "Maybe I did, maybe I did," admitted the tramp. "I'd forgotten meeting you I was in prison all last week."

CASTORIA

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

Timely Health Rules

With the reopening of the public schools, and a general and growing disposition to pay more attention to the health of school children, it may be well to republish here some health rules prepared by the Massachusetts State Board of Education. These rules contain many valuable suggestions as to guarding and preserving the health of the young, and not a few of them could be followed to advantage by grown up people. Some of them follow:

Begin the day by drinking a glass of water, and drink at least six glasses during the day. Do not go to school without breakfast. Eat regularly three times a day. Eat slowly and chew all food well. Drink milk every day—four glasses are not too much. Eat some breakfast cereal every day. Eat some vegetables besides potato every day. Eat bread and butter at every meal; dark breads are best. Eat some fruit every day. Spend the pennies for apples instead of candy. Do not eat candy between meals; eat candy and other sweets only at the end of regular meal. Do not eat or touch food without first washing the hands. Do not eat fruit without first washing it. Do not eat with a spoon or fork which has been used by any other person without first washing it. Observe the same rule with reference to a glass or cup. Do not eat from the same dish with any other person.

Too often neglect is fatal. In health matters the process of repair is often slow and difficult. The great thing is prevention, and failing that, the early detection of any form of disease. Both the city and the province have recently taken steps forward in the matter of guarding the public health, and what has already been done should make a much greater advance easier and more certain.

Keeping the Nest Egg.

Times are good financially. Everybody is making more money and enjoying more prosperity undoubtedly than in those dark days when wheat sold for 60 cents, eggs for 10 cents, pork for 5 cents, beef for 4 cents, and labor went begging for a dollar a day or less. No one would so dispute the fact as to volunteer a return to those struggling times.

Such prices as we are receiving today, and such wealth as the savings banks are accumulating, and as every individual is getting, carry prosperity from the Great Lakes to the Sea. Unfortunately as it may be that this is one of the accompaniments of war, it is nevertheless true that everything which is produced commands its maximum price under abnormal conditions.

Equally certain follows the corollary that the valley of depression will open up when the pendulum has swung the other way. When that time comes, as it assuredly will, the savings of today will be the only bulwarks to defeat the hunger offensive of the after-the-war drive.

The conserved surpluses from the flowing coffers of our farms and business interests will place any one of us in a position to ride the bumps of adversity with comparative ease. Save the surplus, is a mighty fine slogan for anyone to march under as we reap the wide advantages of big returns. Be sure that the nest egg is kept.

Poets, Attention!

The Dominion Press News and Feature Committee of the Victory Loan 1918 organization announces a poem contest in connection with the coming campaign. Canadians with poetical talent are invited to submit offerings not exceeding 200 words, which will be judged largely on their effectiveness as publicity designed to persuade Canadians to buy Victory Bonds. A prize of a \$50.00 bond of the new issue will be awarded for the best poem submitted. The next best 24 will be awarded special mention and \$5.00 will be paid for those which the committee decides to use in the course of the campaign. Professor M. W. Wallace, of the Toronto University, and the editor of Victory Loan National Press News and Feature Service will be the judges.

The committee offers to supply information concerning the urgency of the situation necessitating the coming loan, to all contestants, who may apply to the committee's office, 18 King Street West, Toronto.

The contest closes on October 15th, and award will be announced a few days later.

A Land of Promise

The Bishop was addressing the Sunday School. In his most expressive tones he was saying: "And now, children, let me tell you a very sad fact. In Africa, there are ten million square miles of territory without a single Sunday School, where little boys and girls can spend their Sundays. Now what should we all try and save up our money and do?" And the class, as one voice, replied in ecstatic union, "Go to Africa!"

THERE'S A WARNING IN TRADE FIGURES

Our Unstable Financial Position Indicated—Thrill Will Make Canada Secure

For those who undersand Canada's financial conditions there is a significant lesson in the trade figures recently issued from Ottawa.

For the first five months of the present fiscal year there was a decrease in Canada's foreign trade of \$270,000,000, or about twenty per cent. There was a great falling off alike in manufactures and agricultural products exported. The trade was \$875,000,000, compared with \$1,146,000,000, a year ago.

These figures tell in potent terms of the instability of present conditions. Our trade, though still large and healthy, is on an insecure and unending foundation. War conditions have created a fictitious prosperity. There may be no reason for alarm, but there is reason for caution. The Government must watch and prepare, so should the individuals. Few Canadians but are effected in some way by the present conditions. The wise ones will prepare by practising thrift now. The Nation can be no stronger than its individual citizens.

One on the Navigator.

A captain returned from sea on some holidays, was arguing and discussing with a farmer in the midst of a company at a country inn one evening.

Captain—"Allow me to say, sir, that you have no idea of the world, or of what I am talking about. I have sailed around the world several times and I have practical experience and have seen the wonders I'm telling ye of."

Farmer—"Well, sir, I can boast of a navigation record that you have not achieved. My mate and I have sailed a ship to the United States, only two of us, mind."

Captain—"Impossible, my friend, seeing you have never been at sea. What ship was it, pray?"

Farmer—"A courtship, sir, and you are a bachelor still."

Was Insured

"The worst winter I remember was when we were besieged," said the old soldier. "We had only one bite a day for two weeks and that was horse-flesh."

"I remember," said Pat O'Brien, his companion, "living for a month on one bite, and that was out of my leg." "You old cannibal, do you expect me to believe that?" roared the soldier. "It's true, believe it or not," said Pat, calmly. "A dog took a bite out of my leg, and the insurance kept me like a lord for four weeks."

Minard's Liniment cures Distemper.

W. H. MAXWELL

NOW is a good time to buy
Sweets for the Boys
at the Front

As sugar is advancing, the price of all kinds of chocolate and candy will be higher very shortly. Those intending to send Christmas boxes to their boys would be wise to buy their supply now. We have a fresh shipment of

**NUT BARS
NUT MILK BARS
CREAM BARS
FUDGE BARS
CARAMELS
Milk Chocolate, in bulk
Chocolates in boxes**
PRICES: from 12c to \$1.00

GUM

Spearmint, Doublemint, Juicy Fruit, Tutti-Frutti, Blackjack, California Fruit, Reddellow, Gipsy, Chielets.

Cigars, Cigarettes and Tobacco

SPECIAL DISCOUNT to any Red Cross Society buying a quantity.

W. H. MAXWELL
Queen Street BRIDGETOWN

A Constipation Cure

A druggist says: "For nearly thirty years I have commended the Extract of Roots, known as Mother Seigel's Curative Syrup, for the radical cure of constipation and indigestion. It is an old reliable remedy that never fails to do the work." 30 drops three daily. Get the Genuine, at druggists.



With Acknowledgments to Luke Fildes, R.A.

To every home there comes a time when every thought, every hope, every prayer for the future centres on the recovery of one loved one. In that hour of anguish, every means to recovery is sought—the highest medical skill, trained nurses, costly treatment. Does the price matter?

It may be so great as to stagger the imagination—a sum beyond the possible.

But does anyone ask, "Can we do it?" Money or no money, they do it. And somehow they pay.

It may mean doing without things they think they need. It may mean privations, sacrifices, hardships. They make unbelievable savings, they achieve the impossible, but they get the money to pay.

Today in this critical period of our nationhood, there is imperative need for MONEY—vast sums of money. Only one way now remains to obtain it.

The nation must save, every community, every family, every individual Canadian must save.

If anyone says "I cannot save" let him consider to what extent he

would pinch himself to relieve the sufferings of a loved one at home; and surely he would not pinch less for our fighting brothers in France.

Without suffering actual privations, nearly every family in Canada can reduce its standard of living, can practice reasonable thrift, can make cheerful sacrifice to enrich the life-blood of the nation.

You who read this, get out pencil and paper NOW. Set down the items of your living expense. Surely you will find some items there you can do without.

Determine to do without them.

Start TO-DAY. Save your money so that you may be in a position to lend it to your country in its time of need.

Published under the authority of the Minister of Finance of Canada.

Banner Fruit Co., Ltd.

Warehouse Open Thursday and Saturday Afternoons.

OATS

No. 1 Western Feed Oats. Govt. Seed Oats now sold at feed prices.

Barley and Oat Chop
Cracked Corn & Corn Meal
Barley Meal
Ground Oil Cake
Oatmeal Feed
Frosted Wheat for hens.

BANNER FRUIT CO., Ltd.

Be Sure to See
OUR FINE
CONFECTIONERY

IT IS THE VERY BEST THAT CAN BE BOUGHT.

Over a dozen varieties of 5c Chocolate Bars.

FRESH CHOCOLATES, CREAMS AND MIXTURES. Lots of Penny Candies for the Kiddies

Mrs. S. C. TURNER
VARIETY STORE

Save Your Money for the coming Victory Loan

A. M. JACK & SON, Halifax.

Investment Securities Correspondents of
A. E. AMES & CO.
Toronto, Montreal, New York
Established 1889

FALL BOOTS

With Neolin Soles

At this season of the year there's nothing more suitable than a pair of our Neolin Soled Boots. They are especially adapted for Winter Wear and look neat and trim in all kinds of weather for they're built for service as well as attractiveness.

We're showing an extensive assortment of these Boots in shades Black and Brown for Men and Women.

J. H. LONGMIRE & SONS

Advertise in the MONITOR

DANGER LURKS EVERY ONE

We Are As Full of Poisons As A Laboratory

AUTO-INTOXICATION OR SELF-POISONING

"FRUIT-A-LIVES" Absorbs This Dangerous

The chief cause of poisoning is our neglect of the bowels, instead of passing lower intestine regularly is allowed to remain there poisons which are absorbed.

In other words, a person habitually constipated, himself. We know now, auto-intoxication, due to non-absorption, is directly responsible for Kidney and Bladder that it upsets the Blood, Indigestion, Loss of Appetite, Sleeplessness; that chronic Gout, Pain In The Back, Rheumatism, Eczema and other skin diseases disappear when "Fruit-a-lives" is taken to correct Constipation.

"Fruit-a-lives" will fight Auto-intoxication, this wonderful fruit medicine directly on all the eliminators. 50c. a box, 6 for \$2.50, trial at all dealers or sent on price by Fruit-a-lives Limited.

TRAVELLERS' GUIDE

DOMINION ATLANTIC RAILWAY

TIME TABLE REVISED TO SEPT. 29th, 1918

GOING WEST

Middleton	11:33
Lawrencetown	11:50
Paradise	12:13
Bridgetown	12:48
Tupperville	12:58
Round Hill	12:58
Annapolis Royal	12:42
Upper Clements	12:53
Clementsport	12:59
Deep Brook	1:06
Beaver River	1:15
Imbertville	1:18
Smith's Cove	1:22
Digby	1:37

GOING EAST

Digby	12:05
Smith's Cove	12:20
Imbertville	12:24
Beaver River	12:28
Deep Brook	12:37
Clementsport	12:44
Upper Clements	12:53
Annapolis Royal	1:07
Round Hill	1:22
Tupperville	1:32
Bridgetown	1:45
Paradise	1:56
Lawrencetown	2:03
Middleton	2:20

R. U. PARKER, General Passenger Agent.

GEO. E. GRANT, General.

H. & S. W. RAIL

Accom.	TIME TABLE
Wednesdays only	IN EFFECT March 10, 1918
Read down	STATIONS
11:10 a.m.	Lv. Middleton Ar.
11:41 a.m.	*Charlottetown
12:00 p.m.	Bridgetown
12:32 p.m.	Granville Centre
12:49 p.m.	Granville Ferry
1:12 p.m.	*Karsdale
1:30 p.m.	Ar Port Wade Lv

Connection at Middleton with H. & S. W. Railway Dominion Atlantic Railway.

W. A. CUNNING, Div. F. & P.

Dominion Atlantic To BOSTON, MONTR

and all points in

WESTERN CANADA and U.S. STATES via DIGBY and C.

DIAN PACIFIC LINES

at Lowest Rates

For fares, sleeping accommo

and other information teleph

write to

R. U. PARKER

General Passenger Agent

117 Hollis Street, HALIFAX,

2311