

**Mail Contract.**

SEALED TENDERS addressed to the Postmaster General, will be received at Ottawa until noon, on Friday, the 20th October, 1908, for the conveyance of his Majesty's Mails, on a proposed Contract for four years, six times per week each way, between ANNAPOLIS ROYAL and GRANVILLE FERRY, from the 1st January next.

Printed notices containing further information as to conditions of proposed Contract may be seen and blank forms of Tender may be obtained at the Post Office of Annapolis Royal and Granville Ferry and at the Office of the Post Office Inspector at Halifax.

**G. S. SPERSON,**  
Superintendent.

POST OFFICE DEPARTMENT,  
Halifax, 12th Nov. 1908.

**Mail Contract.**

SEALED TENDERS addressed to the Postmaster General, will be received at Ottawa until noon, on Friday, the 13th November, 1908, for the conveyance of his Majesty's Mails, on a proposed Contract for four years, six times per week each way, between BRIDGETOWN and HAMPTON, and HAMPTON and PARKER'S COVE, from the 1st January next.

Printed notices containing further information as to conditions of proposed Contract may be seen and blank forms of Tender may be obtained at the Post Office of Bridgetown, Parkers Cove, and Hampton, and at the Office of the Post Office Inspector at Halifax.

**G. S. SPERSON,**  
Superintendent.

POST OFFICE DEPARTMENT,  
Mail Contract Branch,  
Ottawa, 20th Sept. 1908.

**THE HAYWARD CLOTHING STORE**

Calls your particular attention to their line of Men's, Youth's and Boy's Suits.

Stanfields Underwear.....\$1.10  
Men's heavy outside unshrinkable Shirts.....\$1.00  
Stanfields Underwear.....\$1.25  
Canadian Pride, Homespun, A. P. H. Pants, guaranteed.....\$2.95  
Hats.....\$2.25  
Caps.....\$1.50  
H. & L. Shirts.....\$1.25

Come in and see our goods and get our prices.

**HAYWARD CLOTHING STORE**  
Phone 157

FRESH MEATS AND POULTRY

PRIME CORNED BEEF

HAMS AND BACON

VEGETABLES OF ALL KINDS

Orders promptly attended to.

**Moses & Young**

Our New Catalogue,  
Just Issued, Gives Our Terms, Courses of Study, etc. Your Name and Address will Procure You a Copy, and It is Worth Sending For.

**S. KERR,**  
Principals,  
Old Fellows Hall

OUR CANADIAN PEERS.

Not one of our three Canadian peers has an heir male to continue it. Lord Strathcona's title, presumably, will one day descend to his daughter, Mrs. Howard, who in that case will add another to the small and select company of British peeresses in their own right. Lord Mount Stephen, though he has been twice married, has no children; and the other Canadian peerage, that of Macdonald-Barncliffe, is now held by the widow of the first Lord Macdonald, and as yet no provision has been made for its inheritance by her only daughter.

**Rainbow Flour**

Makes such wholesome bread—the kind there never seems to be enough of.

Milled by the Tillsons at Tillsonburg

**IT IS NO DREAM**

The Bridgetown Central Grocery carries as full a line of Fine and Staple Groceries as can be found in any store in Annapolis Valley.

Our Prices are right.

Our July trade was good. We cordially invite an increase of your appreciated patronage for present month.

**J. E. LLOYD**

**Cowan's**

Milk Chocolate Stick, Medallions, Croquettes, Cream Bars etc. are truly delicious.

For sale by all dealers from Coast to Coast.

THE COWAN CO. LIMITED, TORONTO.

**BRIDGETOWN BOOT AND SHOE STORE**

JUST OPENED

Boys' Heavy School Boots  
Girls' Heavy School Boots  
Child's Heavy School Boots

Strong and Good to Wear

Mens Grain Bals  
Men's Grain Bellis Tongue Bals  
Men's Grain Harvest Bals

Amherst Make

**E. A. COCHRANE.**  
Murdoch Block, Granville Street.

LEAVE YOUR ORDER EARLY.

For your Winter Suit or Overcoat in order that you may get it filled before the rush of the season's work.

Our specialties are Oxfords and Hewson's Wools, a new line.

**I. M. OTTERSON**

**Impure Milk Kills  
Thousands of Children**

(Canadian Home Journal.)

The government of this country goes to enormous trouble and expense to protect the people against bad whiskey and most ingenious methods have been adopted to detect and punish adulteration. Bad or even good whiskey may kill a man in twenty or thirty years but dirty milk will kill a child in a few hours. It kills thousands of them every summer of the well-to-do as well as the poor, and yet the government seems able to do no more than once a year publish analytical reports showing the variation of milk in butter fat and solids in various parts of the country.

Some newspapers, medical health officers, members of the medical profession and others are already doing what they can to arouse public opinion and secure much needed relief from the abominable conditions that so widely prevail with regard to the milk supply. Winnipeg and St. John, N. B., are at present the only municipalities that have anything like adequate pure milk laws and while Quebec, Montreal, and one or two other cities follow with regulations governing to some extent the standards of quality and methods of sale none of them seem to take seriously the most important phase of the whole question, the thorough inspection of the farms or dairies whence the milk comes. There is no more important issue in any municipality than its milk supply and a newspaper or public spirited citizen who takes up the question will be conducting the greatest boon possible upon the community. We give for those who desire to take up the question in their own community, a few facts that may be useful in preparing a campaign.

Milk is one of the best and most easily digested foods when pure. It is claimed that a quart of good milk equals in nourishing value a pound of beef. It is the principal food of children who are not in a position to protect themselves against any impurity. Half the deaths of infants are due to gastro enteric diseases principally caused by impure milk. Ninety per cent. of the trouble with milk is dirt that has got in when milking or afterwards. Even with tuberculous cows most of the taint results from the dirt that falls from the cow into the milk. Perfectly clean milk never disagrees with the stomach of a healthy child and never breeds disease. During the past twenty-five years there have been 195 epidemics of typhoid, 99 of scarlet fever and 36 of diphtheria directly traceable to milk. A United States Government report claims that 10 per cent. of the typhoid may be traced to milk. Impure milk is more dangerous than sewage. A quart of water will not develop as much germ life in months as a quart of milk in the same number of hours. A teaspoonful of milk absolutely germ free exposed to the air of an ordinary milk room will develop in the first hour about 3,000 germs, in the third 15,000, in the sixth 45,000, and in the ninth 100,000, in the twelfth 200,000. The moral is protect the milk from contact with the air, clothing or anything that will contaminate. Cows do not have typhoid or scarlet fever. Germs from these diseases get in through water added to milk or through cans washed in infected water. Any plan that will keep milk from contamination from outside will be more or less effective. Clean milk kept at a temperature below 55 degrees will keep sweet for weeks and will develop no disease germs. The common plan of cleaning milk is to pasteurize it, that is bring it to 155 degrees. It has been found effective in the destruction of most germs but it is not absolutely safe. Unfortunately it affects the taste so that children do not relish pasteurized milk like they do raw. It is thus more difficult to get them to take it. Pasteurization really cooks the milk and thus interferes with its character. It changes the solids and destroys the good bacteria with the bad; many of the former help digestion. Those in charge of children's hospitals and homes find that the children while relieved from intestinal troubles by pasteurized milk do not thrive as well as on the raw live milk. Pasteurizing while destroying germ life leaves the poisonous products of these germs still in the milk and is thus no more effective as a cleanser than a good sieve. It moreover destroys the bacteria which produce sourness and which are not harmful to health on digestion and thus takes out the "alarm bell." When milk sours we know it is deteriorating but it may be pasteurized and so on gathering its army of disease germs and be thought wholesome.

Too much trouble is the excuse that farmers and others make for neglecting the commonest precautions against dirty, disease laden milk. An extra man will do all the work necessary for a herd of thirty-five or forty cows, to keep them and their surroundings clean. This is the price of health to those using the milk. Dairy cows should be regularly examined by a veterinary surgeon and all diseased animals eliminated. They should be kept free from fifth and the udders and flanks should be carefully wiped each time before milking. Milking should be done in clean, well kept and ventilated stables. Fresh air and whitewash are foes to germs. Milk pails should be covered and milk should pass through sterilized strainers. Milk should be cooled within an hour from milking to less than 50 degrees F. and then placed in sterilized air-tight cans or bottles and stored so to keep the temperature at less than 50 degrees F. Flies should be excluded from milk rooms and places of delivery. Milk should not be exposed to the air even in a refrigerator but kept covered. These simple rules cover most of the requirements for pure milk. Given a healthy cow and care in the handling of the milk it ought to be possible to get the pure raw product to those that use it at very little more expense than by the present careless, dangerous system. If this is accompanied by as large a saving of human life as has been realized in some localities it is surely well worth the ambition and effort of attainment. The expedient of the indifferent profit grabbing producer and dealer is fit pasteurizing pot and, even when this process can be trusted, the system puts a premium on dirt. In the majority of cases, however, pasteurizing is a fraud as anyone who sets bottled milk may judge by examining the sediment almost any morning. It is made the excuse for taking milk from any filthy disease impregnated source and putting it on the market with the appearance of purity and innocence. The day is coming when milk cleaning will be done at the right end.

**SMOKE ON THE BAY CAUSES WRECKS.**

A despatch to the St. John Sun says—Navigation has been rendered difficult and dangerous on the Bay of Fundy, over which hangs a pall of smoke, and today reports reached here of two wrecks. The schooner George L. Shipp, owned and commanded by Arthur Ogilvie, of Parraboro, N. S., is ashore three miles west of Gulliver's Cove, and will be a total wreck. The vessel left Hantsport with lumber for Boston. She struck on the rocks last night during a heavy sea and the crew was rescued with great difficulty. The vessel is rapidly breaking up. She hails from St. John, registers 98 tons, and was built at Harvey, N. B., in 1888. The vessel and cargo are insured. The schooner Vandy, from Metachan, N. S., for Annapolis, in ballast, went ashore in the ebb tide west of Point Prim light. She floated on the flood tide and was towed in a water-logged condition and grounded at Victoria Beach. The Vandy hails from Yarmouth. She was built at Port Maitland in 1882. There is no insurance on the vessel.

Repeat it—"Shiloh's Cure will always cure my coughs and colds."

**How To Gain Flesh**

Persons have been known to gain a pound a day by taking an ounce of Scott's Emulsion. It is strange, but it often happens. Somehow the ounce produces the pound; it seems to start the digestive machinery going properly, so that the patient is able to digest and absorb his ordinary food which he could not do before, and that is the way the gain is made. A certain amount of flesh is necessary for health; if you have not got it you can get it by taking

**SCOTT'S EMULSION**

Send this advertisement, together with name of paper in which it appears, your address and four cents to cover postage, and we will send you a "Complete Handy Atlas of the World."

**SCOTT & BOWNE**  
126 Wellington Street W., TORONTO, ONT.

Private tutoring and teaching proved the most lucrative employments according to the report, graduate students earning \$37,163 in that way. Waiting on table was a popular and remunerative employment for Yale men, and ranks next to private tutoring. One hundred and thirty-five men earned \$18,460 in this way. Sixty-one students managed eating clubs and earned \$7,465.

**FOR CHAPPED SKIN.**

Chapped skin whether on the hands or face may be cured in one night by applying Chamberlain's Salve. It is also unequalled for sore nipples, burns and scalds. For sale by A. E. ATLEE, ANNAPOLIS, W. A. WARREN, BRIDGETOWN, and BEAR RIVER DRUG STORE.

GENUINENESS.

There is nothing which will add so much to one's power as the consciousness of being absolutely sincere, genuine. If your life is a perpetual lie, if you are conscious that you are not what you pretend to be—that you are really a different person from what the world regards you—you are not strong. There is a restraint, a perpetual fighting against the truth going on within you, a struggle which saps your energy and warps your conduct. If there is a mote at the bottom of your eye, you can not look the world squarely in the face. Your vision is not clear. Everybody sees that you are not transparent. There is a cloudiness, a haze about your character, which raises the interrogation point where you go. Character alone is strength; deceit is weakness, sham and shoddy are powerless, and only the genuine and true are worth while.

**Students at Yale Earned Big Money.**

New Haven, Conn., October 15th.—Fifteen Yale students working as trolley-men in this city, a few of them during term time and the rest of them during the vacation, earned \$2,418 last year, according to a report made public today by C. L. Kitchel, secretary of the Yale bureau of self-help and appointments. According to his estimation, Yale students last year earned toward the cost of their education \$214,449. In answer to inquiries sent out by Mr. Kitchel, 564 students, representing, it is estimated, about nine-tenths of those who worked during vacation or term time, replied, stating the amount earned by each. The total amount reported was \$190,449, of which \$127,561 was earned in term time and \$62,888 in vacation. The members of the graduate school, 88 in number, led in the amount of cash earned, having \$46,970 to their credit. Seventy-nine academic seniors last year earned \$29,540, while fifty-three Sheffield seniors earned \$22,529. Among the freshmen, the academics, with fifty-three men, led with \$14,427, and the Sheffield freshmen, thirty-five men, earned \$7,340.

The opening article in the November Scribner, "On the Old Boston Post Road," is by Stanley M. Arthur, the artist. It recalls with humor and spirit the time before railroads and steamboats, when a journey between Boston and New York meant days in one of the great lumbering tallboys. The scenes along the way, the changing of many horses, the road-houses that contributed so much to the social and creature comfort of the journey, the rivalry among the competing lines and the drivers, are described in the text and pictured in a series of paintings in color.

In the third and last article dealing with the career of Richard Mansfield—these of course are only a very small part of the complete life, which will be shortly published in book form—Mr. Wiltach tells of the actor's great performance of "Othello" and of the arduous labor he put into the preparation of that play. It will be a pleasant revelation of the man to read a series of letters written by him to his little sister, Gibbs. They are full of tenderness and humorous fancy and reveal a remarkable understanding and sympathy with the child mind.

Another of William T. Hornaday's articles on "Diversions in Picturesque Game-Lands" describes "Golden Days in the Shoshone Mountains" in search of mountain sheep and adventure in the open. Among the things he saw was a wonderful canyon that has never yet been explored by man.

Florence Craig Albrecht contributes an interesting series of "Friedland Memories," describing one of the most picturesque parts of Holland. It is illustrated with photographs.

In an article on "The Absentee American" Mary Crawford Fraser, a sister of F. Marion Crawford, the novelist, says some very pertinent things about the expatriates who carry their own country and never really belong to the one of their adoption. It is full of a spirit of fine patriotism and written with a convincing truth and frankness that are quite refreshing.

John Fox, Jr.'s novel, "The Trail of the Lonesome Pine," ends in this number with a charming picture of the return of June and her meeting with her lover in the little cabin home near the Lonesome Pine. The story concludes with a scene full of tenderness and idealism, one that will win the sympathies of all readers.

The short stories include: "Grantham's Limitations," by Mary Heaton Vorse—a charming story of sentiment with a keen study of a very attractive character; "Drywater Trestle," by Helen Haines—telling of the awakening of an old Southern town; and "Pic," by Wolcott Le Clear Beard—the exciting adventures of a little Indian boy and the part he played in a bit of romance.

**TWO HUNDRED SINGERS.**

London, Oct. 22.—Arrangements for the visit of the Sheffield Choir to Canada are now complete. The choir will consist of 65 sopranos, 50 contraltos, 35 tenors, and 50 basses. The Bishop of Sheffield had intended going with the choir but the visit began earlier in the year, but will now be unable to do so. The choir will sail on the Allan liner Grampian from Glasgow on the 28th of this month.

**Beaver Flour**  
Manitoba Wheat  
Ontario Wheat

Gluten is really the nutriment in wheat. It is a heavy, tough substance much resembling raw dough. The trouble with Manitoba flour is, that it contains too much gluten. Bread made with it is apt to be gray and heavy, and pastry is sure to be.

Ontario wheat does not contain quite enough gluten, but it is rich in carbohydrates—which give to flour the qualities of lightness and whiteness.

**Beaver Flour**  
is both a Manitoba and an Ontario wheat flour.

Just as much Manitoba Spring Wheat are used in blending Beaver Flour, so that each will supply what the other lacks.

That is why Beaver Flour makes whiter, lighter, more wholesome Bread and Biscuits than Manitoba flour—and makes lighter, tastier Cakes, Pies and Pastry than any "pastry" flour.

No matter what other flour you are using now, try Beaver Flour. The first sack will prove its superiority. At your grocer's.

Dealers, write for prices on all kinds of Feeds, Coarse Grains and Cereals. T. H. TAYLOR CO., Limited, Chatham, Ont.

Repeat it—"Shiloh's Cure will always cure my coughs and colds."