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It is kiln-dried and end-matched in widths of 1 1/2, 2, 2 1/2 and 3 in. and sold at the lowest prices FACE MEASURE.

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We will mail direct to you, printed parchment at the following prices.

1000	1lb. size	\$2.45
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The question as to how long you are going to continue suffering from indigestion, dyspepsia or out-of-order stomach is merely a matter of how soon you begin taking Tonoline Tabs. People with weak stomachs should take Tonoline Tablets occasionally, and there will be no more indigestion, no feeling like a lump of lead in the stomach, no heartburn, sour risings, gas on stomach or belching of undigested food, headaches, dizziness or sick stomach; and besides, what you eat will not ferment and poison your breath with nauseous odors. All these symptoms resulting from a sour, out-of-order stomach and dyspepsia are generally relieved five minutes after taking Tonoline Tablets.

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Fifteen per cent. of the earth's crust is composed of aluminum.

MIDDLETON

Oct. 11 Miss Myrtle McGill of Halifax is home.

Miss Adelaide Baltzer of Truro spent Thanksgiving at home.

Mr. Harold Goucher of Wolfville is spending his holidays at home.

Miss E. B. Young is visiting in Annapolis, the guest of Miss Muriel Hatt.

The friends of Rev. J. L. Batty were pleased to see him in Middleton again before returning west.

Mr. C. J. Hatt is spending his holidays at Annapolis, the guest of his parents, Mr. and Mrs. B. E. Hatt.

Dr. and Mrs. A. P. Reid left last week for Boston intending to visit their daughter, Mrs. W. H. Wilson.

Rev. R. W. Collins and I. M. Shaw attended the meeting of the Presbyterian Synod at St. John last week.

The many friends of Mr. and Mrs. C. E. Jubien were pleased to see them in Middleton on Tuesday of last week.

Mr. B. Merriam of the Canadian Bank of Commerce staff, spent his Thanksgiving holidays at his home in Annapolis Royal.

Lieut. Walter Ruggles and Lieut. Louis Gates of Middleton have joined the 85th Battalion, Lieut. Ruggles is drilling a squad of volunteers at Bear River.

MELVERN SQUARE

Oct. 11 Miss Hortense Spurr spent Sabbath in Bridgetown.

Miss Georgie Brown spent Thanksgiving at her home in Melvern.

Mr. and Mrs. Gerald Margeson are receiving congratulations on the birth of a son.

Mr. Theodore Vidito of Vermont is the guest of Mr. and Mrs. Hilton on Pleasant Street.

Mr. Fred Spurr of Aylesford was the guest of his uncle, Colonel S. Spurr, on Sabbath last.

Percy, the little son of Mr. and Mrs. W. H. Martin, who has been quite ill, is now convalescent.

Mrs. D. M. Outhit is spending a few days in Kentville, the guest of her brother-in-law, Mr. J. F. Outhit.

Miss Lilla Gates has returned to her home in Melvern after a very pleasant visit with friends in Bridgetown.

A Thanksgiving Song Service was held in the Baptist Church on Sabbath evening last, with a good attendance.

Mr. and Mrs. Arthur Goucher, who have been visiting friends in Melvern Square and Margareville, returned to their home in Brighton, Mass., early last week.

Little Robert Phinney, who has been seriously ill of cholera during the past ten days, is, we are glad to state, improving, although slowly. Dr. Devine is in attendance.

There has been much sickness in Melvern during the past three weeks from colds, and an epidemic of cholera, which has been spreading from one family to another throughout the neighborhood.

Miss Josephine Gates, who has been spending the past week with her niece, Miss Winnifred Jacques, left last week for Boston, where she will visit friends for an indefinite period.

Quite a number of Thanksgiving visits had to be cancelled on account of the unpropitious weather of last Saturday, many preferring to remain at home rather than brave a drenching rain storm.

Miss Myrtle Morse, who graduated from Acadia Seminary in early summer, left for Wolfville last week to take a course at Acadia College. Miss Morse returned on Friday to spend Thanksgiving at her home here, returning to Acadia this week.

Apple picking is the order of the day, but the heavy rain during the latter part of last week interfered seriously with the work, the roads being in such a condition in some places as to make it quite difficult for the farmers to haul the fruit already gathered to the different warehouses.

Several from her attended the Sabbath School Convention held at South Farmington Union Church last week; the delegates from the Methodist School being the Misses Mabel Phinney and Winnifred Jacques; from the Baptist, Mrs. J. P. Morse, and the Misses Hattie Spurr and Kathleen Kenyon.

REZISTOL

A safe and sure remedy in all cases of overstimulation; also indicated in all cases of Brain Fatigue, Nervous Exhaustion caused by overwork or malnutrition, unequalled for nausea or general depression. A general tonic and body builder. Mail orders filled by Rezistol Chemical Co., Boston, Mass.

A WORD FOR MOTHERS

It is a grave mistake for mothers to neglect their aches and pains and suffer in silence—this only leads to chronic sickness and often shortens life. If your work is tiring; if your nerves are excited; if you feel languid, weary or depressed, you should know that Scott's Emulsion overcomes just such conditions.

It possesses in concentrated form the very elements to invigorate the blood, strengthen the tissues, nourish the nerves and build strength. Scott's is strengthening thousands of mothers—and will help you. Try it. Scott & Bowne, Toronto, Ont.

ALBANY

Oct. 11 James Payne has enlisted for the war.

Mr. Lyman Whitman attended the exhibition at Halifax.

Mr. and Mrs. Feener and Mrs. Wm. Whynot have returned from their trip to Boston.

Mrs. Brown, adopted daughter of Mr. McLeod is helping to care for the latter in his last days.

Miss Annie Fairn was made a Life Member of Albany Aid Society at the last meeting, October 5th.

Mr. Leonard Whitman and Fred Fairn made a trip to Yarmouth last week, attended the exhibition.

Mr. Clyde Whitman went to Wolfville on October 5th to attend the University of Acadia for the coming year.

Miss Annie Fairn went to Falkland Ridge on Saturday, 9th, to visit her niece and nephew, Mr. and Mrs. E. G. Macon.

Architect Fairn and family are at their cabin, Albany Cross. Miss Nelly of Aylesford was their guest this week.

Mr. Leon Veinot and brother have moved their mill to Albany Station and have begun to saw lumber and pulp wood.

Mrs. Leonard Whitman and brother E. J. Whitman went to Caledonia on Saturday, 9th, to visit Rev. and Mrs. M. B. Whitman.

Reginald and Lorimer Whitman attended the exhibition at Caledonia and while there were the guests of their uncle and aunt, Rev. and Mrs. M. P. Whitman.

A reception was held at the home of Mr. and Mrs. Joseph Mailman on Friday evening, October 1st, in honor of their son Harry, who was married to Miss May Naugler of Ingallsville on September 29th.

FALKLAND RIDGE

Oct. 9 Miss Effie Stoddart spent the week-end in Middleton.

Mr. Ralph Marshall is attending Normal School at Truro.

Miss E. Elliott is spending Thanksgiving at her home in Clarence.

Mr. Titus Eisenhour of West Northfield visited friends here recently.

Mr. Jacob Stoddart attended the exhibition in Bridgewater last week.

Mr. and Mrs. D. D. Starratt have returned from their visit in the Valley.

Mrs. Percy Starratt and little daughter visited her sister in Middleton, last.

UNPRECEDENTED HAY CROP IN NOVA SCOTIA

Below Average in Ontario—Potato and Grain Crops

(Special to Monitor)

Truro, Oct. 5.—Nova Scotia farmers and apple growers have every reason to feel cheerful over this year's crops when compared with those of Ontario, according to Principal Cumming and Prof. J. M. Trueman, of the College of Agricultural, who have just returned from a visit to the premier province. They report that in general the Ontario hay crop was considerably below the average of past years. The grain crop was big, but owing to the heavy rain storms that prevailed, much of it was ruined. Some fields were not capable of being harvested, and others, when the grain was threshed, did not yield more than 50 per cent. of the expectancy. The most serious loss, however, in Ontario is with the potato crop, which is badly blighted. The result is that Toronto, Ottawa, and other cities of that province, are importing potatoes from the Maritime Provinces. Commission merchants are expecting very high prices for hay and potatoes.

The hay crop which is the "King Crop" in Nova Scotia this year is unprecedented, and farmers will have hay galore to sell, so that the revenue from the 1915 crop should easily surpass other years. Unfortunately, considerable potato rot is reported in Nova Scotia, but there is this comfort left, that it is by no means as extensive as in Ontario. In general, therefore, the Nova Scotia potato crop should yield good returns. Messrs Cumming and Trueman were surprised to hear from the heart of the fruit growing districts of Ontario that there is a big import demand for Nova Scotia apples, a fact which is confirmed by the N. S. shippers and elsewhere.

OUR GOLDENRODS

(Written for the Monitor)

"A haze on the fair horizon, The infinite tender sky, The ripe, rich tint of the cornfields, And the wild geese sailing high; And all over upland and lowland The charm of the goldenrod— Some of us call it Autumn, And others call it God."

September is the month of goldenrods. It is then they attain the acme of their loveliness and transform great patches of the fields, roadsides and fence corners into veritable "fields of the cloth of gold." They add much to the beauty and charm of our autumn landscape, when

"Along the roadside, like the flowers of gold That tawny incas for their gardens wrought, Heavy with sunshine droops the goldenrod."

Together with our numerous asters, white, blue and purple, the goldenrods are our characteristic autumn flowers. On rod-like stems they bear their golden plumes composed of numerous small flowerets compacted together. They are late bloomers, which seem to have been storing up the sunshine during the bright summer days in order to display it in their golden plumes which crown the autumn landscape with a halo of glory.

The goldenrods are almost distinctively American flowers. Of the hundred species classified by botanists, only two or three varieties grace the soil of Europe and a few are found in South America, while the great majority are indigenous to this continent. Canada is rich in goldenrods. No less than forty-two species and varieties are listed in Macoun's Catalogue of Canadian Plants published over thirty years ago, and doubtless, other species have been discovered since that date. They are so common with us that we fall fully to appreciate their beauty, while in Europe, where nature has not been so lavish with these blooms, some of our common goldenrods are tenderly cherished as garden flowers. Along our fence rows and roadsides, and in our fields we find several common species. The goldenrods are a baffling family of plants for the novice in botany as the different species are not easily distinguished yet a few can be readily determined with a little careful study.

The goldenrods belong to the largest order of flowering plants, containing about one-tenth of all blossoming family numbers not less than 11,400 different species of plants known to science. These have a wide geographical distribution. Some members of the family are cosmopolitan and have circled the globe. The dandelion scatters its gold in all parts of the civilized world. Having such a large family connection and being so widely distributed over the globe, the goldenrods might be expected to be compelled to blush at some of their relatives. Many of the farmers' worst weed-enemies are first cousins of our beautiful goldenrods. The spiny-leaved thistles, loved by none save the donkey; the beautiful ox-eye daisy, so hated by the farmer; the vile ragwort which causes the so-called "Pleuro cattle disease"; and the unsightly and pestiferous burdock; all claim kindred with the lovely goldenrod. But it also numbers among its relatives the lettuce of our salads and such garden flowers as the asters, daisies and dahlias.

The flowers of the Composite family do not row singly but are clustered into dense heads. They believe in the principle that "in union there is strength." Each head is composed of a multitude of tiny flowers. These little flowers are either tubular or strap-shaped, and the arrangement of these two kinds of flowers in a head present some variety of structure. All the tiny flowers of a head may be tubular as in the button-like heads of the tansy. All the flowerets may be strap-shaped as in the head of a dandelion. Or, again, the two kinds of flowerets may be found in the same head as in the daisy, where the multitude of yellow tubular flowers occupy the centre of the head and are known as disk flowers, while the few white strap-shaped flowers form a circle around them and are called ray-flowers. In the little individual heads of the goldenrod both the tubular disk flowers and the strap-shaped ray-flowers are present. In many plants the ray-flowers are large and showy to attract insects to the work of cross-fertilization as in the case of the daisy and sunflower, but the goldenrods depend more upon the effect produced by a multitude of small flower-heads clustered together en masse.

Like all other plants the goldenrods have two names of heathen sound and origin appended to them. It is important that every plant should have a name of its own and that that name shall be applied to it in all countries. The English names of plants are forever getting mixed up and frequently the names are misapplied. For example, the name goldenrod is given not only to the true goldenrods of the fields but also applied to a garden flower, one of the loosestrifes, a plant of an entirely different family. To meet this difficulty scientists have given two names of Latin form to each plant, the generic name standing first and the specific name second. The generic name of goldenrod is Solidago, signifying "to make whole", and bears testimony to an early faith in the plant's medicinal powers.

One of the most easily recognized of our goldenrods is the White Goldenrod or Silver-rod (Solidago bicolor) At first sight it looks as if an Irishman had named this flower White Goldenrod. But it is an albino among goldenrods. It has lost the golden-yellow pigment of its family and so its flowers are creamy white. Albinism, an abnormal deficiency of coloring-matter in plants and animals, is a common occurrence in nature. In walking through almost any museum one will discover white crows and white swallows and white mice. There are also human albinos with the hair and skin chalky white and the eyes pink. Being an albino, the Silver-rod is readily distinguished from its yellow brethren among whom it grows in the dry soil along the roadside.

The Downy Goldenrod (S. puberula) is another common species which rows abundantly on sandy roadsides and fields. The stem-leaves are somewhat lanceolate and the basal ones spatulate. The sprays of the plume do not spread much but the whole plume usually droops in a graceful curve. The purplish stem is usually not much over two feet high.

The Rough Goldenrod (S. rugosa) is one of the most abundant of the species. The rough-hairy stem sometimes attains a height of five feet or more. The numerous leaves vary from ovate to lanceolate, are saw-edged and rough-wrinkled. The plant is crowned with a compound panicle of gracefully spreading branches on the upper side of which the flowerets are clustered. The rough goldenrod is one of the prettiest and most graceful of our goldenrods and the one most frequently gathered for bouquets and decorations.

The Canada Goldenrod (S. canadensis) is another of our tall, common, handsome species. It delights in the fence corners and other neglected parts of moist fields and thickets. The tall, stout, hairy stem is thickly clothed with long lanceolate and sharply toothed leaves. The panicle is densely-flowered, with recurving sprays. The large, spike-like plume of this species waving along the fences is one of the characteristic features of our autumn landscape.

Another common and easily recognized species is the Lance-leaved or Fragrant Goldenrod. (S. lanceolata) Instead of the usual plumose flower-cluster which characterizes the genus, this species lifts to a height of two or three feet a flat-topped cluster of fragrant flower-heads. This is its distinctive feature. The numerous leaves are linear-lanceolate and entire. Its chosen habitat is low grounds where it grows luxuriantly. It often becomes a troublesome weed in damp hay meadows, and the farmers dub it "Yellow Weed."

Children Cry for Fletcher's



The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of Dr. J. C. Fletcher, and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

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THE CENTAUR COMPANY, NEW YORK CITY.

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A number of other species may readily be recognized in this vicinity. In swamps and bogs we find the Bog Goldenrod (S. ulmifolia) with its flower heads closely pressed into a long narrow panicle. The Sea-side Goldenrod (S. sempervirens) lifts up its large, showy plumes in salt marshes and on sea beaches. The dark green, lanceolate leaves are smooth and thickish. In the rich woods on the North Mountain we find the Zigzag Goldenrod (S. flexicaulis) The stem is angled, and, apparently possessed of some native instability, grows zigzag to a height of two or three feet, bearing broadly ovate leaves. The flowers are borne in clusters in the axils of the leaves.

J. F. Bridgetown, Sept. 25th, 1915.

LICENSE REDUCTION

To the Editor:—The following is part of an editorial from the Ottawa Citizen.

"The great argument against license reduction is that it does not lessen drinking—that when one place is closed men go to another and those that are left are enriched without accomplishing any good. That would be quite true if all the men who drink were confirmed drinkers which is far from the truth. We know that there are few really confirmed drinkers in any community, and when the temptations to drink are removed there is comparatively little trouble from it.

Local option does not prevent men from getting drunk, it only lessens temptation. Places like Toronto Junction, Owen Sound, West Mount and many others where men can get drunk by crossing the street or by going a short distance for it have proved for all time that only a few do so. Of course there are a few chronic drinkers in every community who think they cannot live without it and these will get it if possible. The City Marshall of Pasadena, Cal., put it in a nut shell when he said to the writer, "If a number of men are passing a bar-room they are likely to be tempted to go in but if they have to go around a block or two they will rarely do so. We now know for a certainty that drinking is almost in direct proportion to the number of places of temptation."

The dock laborer's strike in Old London taught a great lesson. During this strike the open bar-rooms were reduced in number and the hours of sale were shortened with the result that drunkenness and crime were reduced more than half—proving again that drinking is in proportion to the amount of temptation.

San Francisco teaches another lesson. After the great earthquake and fire the saloons were closed but men could purchase liquor by the bottle. During nearly three months that the barrooms were closed there was not a single murder but in a month after they were open there were eighteen murders.

Lessen temptation either by lessening the number of bar rooms or by shortening the hours of sale and you will lessen drunkenness and crime.

H. ARNOTT, M.B., M.C.P.S.

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