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"FRUIT-A-TIVES"The Wonderful Medicine, Made From
Fruit Juices and Valuable Tonics.

MADAME ROSINA FOISIZ

23 St. Rose St., Montreal.
"I am writing you to tell you that I owe my life to 'Fruit-a-tives'. This medicine relieved me when I had given up hope of ever being well. I was a terrible sufferer from dyspepsia—had suffered for years; and nothing I took did me any good. I read about 'Fruit-a-tives'; and tried them. After taking a few boxes, I am now entirely well. You have my permission to publish this letter, as I hope it will persuade other sufferers from dyspepsia to take 'Fruit-a-tives' and get well."
MADAME ROSINA FOISIZ.
"Fruit-a-tives" is the only medicine in the world made from fruit.
50c. a box, 6 for \$2.50, trial size 25c.
At all dealers or sent postpaid on receipt of price by Fruit-a-tives Limited, Ottawa.

TRAVELLERS' GUIDE

DOMINION
ATLANTIC
RAILWAYChange of Time
January 7th, 1918For information and new
folders apply at nearest ticket
office.R. U. PARKER,
Gen'l Passenger Agent

H. & S. W. RAILWAY

Accom.	TIME TABLE	Accom.
Wednes-	IN EFFECT	Wednes-
days only	March 10, 1918	days only
Read down	STATIONS	Read up
11:10 a.m. L.v. Middleton	Ar. 6:00 p.m.	
11:41 a.m. "Clarence	" 4:28 p.m.	
12:00 p.m. "Bridgetown	" 4:10 p.m.	
12:22 p.m. "Granville Centre	" 3:43 p.m.	
12:49 p.m. "Granville Ferry	" 3:25 p.m.	
12:12 p.m. "Karsdale	" 3:05 p.m.	
12:30 p.m. Ar Port Wade	Lv. 2:45 p.m.	

Connection at Middleton with all
points on H. & S. W. Railway and
Dominion Atlantic Railway.W. A. CUNNINGHAM,
Div. F. & P. Agent.WAR-TIME
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men and others who cannot secure
sufficient number of Maritime-trained
assistants, our classes will be continued
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BUSINESS COLLEGE
HALIFAX, N. S.
E. KAULBACH, C. A.

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Can also be supplied with name
of farm, etc., specially printed to suit
customers. Send all orders to
THE WEEKLY MONITOR,
Bridgetown, N. S.SUNSHINE FOR THE SOUL
(Continued from page 6)

lally benefited, ties made stronger,
and life itself more interesting and
entertaining, where properly selected
programmes were enjoyed at frequent
intervals, with an occasional get-to-
gether of the young men and young
women to enjoy the rhythmic en-
tertaining of the dance, as used to be
enjoyed in the old days of the waltz
and minuet, and when, history goes
to show us, young men were not leav-
ing the farms in the same proportion
as they are today.

All of us should appreciate and en-
deavor to establish thrift, but this, like
everything else, can be overdone, as
well as underdone. We cannot de-
prive young and old of everything but
food and clothing and expect to main-
tain the development of cheerful will
to see the present situation through
and to meet still more serious things
to come, and the spirit necessary to
carry us through our present struggle.
What then at less expense and of more
lasting qualities can be recommended
than the present day form of home
music?

One does not have to minimize or
exaggerate present conditions. They
are all too clearly defined, but serious,
sad or bad as they are, the average
Canadian can and will take a sensible
moderate view of things, and take
what comfort can be had from his
food, his home, his clothes and his
music, instead of wearing sack-cloth
and preaching calamity. If there ever
was a time when every man and wo-
man should meet their tasks, trials
and sorrows as optimistically, deter-
minedly and cheerfully as possible, it
is now. Our many tasks, however,
cannot be accomplished under the

strain of oppression, depression, gloom
or fear, and there is nothing that will
keep these distressing forces from a
home, a country or a nation like, "con-
cord of sweet sounds," surely we must
recognize music as an essential.

Take music from our national in-
stitutions, our camps, our churches or
our homes and Canada would be a
sorry place indeed. Instead, there-
fore, let us feel what our country
needs in this time of stress and crisis
is more music and let it be music of
the best type.

To fill the need in many cases, re-
quires some little outlay, more some-
times than many of us feel, can be
spared, but fortunately this condition
is met by nearly all of the suppliers
of musical instruments, in this coun-
try by a convenient system of payment.

The advantages in purchasing per-
manent requirements (and musical in-
struments can well be termed per-
manent requirements) on the deferred
payment plan are both numerous and
highly beneficial, and when properly
done, good practice.

It is followed by all civilization, by
governments, including federal, pro-
vincial, county and city, by our great-
est business organizations and lead-
ing business men.

Not always do they purchase on the
monthly payment plan; but what is
in effect the same thing, they pur-
chase permanent requirements or
goods for future development, by bor-
rowing on bonds, mortgages, stock or
notes, and repay these annually, quar-
terly, monthly or as conveniently ar-
ranged.

The plan is just as good and just
as necessary or the individual investor
or purchaser, as it is for his govern-
ment. But—and this is the big fea-

ture—don't buy everything that way.
The things you eat or drink or use
as you go should be paid for as you
go. If this is not done, you will run
behind, become involved with debts,
without assets to cover them, and be-
come financially, if not socially em-
barrassed.

Your permanent requirements, those
things that live after the deferred pay-
ment period, and for the purpose you
purchase them, hold good value, (this
may be a little more or a little less
than you paid, but it is something
tangible, something to show for your
money). These are very frequently
best bought or most needed, when the
entire amount involved is not in your
possession. By purchasing on the de-
ferred payment plan, you meet that
need—maybe it is a piano or violin in
the home when your little boy or girl
is just at the age to commence their
musical study. Maybe it is a phono-
graph, or other musical instrument to
fill the need for attractive, elevating
and instructive entertainment so vital-
ly necessary nowadays, and so essen-
tial to the best development of home
life, home comfort and home atmos-
phere.

These things are a joy at any time,
but can well be said to be essential
now. Besides, they are permanent
things—the value exists long after
they are paid for. There are not only
things for permanent joy in the home,
but an asset, properly purchased with
consideration to good home financing
methods on the deferred payment plan.

Let music no longer be considered
a luxury in the homes either of the
rich or poor, but develop it as a vital
force on the impulses for better liv-
ing and our nation will have made a

Minard's Liniment lumberman's friend

PUBLIC NOTICE
Military Service Act, 1917.

Men 19 and 20 Years of Age.

Harvest Leave.

Leave of Absence on Ground of Extreme Hardship.
Procedure to obtain Leave of Absence.

Men Nineteen and Twenty Years of Age.

It has come to the attention of the Government that there is a widespread
impression that young men of nineteen years, and those who became twenty
since October 13, 1917, as well as those who may become nineteen from time to
time and who have been or will be called upon to register under the Military
Service Act, are to be immediately called to the colours.

This impression is quite incorrect. No date has yet been fixed for calling
upon such men to so report for duty, nor has the question been brought before
the Cabinet for decision. In view of the need of labour on the farm, it is most
unlikely that consideration will be given to the matter until after the harvest is
over, although of course the Government's action must be determined primarily
by the military situation.

There is no further obligation incumbent upon young men of the ages
above mentioned who have registered or who do so hereafter, until they receive
notice from the Registrars.

Harvest Leave.

Some enquiries have been received as to the possibility of granting harvest
leave to such troops as may be in the country at that time. No definite assur-
ance can be given on this point as advantage must be taken of ships as they
become available. On the other hand, harvest leave will be given if at all
possible.

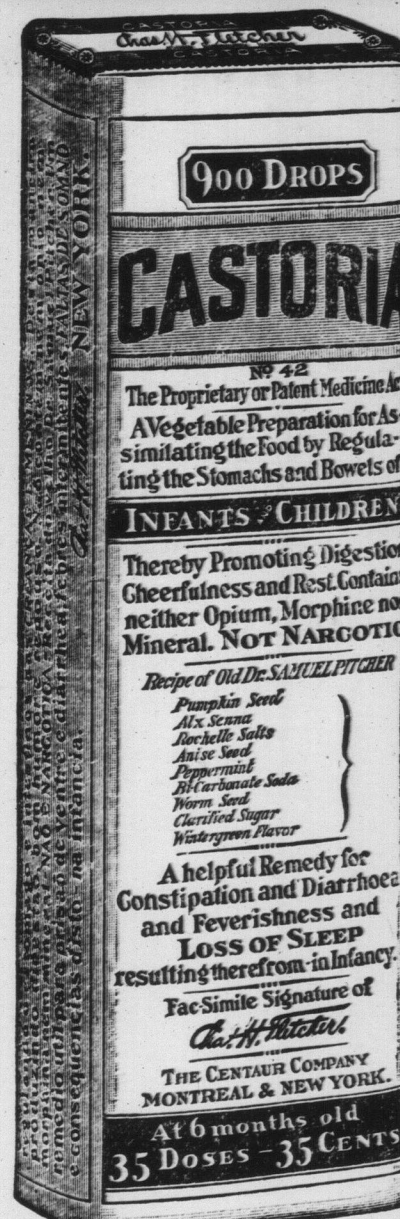
Leave of Absence on Grounds of Extreme Hardship.

It is desired that the Regulations respecting leave of absence in cases of hard-
ship should be widely known and fully understood. Such leave will be granted
in two cases:— (a) where extreme hardship arises by reason of the fact that the
man concerned is either the only son capable of earning a livelihood, of a father
killed or disabled on service or presently in service overseas, or in training for
such service, or under treatment after returning from overseas; or the only
remaining of two or more brothers capable of earning a livelihood (the other
brother or brothers having been killed or disabled on service, or being presently
in service overseas, or in training for overseas or under treatment after his or
their return from overseas); brothers married before 4th August, 1914, living in
separate establishments and having a child or children not to be counted,
in determining the fact that the man is the "only" remaining son or brother;
(b) where extreme hardship arises by reason of exceptional circumstances such as
the fact that the man concerned is the sole support of a widowed mother, an
invalid father or other helpless dependents.

It is to be noted that in all these cases the governing factor is not hardship,
loss or suffering to the individual concerned, but to others, that is, members of
his family or those depending upon him.

Procedure to obtain leave of absence.

A simple system for dealing with these cases has been adopted. Forms of
application have been supplied to every Depot Battalion and an officer of each
battalion has been detailed whose duty it is to give them immediate attention.
The man concerned should on reporting to his unit state that he desires to apply
for leave of absence on one or more of the grounds mentioned and his application
form will then be filled out and forwarded to Militia Headquarters, Ottawa. In
the meantime, if the case appears meritorious, the man will be given provisional
leave of absence for thirty days so that he may return home and continue his
civil occupation while his case is being finally disposed of.

ISSUED BY DEPARTMENT OF MILITIA AND DEFENCE,
DEPARTMENT OF JUSTICE.

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