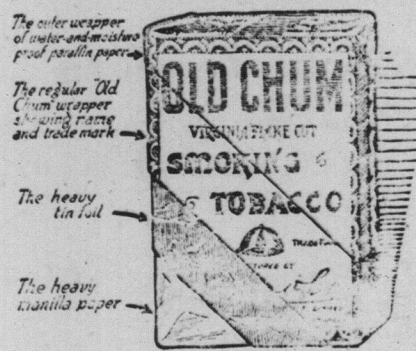


OLD CHUM SMOKING TOBACCO

IS FOUR TIMES SEALED



to bring you the full richness and mellow sweetness of this—

"Tobacco of Quality"

Manufactured by
EMPERIAL TOBACCO CO. OF CANADA LIMITED

WOMEN'S INSTITUTE AT LOWER GRANVILLE HEAR FINE ADDRESS ON HEALTH FROM MRS. (DR.) SMITH.

On Friday the Women's Institute of Lower Granville met at the home of Mrs. Jacob Robblee. The meeting was addressed by Mrs. (Dr.) Smith, of Granville Ferry, whose experience in health work in New York City has given her ample opportunity to know the truth whereof she speaks.

In brief she said: Care of the teeth should begin away back before the birth of the child. The expectant mother should go at once to the dentist, state her case, have her own teeth examined, and if they are in any way diseased, have them put in order by the methods which the dentist will know are best suited to the circumstances. No child coming into the world can later have good teeth unless the mother has, in this early formative time, included with the rest of her diet, the milk, fruit and green-leaf vegetables, which give the necessary vitamins and calcium and phosphorus.

At three years old, the first examination by a dentist should be made, and thereafter at regular intervals, though life, in children every six months. The first little holes in the first teeth will be stopped with soft fillings. In this way a spot of decay may be stopped while still a small matter, and the infection may be kept from spreading to the other teeth when much trouble, pain, ill-health and expense may result. In no case is the old adage more true—"A stitch in time saves nine".

At six years, the first permanent tooth appears—the sixth tooth counting from the front. These four teeth need particular watching that they may not become infected from the first teeth, and in their turn, infect the rest of the new permanent teeth. A child should early become accustomed to the regular use of the tooth brush. A very small child may begin, even if he only sucks the water off at first. Children should be encouraged to feel an interest in their teeth, and kept in all possible ways from fearing the dentist. Children, especially little girls, can generally be got to feel a pride in their teeth, and scented tooth powders help to make cleaning them pleasant. For adults no better cleanser can be found, perhaps, than Ivory soap. The diet should, of course, include the great vitamin foods, vegetables (especially the green-leaf kinds), and fruit and milk.

As to the effect of diseased teeth on the general health, Mrs. Smith said that, placed as the teeth were, where the poison of decay would be carried all over the body, "decayed teeth affected the health most seriously, causing diseased tonsils, etc., in the mouth itself, and ill health of the whole body, attacking particularly some part perhaps more liable to infection in any particular individual. She cited as an example, the case of a boy who came under her notice in New York. His mother wished to take him to England, but it seemed impossible to bring his health up sufficiently for his heart to stand the voyage. As heart trouble is always caused in the first place by some infection, the mother was carefully questioned in order to find out the probable cause of this condition in the boy. Nothing was discovered to have been wrong, until it was found that, in his kindergarten days, his teeth had been in a fearfully diseased state, and this had left the boy with a permanently weakened heart.

Besides the usual disease of decay, which attacks the teeth, there is another serious menace to health in pyorrhea, which attacks the mouth and gums. This does not generally appear until the age of forty, and in its earliest stages it can be cured. There have been wonderful cures of rheumatism, and the like, by extracting teeth, but dentists now are careful to remove only those which are surely diseased, and the X-Ray will always disclose any trouble in a suspected tooth. A tooth with a cavity so big you can put your tongue in it is generally not worth saving, and should be taken out at once.

These are only a few of the helpful remarks made by Mrs. Smith in her talk to the Women's Institute. Her address should be particularly helpful to the mothers of young and growing children, and was well worth hearing for any one.

SEVERELY GASHED
Caledonia, Queen's Co.—Valentine Godet, of South Brookfield, sustained a severe cut to his leg Friday while working at his timber property. In company with several men he was dressing logs. Having laid his axe against a timber nearby, he was standing upon a log which turned with his weight in such a manner as to throw him violently to the ground. In falling he struck upon the sharp blade of the axe, receiving a severe gash near the thigh. He was brought to Caledonia where his injuries were attended to. It was near this spot that Carl Cameron recently met his death from a falling timber.

MAIL CONTRACT

SEALED TENDERS, addressed to the Postmaster General, will be received at Ottawa until noon, on Friday, the 21st March, for the conveyance of His Majesty's Mails, six times per week, over the

MIDDLETON NO. 1 RURAL MAIL ROUTE,
MOUNT HANLEY P. O. AND
OUTRAM P. O.

under a proposed contract for a period not exceeding four years dating from the 1st April 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 terminal and route Post Offices, and at the office of the undersigned.

District Superintendent's Office,
Halifax, 5th February, 1923.

W. E. MacLELLAN,
District Superintendent
of Postal Service.

NOVA SCOTIANS ARE INVITED

To Accompany Moncton Delegation
On Hydro Development,
To Ottawa.

Moncton, N. B.—Mayor Edgett had wired Hon. E. B. Armstrong, Premier of Nova Scotia; E. A. McMahon, Kentville, President of the Maritime Board of Trade, and Mayor Fisher, of St. John, asking them to accompany the delegation which will proceed to Ottawa within the next ten days to interview federal authorities regarding the proposed hydro development in the Petitcodiac River. If they cannot personally attend, he asks each to send a representative.

Mayor Edgett has written Mayor Black, of Amherst, suggesting that in view of the importance of the proposed development to Cumberland Co., Amherst should also be represented when the committee goes to the federal capital.

The committee named by Mayor Edgett as a result of a citizens' meeting held here recently when Engineer Turnbull, of Rochesay, gave an address, is composed of the following: Hon. P. J. Veniot, Hon. C. W. Robinson, Raymond Leger, W. A. Turnbull, M. E. Matthew Lodge, Fred M. Thompson, John L. Peck, M.P.P., Mayor Edgett and Alderman B. A. Taylor.

The last two will represent the City Council.

AT VANCOUVER

Ottawa Will Be Asked to Improve
Harbor Improvement Costing
\$18,000,000.

Vancouver.—Estimates approximating \$18,000,000 for harbor improvement commencing this year are to be taken to Ottawa for approval by the government.

Three or four million dollars are being spent for completing the Balantyne pier fittings and the construction and equipment of No. Two grain elevator. There is also proposed a steel storage plant, a fisherman's wharf, a booming ground on Spanish banks, terminal railway on the north shore, a lumber assembly wharf, a car ferry terminal, and there is also set aside certain proposed amounts for purchase of properties on the waterfront which will be needed in future plans of the board.

PROSPERITY ON PACIFIC COAST

Not a Business Failure In Prince Rupert For Over Two Years.

Montreal.—"In five years fifty per cent. of the grain grown in the Prairie Provinces will be shipped thru the ports of Vancouver and Prince Rupert," stated F. G. Dawson, of Prince Rupert, B. C. Mr. Dawson is one of the directors of the Canadian National Railways and is in Montreal on business.

Touching upon present conditions on the Pacific Coast Mr. Dawson pointed out that the best indication of the prosperity of the Pacific Coast was to be found in the record of the business men of Prince Rupert, among whom no failures had been recorded for more than two and one half years. This record, Mr. Dawson asserted, was without equal by any city of the proportionate population of Prince Rupert, in North America.

Rich Creamlike
Delightful to take
SCOTT'S EMULSION
Makes Children Sturdy

MT. HANLEY

There will be a Memorial Service in the Mt. Hanley Baptist Church for the late Mena Chute who died at Calgary, Alta., recently, on Sunday afternoon, Feb. 17th, at 3 o'clock, by the Rev. M. W. Brown, D. D.

Mrs. A. W. Slocumb is taking care of Mrs. Avard Slocumb, of Outram, who has a baby boy, born Feb. 3rd, 1924.

Miss Adelaide I. Fritz has the school at Outram for the remainder of the term. Outram was very fortunate to secure such a good teacher as Miss Fritz did not want to go far away from home.

Miss Helen M. Fritz has returned home after taking care of Mrs. Melbourne Slocumb, Brooklyn, who has been very sick, but glad to report is quite well now.

Mr. and Mrs. Percy O. Pierce, of Brooklyn, spent Feb. 4th with the former's parents, Mr. and Mrs. G. E. Pierce, of this place.

Mr. and Mrs. John Thompson and daughter Pauline, of Brooklyn, spent Feb. 4th at the home of Mr. and Mrs. Edward Pierce.

Miss Silvia Slocumb and Mr. Cecil Johnson, of Outram, spent Feb. 4th at the home of Mr. A. W. Slocumb's.

Guests at Mr. I. J. Fritz's, Feb. 4th, were: Mr. Archie Pierce, Brooklyn; Mr. Clarence Fritz, and Mr. Ralph Chase, Douglasville, and Mr. Freeman Mossman, Ross Road, Lunenburg Co.

Miss E. S. Slocumb and Mr. Orin Powers, of Mt. Hanley, was calling on friends in Outram Feb. 7th.

Mrs. Gerald B. Hines and children, Mary, Elizabeth and James Lockart are at present visiting her parents, Mr. and Mrs. James Slocumb, Outram.

Dr. and Mrs. M. W. Brown, of Port George, passed through this place Feb. 7th, en route to call on friends in Outram.

Messrs. Beals and Nelly, of Brooklyn, pressed several tons of hay for Mr. Frank Mosher last week.



A Message from a Woman who Loves to Bake

"In Baking good things for my family such as Bread, Rolls and Buns, I have found a vast difference in flours.

"In the Raisin Bread Baking contests I noticed that the prize winning loaf was in every case made with one flour

"—Robin Hood.

"I tried it, found it dependable and

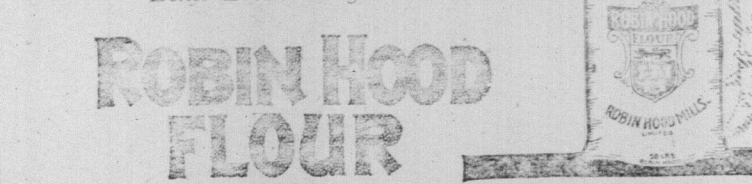
"easy to bake with and now my bakings

"are always even in texture, light and

"flaky, and I require less flour to the

"baking."

To practice Economy and Bake Better Bread always use



WONDER GIRL IS MYSTERY TO SCIENCE

Chicago.—Willette Huggins, "wonder girl" of Chippewa Falls, Wis., who has gained partial recovery of her sight and hearing, was cured by suggestion, according to her physician, Dr. T. J. Williams.

The girl's right eye now is 50 per cent. normal, her left ear is normal, the returning sight and hearing was acquired by the girl the latter part of December. She still retains the unexplained ability to read small type when blind-folded and to hear through vibrations on the rod of wood.

For months Dr. Williams studied one of the strangest cases in medical history—that of a girl though blind could see and though deaf could hear. His experiments which have been exhaustive, are endorsed by the Chicago Medical Society.

"The cure is due to suggestion. I have been pouring suggestions of successful cure into her mind for a long time, said Dr. Williams.

"She accepted them and believed that is the important result to be obtained whether she will proceed further toward normal. Her new powers are so novel to her that she yet continues her old way of reading by the most sensitive touch that ever a mortal possessed."

Willette is now eighteen. Her vision was impaired from infancy. In 1919 she was entirely blind and deaf. "I am wholly unable to account for her blindness or deafness," said Dr. Williams. "Both must be due to central, probably cortical, pathological change."

LUMBER MILL DESTROYED BY FIRE

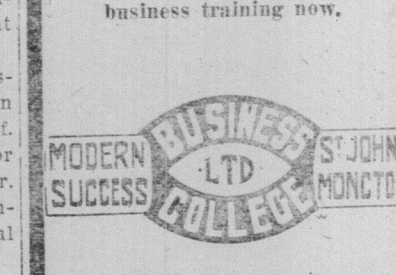
New Glasgow, N. S.—Fire breaking out about half past one this morning destroyed the wooden building corner of Forbes and Archimedes Streets owned by Harry McDonnell and occupied by T. A. O'Brien, meat dealer. There was \$7,000 insurance on the building and \$500 on the stock.

Parrsboro, N. S.—Lank and Tyrell's lumber mill at Cansan, near here, was destroyed by fire last night. The loss on which there is no insurance, is about \$3,000.

Are You Looking Ahead?

The successful men and women of today are the ones who yesterday looked a little farther into the future than their neighbors did.

LOOK ahead, THINK ahead, PLAN ahead, WORK ahead, Get your business training now.



MAKING HIS CHOICE

The well-known American poet and humorist, Mr. James Whitcomb Riley, tells a story of a negro elector who was asked after an election how he voted.

"Well, sah," he said, "I voted for the Republican. It was like this, sah: The Democrats, they came and gave me fifteen dollars and the Republicans they came and gave me ten, and so I voted Republican."

"But why?" said the questioner, surprised.

"Well, sah, I tho't they was the less corrupt of the two."

BRIDGETOWN HIGH SCHOOL LOSE TO MIDDLETON HIGH, 6-3.

The Bridgetown High School team journeyed to Middleton on Thursday and played their first game of the season with Middleton High School.

Considering that this was Bridgetown's first time together, they did very well to keep Middleton down to 6-3.

Middleton scored 3 goals in the first period, two in the second, and one in the third, which Bridgetown scored one in the first and two in the third. The game was fast and quite clean throughout.

The line up was as follows: Bridgetown—Goal, Henson; Def., Tupper, Mack; Forwards, T. Beattie, C. Anderson, C. LeBrun; Subs, Piggott, Lockett.

Middleton—Goal, F. Hoyt; Defence, Kelly, Parsons; Forwards, J. Wilson, D. Wilson, T. Baker.

RESERVATIONS FOR OVERSEAS PRESS

London.—Ten seats in the members gallery of the House of Commons are to be reserved every day in future for representatives of Dominion and foreign newspapers. This makes a considerable advance from the previous order of things and will enable the overseas press to report the debates. In pre-war days the newspaperman from the Dominions was able to secure an ordinary ticket for the strangers' gallery.

COURAGE SHOWN BY SEVEN YEAR OLD GIRL

Hanover, Ont., Family Narrowly Escaped Death by Asphyxiation.

Hanover, Ont.—The family of Frank Prost, Hanover, had a very narrow escape from death by asphyxiation as the result of escaping gas from a coal furnace. Had it not been for the courage of a little seven year old girl of the family who, at day-break, staggered to the next door neighbor's house for assistance, the entire family would have perished. By the time the doctor arrived every member of the family was overcome and in a serious condition.

WILLIAMSTON

Mrs. Marjorie Ullman gave a very enjoyable birthday party to her school mates on Saturday. Many happy returns of the day.

Mrs. E. W. Crowell, who was successfully operated on for appendicitis at the Middleton Hospital a couple of weeks ago, has returned home.

Mrs. Maxwell Shaffner is spending a few weeks with her parents, Mr. and Mrs. W. Phinney, Lawrenceton. Mr. Maxwell Shaffner has gone to Digby for a month.

Mrs. Roy Grant and children have been visiting at Mrs. Freeman Grant's.

The W.M.A.S. had a very pleasant literary concert in the hall on Thursday evening, Jan. 31st. A very good collection was received.

Miss Mary Varner spent the weekend at her home in Nictaux Falls.

Mr. and Mrs. Edward Woodworth recently went to Northern Ontario where he has obtained a good position in a pulp mill.

Miss Charlie Hsley, of Weston, Kings County, has been visiting her sister, Mrs. Elbert Whitman.

Mrs. L. Stoddart spent a few days with Mrs. B. M. Shankel last week.

Fifteen years ago the W. M. A. Society was organized here. This occasion was fittingly celebrated on Thursday evening by a birthday supper held at the home of Councillor and Mrs. T. M. Charlton. A large number were there and \$25 was the proceeds of the evening. Music and readings added to the pleasure of the evening.

All changes of copy for ads, MUST be in by 12 noon on Monday's each week.

WRIGLEYS
after every meal
Cleanses mouth and teeth and aids digestion. Relieves that over-eaten feeling and acid mouth.
Its l-a-s-t-i-n-g flavor satisfies the craving for sweets.
Wrigley's is double value in the benefit and pleasure it provides.
Sealed in its Parity Package.

Buy at Home

For:
Letter Heads
Bill Heads
Envelopes
Posters
Pamphlets
... and ...
Job Printing Generally
Patronize Your Home Paper
The Weekly Monitor
Good Work and Moderate Prices

Slag
employment
nce
able of turning out
hers of Nova Scotia
paid out \$100,000.00
in, and Acid Phos-
being offered. Farm-
own interests in, 23
ANADA
with ground line.
g. All the Govern-
from abroad, he is
ges which would be
an National, of the
ing these goods from
t any more than the
buyer in first-class
sh, or if it would be
accommodate you.
LIMITED
SCOTIA
WITH HANTSPOIT
R.R.No.1, AMHERST
SHIP CO., Ltd.
SERVICE
"GE"
E \$9.00.
p. m. (Atlantic Time),
at 1 p. m.
pt. L, Yarmouth, N. S.
IRE!
e a chance, insure your
in the "OLD RELIABLE"
RN INSURANCE CO.
ways Paid PROMPTLY
ATH Local Agent
DGETOWN, N. S.
er Grippe
COTT'S
MULSION
ld be taken
day for a month
YEARS AGO—
I Remember:
was three dozen for 50
er 10 cents a pound; milk
quart; the butcher gave
and treated the kids in
the hired girl received two
week and did the wash
did not powder and paint
smoke, vote, play poker
shake the shimmie.
ore whiskey and beer
lacco, spit on the sidewalk
beer was 5 cents and the
free. Laborers worked ten
day and never went to a
tips were given to waiters
that check grater was the
A kerosene lamp and a
in the parlor were burnt
was ever operated on for
tis or bought monkey glass
were unheard of; folks lived
old age and every year
dles to wish their friends
Christmas.
Today—You Know
ody rides in automobiles,
ys golf; shoots craps; plays
o with their feet; goes to
nighly; smokes cigarette
uchus Juice; blames the
on the Republicans; and
d the same day they get
k they are having a wonder-
are the days of suffragette
axes, profiteering and pro-
nd if you think life is more