

HE NOW BELIEVES IN "FRUIT-A-TIVES"

Because He No Longer Suffers With Headaches

TAYLORVILLE, ONT. "I was a sufferer from Fearful Headaches for over two years. Sometimes, they were so bad that I was unable to work for days at a time. I took all kinds of medicine, was treated by physicians, but yet the Headaches persisted. A short time ago, I was advised to try "Fruit-a-tives" and I did so, with almost instant relief. After I had taken them for three days, my Headaches were easier and in a week they left me. After I had taken a box of these tablets, my Headaches were quite cured. My appetite was now poor and my stomach bad—and now my appetite is splendid and my digestion excellent. I had become thin and weak from the constant Headaches but now not only have I been cured of all these awful Headaches, but my strength is growing up once more and I feel like a new man!"

Take "Fruit-a-tives," six a box, for \$2.50—trial size, 25c. At dealers or from Fruit-a-tives Limited, Ottawa.

RAILWAY TO BE BUILT FROM EDMONTON TO FORT McMURRAY

Edmonton, Alta., Sept. 12.—Most important of the legislation to be taken up at the session of the Alberta legislature, called to meet at the parliament buildings here on September 16, probably will be the building by the provincial government of the Alberta and Great Waterways railroad from Edmonton to Fort McMurray, 230 miles, from which point the Athabasca, the Great Slave and the Mackenzie rivers are navigable to Fort McPherson, 2,100 miles. The primary purpose of the railway is to afford adequate transportation facilities to settlers, prospectors and trappers in the north country and provide an easy outlet for their products, including grain, minerals and furs. The estimated value of the raw fur trade of the north alone is a matter of between \$6,000,000 and \$6,500,000, of which about fifty per cent has come out by way of Edmonton this year, the rest going to the United States through traders from Seattle and San Francisco, who send skins into the Behring sea and to all islands.

The world's record for globe circling, 39 days, 19 hours, 43 minutes and 37-45 seconds, set by Andre Jaegerschmidt of Paris, two years ago, was broken by three days and twenty-two hours on August 6, when John Henry Mears, the first passenger to alight from the "Empire State Express" when it arrived at New York at 10.10 o'clock, the circuit of the world he had begun a few minutes before one o'clock in the morning of July 2nd. Mears made the world trip of 21,066 miles in 33 days, 21 hours, 43 minutes and 45 seconds, travelling at an average rate of 587 miles a day, or 24 1/2 miles an hour. Jaegerschmidt had travelled 19,300 miles at an average daily of 480 miles, or 20 miles an hour. Mears said he had not figured on the total expenses of his trip, but thought they would amount to about \$800. Jaegerschmidt spent \$1,426.

FORTUNES MADE IN PRISON.

Convicts Who Made Good Use of Their Time.

Although most criminals find the time of their imprisonment hang very heavily, it sometimes happens that convicts have made such good use of the hours spent in jail that they have earned large sums of money to help them when their sentences have expired. Recently a convict while an inmate of Ohio Penitentiary, studied electricity to such good purpose that he invented an electrical street sweeping machine and other useful appliances that it will probably bring him in a large sum of money. Another American convict made a big fortune some years ago by inventing a new collar-button while he was serving his sentence. The idea was taken up by a big firm in Pittsburgh and was very successful. A man serving a sentence in an Arizona prison invented a new device for absorbing electricity from the air, and the prison authorities were so struck with the possibilities of his invention that they liberated him long enough to go to Washington to file an application for a patent. It is not only by inventing, however, that prisoners make money. A criminal who was sentenced to prison for complicity in a murder in Italy recently had four of his plays accepted by a firm of publishers in Rome. All the plays were written within the four walls of a gloomy cell. Another Italian convict, a brigand, who was sentenced to thirty years' imprisonment for this evil, wrote many clever stories while he was in jail, which were accepted and well paid for by the editors of several newspapers. A Hungarian woman prisoner, who was sent to jail for having egged on her lover to commit a murder, wrote a charming waltz while she was in prison. The piece was published and became so popular that its composer made a small fortune out of the sales. Probably the largest sum ever made by anyone whilst serving a sentence for crime was the amount earned by a convict who was confined in the State prison at Waltham, Mass. Finding the time hang very heavily on his hands, he determined to set to work to invent something that would not only prove useful to his fellow inmates but that would earn him enough to keep him when he had regained his liberty. After much thought he was lucky enough to hit upon a device which abolished the necessity of a bobbin in a sewing machine. This was a simple invention to the uninitiated but it was thought so well of by experts that its imprisoned inventor was offered the huge sum of \$20,000 for it by a company in New York. Needless to say he accepted the offer.

NO PLACE FOR WOMEN

British Commons Looks on Fair Sex With Suspicion.

Collectively the British House of Commons does not approve of woman and she is only allowed within the precincts on sufferance. Even the wives and daughters of Cabinet Ministers walk along the corridors in a furtive manner, and no woman on any pretext may move from one part of the building to another unescorted by a man. Should a woman wish to speak with a member she must present herself at the lobby entrance and humbly give his name to the policeman on duty. After scrutinizing her bag and parcels the policeman will pass her on till she finally arrives at the outer lobby where she can inscribe her name and that of the member she wishes to see upon a card. It may be sent in at once, or the gold-chained official may decide that he will have a nap first. The woman waits patiently, or impatiently, according to temperament, seated upon a narrow green leather bench between cold and suspicious statues of politicians of a bygone day. If the member wishes to see his visitor he may appear in half an hour or an hour, or he may merely tear up the card, when his name will presently be called as "not in the House." The unwritten law that no woman must move about the House unescorted existed long before the suffragettes spread panic among politicians. Only the other day Mrs. Asquith and Mrs. Winston Churchill were chatting with a party of members when the division bell rang as a signal that a vote was to be taken. The ladies were hastily deposited on the nearest bench, and told not to move till they were fetched. Not long ago the daughter of a titled lady was thus left by her hosts, a father and son, both members of the House. After the vote each man thought the other had returned and escorted their guest to a place of safety. Only at dinner time, some hours later, was the absence of the girl noticed. She had remained obediently on the spot where she had been left, under the impression that dire consequences would follow any attempt on her part to find her way outside alone. The ladies' gallery is ridiculously inadequate as regards size and the possibility of seeing and hearing. It holds only forty, and of these not more than a dozen can see and hear. Outside in the corridor there is a long uncomfortable bench on which women who have secured supplementary tickets (that is, a ticket to admit if there is an empty space) sit sometimes for hours. The speaker's gallery is rather smaller, and is entirely at the disposal of Mr. Lowther. If a Cabinet Minister or other member is going to make a special speech his wife will write to Mrs. Lowther begging as a favor to be permitted to occupy a seat in this gallery.

ROUND THE WORLD.

The world's record for globe circling, 39 days, 19 hours, 43 minutes and 37-45 seconds, set by Andre Jaegerschmidt of Paris, two years ago, was broken by three days and twenty-two hours on August 6, when John Henry Mears, the first passenger to alight from the "Empire State Express" when it arrived at New York at 10.10 o'clock, the circuit of the world he had begun a few minutes before one o'clock in the morning of July 2nd. Mears made the world trip of 21,066 miles in 33 days, 21 hours, 43 minutes and 45 seconds, travelling at an average rate of 587 miles a day, or 24 1/2 miles an hour. Jaegerschmidt had travelled 19,300 miles at an average daily of 480 miles, or 20 miles an hour. Mears said he had not figured on the total expenses of his trip, but thought they would amount to about \$800. Jaegerschmidt spent \$1,426.

THE FEEDING OF CHILDREN.

The future of the child is dependent upon its environment and feeding during the first few years of life, so we see that the question of feeding becomes a very vital one both to the individual concerned and to the nation. Reform schools and prisons are said to be filled with boys and girls whose twisted brains and irritable nerves are the results of starved muscles. The food of the child must furnish more than the food of an adult. The child must have material for growth; he must have energy to exercise either in work or play, and the body of the child must also be storing up resistance for the future. The child has little resistance or reserve force and this explains why the child is more susceptible to disease than the adult. To provide for growth, exercise and resistance, then, the child needs to have simple, nourishing foods, which will be easily digested. After the child is six years old, he needs more food in proportion to his size than a man. Until the child is seven years of age he should have a quart of milk a day. If the drinking of milk becomes monotonous, it may be disguised in custards, milk soups, milk toast, cooked in with the cereals or served in a variety of ways. Milk supplies a large amount of calcium which is needed in the framework of the child. Rickets is due to a lack of calcium. By the time the child is eighteen months of age, he should have an egg a day to supply phosphorus which is necessary for tissue formation—hence for growth. Doctors say that malnutrition is probably due to a lack of phosphorus more than anything else. No amount of food which the child may eat will be of any value in building the tissues if phosphorus be not present. Cereals are a valuable part of the child's diet, but they should be well-cooked and strained at first until the child is two and a half years old. Fruit and vegetables are an absolute necessity for the proper development of the child. They add mineral salts and are valuable also for their laxative quality. These are added during the second year and only the juice of an orange or a little prune pulp should be given at first. Baked potatoes, spinach or pea puree may be added by the time the child is two years of age. Butter may also be given at this time. Meat should not be given to a child before the age of four because it is too stimulating, and because it putrefies too readily. The absorption of the poison formed in the putrefaction of meat may cause auto-intoxication, but in any case, it will injure proper cell growth. The meals of the child should be at regular hours. It has been found that regular habits in childhood lead to more law-abiding citizens. Disease and death are often due to irregular meals. The good results from the careful attention to the diet of the child are very much worth the effort—but to put it more strongly, good citizens are dependent upon proper feeding during childhood.

THE HOME

CUCUMBER ESSENCE.

To get the extract cut the vegetable into small bits and put them into a saucepan with a tablespoon of water to each good-sized cucumber. Place it on a stove with a moderate fire so that it will come slowly to boil. When at this point remove from the heat immediately and strain through muslin. To the strained juice add one-quarter as much alcohol. It is then ready for use and may be applied night and morning, but is not suitable for excessively dry skin, but that which has a tendency to shine and is naturally oily. MILD AND SOOTHING. Spirits of camphor and also tincture of benzoin are excellent for bleaching. While applying a tan or freckle cure, however, do not use spirits of camphor often than once a day, and it should be put on, if convenient in the morning or afternoon, but never at night, for if allowed to remain on the skin over six or eight hours it is injurious, as it is a powerful astringent. As to the use of benzoin, put about a dozen drops of the tincture into a basin of water which is to be used when rinsing the face. This may be applied every time the face is cleaned. Cucumber preparations are very desirable in connection with these bleaches, as they are refining, bleaching and astringent, and for that reason are better than creams for some skins, especially those of oily texture. When there is a natural dryness, though, applications containing some grease are best. The preparation of cucumber juice is so simple that small quantities can be made frequently if desired. No matter what the method of compounding, the peel is always used.

JOKER'S CORNER

Lord Curzon, when a young man at college, once found his bad handwriting stand him in good stead. Writing two letters, one to a relative, the other to a chum, he enclosed them in wrong envelopes. It chanced that in the second letter he had made some uncomplimentary reference to his relative, and on discovering the mistake he had made he awaited developments with anxiety. There presently came a letter from his uncle. "I have tried to decipher your epistle," it ran, "but your writing is so atrocious that I cannot make head nor tail of it. However, I guess the drift of it to be that you need some money, you rogue, so I enclose a cheque."

DIDN'T HEAR THEM THE SAME WAY.

A college professor was walking across the campus with the dean of one of the colleges when the chiming in the library tower began to ring. "Dean," said he, "the music of those chiming is so beautiful that it always sets me dreaming of the past. My boyhood days—" "What do you say?" interrupted the venerable Dean. "I say the chiming is very, very beautiful. They make me think—" "What?" yelled the dignified old Dean again. "The chiming—the chiming—how beautiful they—" "Speak louder!" cried the Dean once more. "I can't hear you for those infernal bells."

A BROTHER IN TROUBLE.

Dwight L. Moody was one day riding in a car when it was hailed by a man much the worse for liquor, who presently staggered along the car between two rows of well-dressed people, regardless of tender feet. Murmurs and complaints arose on all sides and demands were heard that the offender should be ejected at once. But amid the storm of abuse one friendly voice was raised: Mr. Moody rose from his seat, saying: "No, no, friends! Let the man sit down and be quiet." The drunken one turned, and, seizing the famous evangelist by the hand, exclaimed: "Thank ye, sir—thank ye! I see you know what it is to be drunk."

A LAPSE OF CONSCIOUSNESS.

One may relate the story of the West Highlander who had dwelt long in Glasgow, but was finally summoned from it to the bedside of his dying father. When he arrived the old man was fast nearing his end. For a while he remained unconscious of his son's presence. Then at last the old man's eyes opened and he began to murmur. The son bent eagerly to listen. "Dugald," whispered the parent, "Luckie Simpson owes me five shillins." "Ay, man, ay," said the son eagerly. "An' Dougal More owes me seven shillins." "Ay," assented the son. "An' Hamish McCraw owes me ten shillins." "Sensible tae the last," muttered the delighted heir. "Sensible tae the last." Once more the voice from the bed took up the tale. "An' Dugald, I owe Calum Beg two pounds." Dugald shook his head sadly. "Wanderin' again, wanderin' again!" he sighed. "It's a peety!"

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Trains of the Midland Division leave Windsor daily (except Sunday) for Truro at 7:05 a.m., 5:10 p.m. and 7:15 a.m. and from Truro at 8:55 a.m., 2:30 p.m. and 12:10 noon, connecting at Truro with trains of the Intercolonial Railway, and at Windsor with express trains to and from Halifax and Yarmouth. Cafe and Parlor Car service on Bluenose and Mail Express trains.

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Accom. Mon. & Fri	Time Table in effect June 16th, 1913.	Accom. Mon. & Fri
Read down	Stations	Read up
11:32	Lv. Middleton Av.	10:09
11:58	*Charace	15:32
12:15	Fridgetown	15:11
12:43	*Granville Centre	14:51
12:59	Granville Ferry	14:36
13:15	*Rarsdale	14:20
13:35	Av. Fort Wade Lv.	14:00

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