THE WEEKLY MONITOR AND WESTERN ANNAPOLIS SENTINEL, BRIDGETOWN, N. S., JANUARY, 5, 1910.

ing Diet for Young

333666666666666

PAGE 2

UR hearty thanks are returned to the public of Bridgetown and vicinity for the very gratifying and increasing patronage we are receiving, while wishing to all "The COMPLI-**MENTS of the SEASON."**

> **Respectfully Yours**, I. M. OTTERSON

.... DARGIES' NEW ...

YOU NEED A NEW CARPET

CARPET DEPARTMEN

The old one is worn and shabby and when the fall cleaning is done is the time to replace the old one with one of our New Carpets or Squares. We have just opened a new department and can show you a fresh new stock of

Carpets. Squares, Rugs, Oil Cloths. Linoleums, Also Portieres and Couch We have just received a Covers in up-to-date designs.

These goods have been marked very low. Get our prices before making your purchases. *



Use Judgement in Select-We Extend the Season's If an ill-nourished child comes un-Greetings to All Our

not take it.

and will be pleased to quote form of fat.

GOODS

lowed to stand for some hours is

fresh lot of Fine Chocolates, Creams, Cut Rock, Caramels, Peanut Nougat, Maple Filbert's. Maple Grenovbles and a big lot of nice Penny Goods.

FRUIT Fresh and good and at

PLANKED BEEFSTEAK How to Prepare and Serve This Tasty and Appetizing Dish. and Growing Children To plank a beefsteak the first important step is to select your plank. This should be of hard wood, well If an ill-nourished child comes un-der your care," said a well-known hickory, cedar or cherry, and it can Greetings to Fill Our
Friends and Customers
and Repet 1910 May Bring
Chem Reatth, Prosperity
and Repriness.der your care," said a well-known
doctor lately, "give it a meal of a
slice of thick bread, buttered on both
sides, placing on the top of the but-
ter either sugar or treacle.beschede, preferably of five onk,
to code to refry, and it can
be made to order of a size to fit yoar
oreh, or you can buy a good one at
the house furnishing stores cotting
from 50 sents up, according to size
one that is used for fish should not
be used for meat.MOOR
a Tea
of
one that is used for fish should not
the suse furnishing stores to hold
the sused for fish should not
be used for meat.MOOR
term of the onk,
term of the but-
ter either sugar or treacle.Let us help you to pros-
perity by supplying you
with the Beet Quality of
Goods at reasonable prices.As a matter of fact, physicians
have for a good while been ordering
to be digested, or when people will
not take it.As a matter of fact, physicians
have for a soult to read and butter as a substitut
four oaks at is usaily selected.
To planking a sindin or potter-
to be digested, or when people will
ot take it.There is a beautiful story which
tels of a ch ld, born and bred in sor-
roundings of lowest poverty and vice.
who, strange to say, grew pure and
fair, and blossomed farth in the glory
of a stailles, life

best quality. If you desire your steak well done it must first be placed We have about four cars of **Flour and Feed** in stock and will be pleased to quote form of fat of a stainless life. The world marvelled. The world questioned and rece ved this answer: "One day when I had strayed away

 and will be pleased to quote prices, per bbl. or bag, or on any quantity required.
J. I. FOSTER
HOLLIDARY
COODED
CoodeD</ someone who gave a simple flower? bones as well as for the growth/of flesh. Children deprived of milk become rickety, chiefly because of the want

Flowers Which Won't Mix. mixed up in the tiniest particles with

Flowers Which Won't Mix. mixed up in the tiniest particles with the water, casein, salt and sugar of which milk, as a whole, is composed. When it is in this extremely fine state of subdivision this milk fat can very easily be digested. When the milk has stood and its fat has gath-ered in a thick mass and risen to the top n the shape of cream, the matter is quite different; the fat is then con-is quite different; the fat is then con-

is quite different; the fat is then con-centrated and much more difficult of assimiliation by the stomach, if it is



Raising and Moving Vessel,

Hoisting Boilers and Engines Out of Steamers



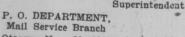




SEALED TENDERS addressed to The fat of milk is the cream, which is fresh milk that has not been althe Postmaster General, will be refor the conveyance of His Majesty's

from the 1st April next. All things grow! Printed notices containing further The tiny spark of right, down-trod information as to conditions of pro-And trampled close to carnal sod, posed Contract may be seen and blank forms of Tender may be cb-tained at the Post Offices of Bridge-Can climb from depths below And soar to goodness and to God-All things grow! town, Clarence, and Central Clarence at the Office of the Post Office In-And plucking out the wicked weeds.

By sowing none save kindly seeds, While suns of kindness glow, spector at Halifax. G. E. ANDERSON We raise the blooms of blessed deeds For all things grow!



Ottawa, Nov. 30, 1909. First impressions count for much everything and nowhere more than a-



and the second second second second second second