

OUR 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 COMPLIMENTS of the SEASON."

Respectfully Yours,
I. M. OTTERSON

.... DARGIES' NEW
CARPET DEPARTMENT

YOU NEED A NEW CARPET

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 Covers in up-to-date designs.

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

CHAS. DARGIE & SON
ANNAPOLIS ROYAL

Harness! Harness!

We have just received a shipment of harnesses which for quality of material and workmanship surpass anything we ever carried before. If you are contemplating the purchase of any goods in this line it will pay you to see our stock before ordering elsewhere.

Bridgetown Foundry Co., Ltd.

CLASSIC SHOES
FOR
Ladies, Misses and Children

Ladies' Patent Kid, Gun Metal, Val. Calf, Box Calf and Vici Kid, in Blucher Bal and Button Shoes.

Misses' and Children's Patent Kid, Box Calf, etc., in button and laced Shoes. Child's Pat. Colt, ankle strap, in all sizes.

Men's Pat. Colt, Val. Calf, Box Calf, in Blucher Bal, and Congress.

Slippers for Men, Women and Children. Felt Lace Boots, all sizes.

E. S. PIGGOTT
Primrose Building, Bridgetown

Use Judgement in Selecting Diet for Young and Growing Children

If an ill-nourished child comes under 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 butter either sugar or treacle.

This may be modified with no loss of nourishment and with great gain of cleanliness simply by substituting a thinner slice of bread, buttered on one side for the thick slice buttered on both sides.

As a matter of fact, physicians have for a good while been ordering this bread and butter as a substitute for cod liver oil when this latter cannot be digested, or when people will not take it.

The reason is that butter is invaluable for the delicate and ill-nourished because it is the most digestible form of fat.

It is far better than cream because it can be eaten on bread at every meal without causing biliousness.

Cream is extremely nourishing if it is digested, but that has not been all by no means easily digested.

With most people it causes biliousness unless taken in very small quantities, and anything that has this effect will not nourish the body, although intrinsically it may be very nutritious.

Fat is one of the substances which are absolutely essential for the growth and proper development of the body. Strange to say, fat is necessary for the development of the bones as well as for the growth of flesh.

Children deprived of milk become rickety, chiefly because of the want of fat.

There is a great deal of fat in milk—that is to say, fresh, unskimmed milk.

The fat of milk is the cream, which in fresh milk has not been allowed to stand for some hours is 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 gathered in a thick mass and risen to the top in the shape of cream, the matter is quite different; the fat is then concentrated and much more difficult of assimilation by the stomach. If it is eaten in any considerable quantity when made into butter, however, and taken spread upon bread, the case again is different.

Being mixed up with bread crumbs, chewed, and slowly swallowed, the fat again becomes subdivided into tiny particles, and reaches the stomach in a condition to be easily acted upon by the digestive juices.

This is why "thin bread and butter" is often ordered in place of cod liver oil.

Remember that it must not be "bread and scrape," but bread properly thickly buttered. Don't be afraid that butter will cause biliousness. It may do so if it is eaten on hot toast or hot cakes, but it won't if it is eaten on stale bread.

Fat contains the germs of new cellular growth. If we understand that every part of the body is composed of cells, on whose continual reconstruction its maintenance in life and health depends, we can easily comprehend how essential fat is. It is to be a digestible fat if it is to be one of use.

To oblige children to eat meat fat when they have an absolute dislike to it is a great mistake which is made in many a nursery.

Some children actually shudder when a plate of fat meat is placed before them.

This is not a "fad." It is simply Nature's prompting that the fat would not agree with him.

Why? You never yet found a child shudder at a slice of bread and butter thickly sugared over.

Not merely because it likes the idea of eating it, but also because Nature issues no silent command that discomfort will follow the eating.

No jam or marmalade or sugar or treacle, though all wholesome things in themselves, can possibly take the place of butter.

There is no substitute for butter. None of them contains the germs of new cellular growth.

This is what many people are ignorant of when they will not allow their children to eat butter with jam or marmalade. Well, they may save a few pennies by this foolish parsimony, but they defraud their children of one of the most important materials needed for the best development of their growing frames. This is not worth while, is it, even if the house-keeping money is somewhat saved thereby?

Chamberlain's Cough Remedy never disappoints those who use it for obstinate coughs, colds and irritations of the throat and lungs. It stands unrivalled as a remedy for all throat and lung diseases. Sold by all dealers

J. I. FOSTER

HOLIDAY GOODS
—AT—
Mrs. Turner's

Our stock is now complete for the Xmas Trade. We have just received a fresh lot of

Fine Chocolates, Creams, Cut Rock, Caramels, Pean-ut Nougat, Maple Filberts, Maple Grenovibles and a big lot of nice Penny Goods.

FRUIT
Fresh and good and at lowest prices.

Oranges, Grapes, Bananas, Apples, Figs, Dates, Raisins, Nuts, and Candied Peel.

Fresh Groceries and a large assortment of Canned Goods.

Mrs. S. C. Turner

The Winnipeg Heater

is a steel plate construction arranged to connect with the smoke pipe of your stove, range or furnace, and utilize the vast amount of heat which is at present passing out of your chimney and being wasted.

It will successfully heat as much space as your stove without extra fuel.

FOR SALE BY
K. FREEMAN

THE Acadia
has the LARGEST SURPLUS to policy holders of any Canadian Company

Acadia Fire
INSURANCE COMPANY.

W. D. LOCKETT,
Agent.

PLANKED BEEFSTEAK
How to Prepare and Serve This Tasty and Appetizing Dish.

To plank a beefsteak the first important step is to select your plank. This should be of hard wood, well seasoned, preferably of live oak, hickory, cedar or cherry, and it can be made to order of a size to fit your steak or you can buy a good one at the house furnishing stores costing from 50 cents up, according to size.

One that is used for fish should not be used for meat, as the fish plank should not be washed, simply scraped each time after using, and its flavor will impregnate the meat. If you have a home-made plank you can use galvanized wire tacks to hold the steak in place, but the purchaser may have a wire attachment for this purpose, and some of them have also grooves to hold the juices of the article that is being cooked.

For planking a sirloin or porter-house steak is usually selected. It should be cut thick and be of the best quality. If you desire your steak well done it must first be placed on a broiler and broiled both sides, one side being better done than the other. Then lay the steak on the plank or before a broiling fire of coals. For rare or medium done steak fasten raw cut of the green end of the plank to the side of the broiler and broil it at once.

When broiled to suit the taste sprinkle with salt, pepper and a little paprika, dot with bits of butter and set on the opened oven door while you order with the various vegetables. These should be all ready so as to lose no time. There should be hot mashed creamy potatoes that can be piped around the edges of the plank using a pastry tube, or the potato can be mounted into little rosettes at either end or equidistant. Between these arrange little mounds of tiny boiled and well-seasoned onions, well-seasoned peas, carrots or cauliflower. Fill in open spaces with bits of parsley or watercress or surround the potato with a wreath of the green. A lemon cup filled with maitre d'hotel butter can be placed at either end of the plank if desired. Mushrooms often appear as a part of the garnish, and from the meat juice can be made a sauce. A well-seasoned sauce may be made to be passed when serving the steak. Of course the steak is sent to the table on the plank, setting it on a large salver or tray.

Flowers Which Won't Mix.
The florist frowned as he took up the order for a table decoration. "That will never do," he muttered. After calling up the customer and suggesting a change, he told his new clerk a few things.

"You must never take an order that calls for a mixture of niggonette and roses," he said. "A centerpiece of those two flowers wouldn't last half through the luncheon. They simply wilt one another. I don't know why, but they can't get along together."

"It is true of many flowers. Pansies, for instance, last twice as long if they are green flowers, and the same may be said of violets, Jonquils and daffodils, and many others. It is a good idea to have a mixture of those two flowers wouldn't last half through the luncheon. They simply wilt one another. I don't know why, but they can't get along together."

"It is true of many flowers. Pansies, for instance, last twice as long if they are green flowers, and the same may be said of violets, Jonquils and daffodils, and many others. It is a good idea to have a mixture of those two flowers wouldn't last half through the luncheon. They simply wilt one another. I don't know why, but they can't get along together."

"What We Want Are Facts."
The sentence "What we want are facts" is correct, says The Literary Digest. This decision is based on the following from Gould Brown's "Grammar of English Grammars," page 239:

"What is a kind of double relative, equivalent to that which or those which (making it singular or plural according to the meaning). On page 30 of the same work occurs the following: 'Obs. 2. The pronoun what is usually of the singular number, though sometimes plural, as: 'I must turn to the facts, or what appear such to me.—Byron.' All distortions and mimics, as such, are what resist attention instead of pleasure.—Steele." Every single impression, made even by the same object, is distinguishable from what have gone before and from what succeed.—Kamer "Elements of Criticism."

Rather Ambiguous.
Rev. Mr. Dozen had not gained the golden opinions of his congregation, who were unanimous in asserting that he was foolish and conceited. He considered himself greatly slandered and, meeting an old German friend of his in the street one day, began to retail his woes, ending up by saying:

"And the churchwarden actually called me a perfect ass. My dear friend, can you do anything to help me next Sunday. What would you advise?"

"Mine friend," replied the German soothingly, "I know not, but I think that all you can do will be yourself to buy for them, as usual!"—Pearson's.

An Extraordinary Flower.
One of the most extraordinary flowers in cultivation is Hall's amaryllis, which reverses the order of nature by blooming in midsummer without any foliage. Ordinary bulbs bloom in the spring and rest in summer, but Hall's amaryllis suddenly appears out of the bare ground during the dry season. This extraordinary plant has fragrant, rosy lilac flowers which are banded with yellow. In the spring the leaves make their growth and die, and after a long interval of rest the flower stalks appear with the strange effect here described.—Garden Magazine.

MINARD'S LINIMENT CURES DANDRUFF.

T MORSE'S A
A Tea of Quality.

BUILDING MOVER!

I am prepared to move and raise all classes of buildings by land or water. Also

Raising and Moving Vessels, Hoisting Boilers and Engines (Out of Steamers).

Have had forty years' experience in the business and am the only practical building mover in the lower provinces.

PRICES RIGHT.

W. A. CHUTE
BEAR RIVER, ANNAPOLIS CO.
P. O. Box 104 Telephone 11.

Mail Contract.

SEALED TENDERS addressed to the Postmaster General, will be received at Ottawa, until Noon, on FRIDAY, JANUARY 14th 1910 for the conveyance of His Majesty's Mail, on a proposed Contract for four years six times per week each way between

BRIDGETOWN AND CLARENCE 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 Post Office of Bridgetown, Clarence, and Central Clarence at the Office of the Post Office Inspector at Halifax.

G. E. ANDERSON, Superintendent.

P. O. DEPARTMENT, Mail Service Branch, Ottawa, Nov. 30, 1909.

After a trying day nothing is so refreshing to the head than a cloth saturated in to let water and laid across the temples.

A good toilet water can be made at home with lavender water, rose water and acetic acid.

Regular Habits
An Absolute Necessity For Good Health

You might as well expect to find a man or woman healthy with constipated bowels as to find a city healthy when its sewers are blocked with refuse.

Nature demands that the indigestible food and waste matter which collects in the lower bowels shall be got rid of at least once in twenty-four hours. If this is not done it decomposes, filling the bowels with poison, which is taken up into the blood and carried all through the body.

Naturally, this poison affects the work of every organ. *The liver is deranged, digestion is upset, and biliousness, headache, irritability and dizzy spells follow.*

Literally millions of people suffer these results of constipation without realizing the cause, or doing anything to remove it. Yet it can be removed, easily and with certainty, by using Dr. Morse's Indian Root Pills.

Take, for example, the case of Mr. George Andrews, Halifax, N.S., as he himself describes it:

"For many years I have been troubled with chronic constipation. This ailment never comes single handed, and I have been a victim to the many illnesses that constipation brings in its train. Medicine after medicine I have taken in order to find relief, but one and all left me in the same hopeless condition. At last I read about these Indian Root Pills. That was indeed a lucky day for me, for I was so impressed by the testimonials contained therein that I determined to give them a fair trial. They have regulated my stomach and bowels. I am cured of constipation and claim they have no equal as a medicine."

Dr. Morse's Indian Root Pills were first taken to cure constipation nearly a hundred years ago, and during the last half century they have been very extensively and very successfully used throughout the world. *They are entirely vegetable in composition and do not sicken, weaken or gripe like mineral purgatives.*

DR. MORSE'S INDIAN ROOT PILLS
For Constipation
For Sale Everywhere at 25c. per Box. 21