

The Weekly Monitor. ESTABLISHED 1873. Published Every Wednesday. BRIDGETOWN, ANNAPOLIS CO., N. S.

TERMS OF SUBSCRIPTION—\$1.50 per year. If paid in advance \$1.00 per year. To U. S. A. subscribers, 50 cts. extra for postage.

The circulation of the Monitor exceeds any other two papers published in Annapolis County, and with the SENTINEL forms the best possible advertising medium in the Annapolis County.

There is one respect in which Bridgetown is behind other towns of equal or inferior enterprise and development and that is through the lack of an active working Board of Trade. Doubtless it would surprise a good many of our citizens to know that Bridgetown has nominally such an institution, so long it is since it has given any indication of existence. Many a town owes its prosperity, almost its very existence, to its Board of Trade, and it is not surprising that the progressive spirit of organized enterprise.

Permanent Results. "I had been suffering for over two months with an obstinate cough, as had my little girl. We tried several remedies common to any drug store without obtaining any apparent relief. In fact we were growing worse. I got a bottle of Coltsfoot Expectant from my druggist and inside of two days the cough was stopped, and the results permanent and rapid that we decided to keep it in our home continually."

W. A. Warren, Bridgetown, N.S. Highest Market Price. McKen's Zing Beer & Co., Ltd.

By doing so you pull the shoulders forward, flatten the chest and impair deep breathing. Folding the arms across the chest so flattens it that it requires a conscious effort to keep the chest in what should be its natural position. As soon as you forget yourself down drops the chest. Here are four other things which should be made habits: Keep the back of the neck close to the back of the collar at all possible times. Always carry the chest farther to the front than any other part of the anterior body. Draw the abdomen in and up a handful times each day. Take a dozen deep, slow breaths a dozen times each day.

Spring Millinery Opening. The latest styles in the Spring importations will be displayed at our stores at Bridgetown and Annapolis on Friday and Saturday, April 10th and 11th and following days.

Miss Annie Chute. Try the NEW HARNESS MAKING and HORSE FURNISHING STORE for prices on HORSE BLANKETS and SLEIGH ROBES. The remainder of our BLANKETS and ROBES at cost to clear. A full line of HARNESS, WHIPS, WATER-PROOF HORSE COVERS, BELLS, SUIT CASES, SHAWL STRAPS, SCHOOL BAGS, etc. kept on hand.

Spring Millinery Opening. Miss Ethel Saunders, late of one of the leading Millinery Rooms in Boston, has taken charge of Miss Lockett's Millinery Store and will show American and English Pattern Hats on April 10th to 18th and following days.

Miss B. Lockett, Queen St.

St. George's Baking Powder. "THIS IS IT—St. George's Baking Powder—the best bread—the whitest biscuits—the lightest cake and pastry you ever saw." Order a can NOW—so you will be sure to have ST. GEORGE'S for your next baking.

PAY OF LEGISLATORS INCREASED. In the Legislature on Saturday last, Premier Murray, in accordance with notice previously given, moved that the indemnity of members be increased from \$500 to \$700. The Premier is anxious of the increase in the present session from \$1000 to \$2000, and said that with two exceptions, Nova Scotia legislators were the lowest paid in the Dominion.

ROYAL SCHOOLMASTERS. Kings Who Turned to Teaching to Make a Living. In the early part of the life of King Christian IX. of Denmark there was no prospect of his ever becoming the ruler of that country. With this view he became a schoolmaster at the German university of Halle.

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THE STOCK MARKET.

Accuracy of the Exchange in the Analysis of Events. Barring the case of manipulation, which carries its own remedy and which is one of the evils of speculation, the stock market tells the truth. Temporarily indications may be misleading, but it is eventually shown that its analysis of events is correct. The silent panic of March, 1907, was a promise of the panic of November. During the intervening seven months prices dropped steadily, showing plainly that there was a weakness in the financial and industrial structure.

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ALMOST GIVEN UP

"FRUIT-A-TIVES" SAVED HIS LIFE. Mr. Dingwall was Superintendent of St. Andrew's Sunday School in Williams town for nine years and License Commissioner for Gloucestry and Tax Collector for Charlottetown—for fourteen years continuously. Read how strongly Mr. Dingwall comes out in favor of "Fruit-a-tives."

Williamstown, Ont., April 9th, 1907. I have much pleasure in testifying to the almost marvellous benefit I have derived from taking "Fruit-a-tives." I was a life long sufferer from Chronic Constipation and the only medicine I ever secured to do me any real good was "Fruit-a-tives." This medicine cured me when everything else failed.

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THE HABIT OF TALKING

It can be cultivated just like any other habit, and therefore, no other of which the majority of good women have more need, writes Kate Eason Clark, in the Brooklyn Eagle. Is it because we have to keep talking so often at dinner parties—because a pause at such times is so dreadfully thingy—that we form the habit of talking on and on and on—when here is no party and no pause, and we might much better be silent!

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JOHNSON'S ANODYNE LINIMENT. Stop Your Cough. Three or four drops of Johnson's Anodyne Liniment on sugar will relieve the most stubborn cough. Colds, if unchecked, may cause serious throat and lung troubles. To avoid risk, apply Johnson's Anodyne Liniment promptly.

MORSE'S TEAS. There is no one article of general consumption which gives more pleasure and comfort than a well made cup of MORSE'S TEA. Try a package of the 40c. label and compare it with what you have been using.

COWAN'S Maple Buds, Milk Chocolate, Cream Bars, etc. Sold by Grocers and Confectioners. THE COWAN CO., LIMITED, TORONTO.

SHILOH'S. Quick relief for the worst cough—quick relief to the heaviest cold—SAFER to take, even for a child. Cures Coughs & Colds. QUICKLY! Vinol. Our delicious Cod Liver preparation without oil. Better than old-fashioned cod liver oil and emulsions to restore health for Old people, delicate children, weak run-down persons, and after sickness, colds, coughs, bronchitis and all throat and lung troubles.

W. A. Warren. CHEMIST, OPTICIAN & STATIONER. ROYAL PHARMACY. After Twenty-Eight Years. I am still to the front with a good stock of HARNESS, SADDLERY and LEATHER GOODS.

J. W. ROSS. MINARD'S LINIMENT. RELIEVES NEURALGIA. A full stock of Flour and Feed on hand as usual. E. E. Burke & Son. Ladies Nightgowns, Slipwaists, Skirts and Drawers.

George S. Davies. Union Bank Building. Special values in Cashmere Hose. Plain, 25c a pair. Others 38c now for 30c a pair.