

GRATITUDE PROMPTED THIS LETTER

Prominent People Proud To Testify For "Fruit-a-tives"



MR. TIMOTHY MCGRATH

130 ATLANTIC AVE., MONTREAL, MARCH 1st, 1912.

"For years, I suffered from Rheumatism, being unable to work for weeks at a time and spent hundreds of dollars on doctor's medicines, besides receiving treatment at Notre Dame Hospital where I was informed that I was incurable. I was discouraged when a friend advised me to try 'Fruit-a-tives'. After using three packages, I felt relieved and continued until I had used five packages when a complete cure was the result after years of doctoring failed. I consider 'Fruit-a-tives' a wonderful remedy. You are at liberty to use this testimonial to prove to others the good that 'Fruit-a-tives' has done me."

TIMOTHY MCGRATH.
50c. a box, 6 for \$2.50—trial size, 25c. At Dealers or from Fruit-a-tives Limited, Ottawa.

COPPERS IN CALGARY.

Copper coinage has found a home in Calgary, and the coppers have come to stay, says the Albertan. That marks an epoch in our commercial life. They have been introduced from time to time but were not very successful.

The truth is that we despised coppers because we rather scorned small economies. We preferred to pay the extra four cents rather than carry a piece of brown metal about with us. We thought in real estate sub-divisions and were wasteful. We have changed somewhat. We are learning that to economize is not to make ourselves happier, but to act with some sort of reason and common sense.

For instance, our householders are learning that they can save money by patronizing the Calgary market, and are beginning to take some interest in economies, both small and large.

Flunping up and down stairs, sweeping and bending over making beds will not make a woman healthy or beautiful. She must get out of doors, walk a mile or two every day and take Chamberlain's Tablets to improve her digestion and regulate her bowels. For sale by all dealers.

THE SPAN OF LIFE.

In the middle ages the average span of human life was about thirty years. The startling prophecy that man would some time only begin to understand life at one hundred does not seem so unreasonable, perhaps, when we consider the span of life allotted to vegetables and to animals. There exists at the present time in the Island of Cyprus a tree which was planted two hundred and eight years before Christ. In the suburbs of Athens travellers are shown the olive tree of Plato, which is two thousand years old. The plantain tree of Hippocrates, the father of medicine, is 2,300 years old, while the giant redwood trees of California are estimated to have lived at least twenty centuries. Tourists in Hildesheim, Germany, are never allowed to pass the famous so-called "1,000 year rose bush" in the cathedral.

The list of legendary trees might be indefinitely extended and world trees include the chestnuts of Etra, the walnut trees of St. Nicholas in Lorena, the olives of Jerusalem, the yew trees of Yorkhire, England, which are 1,000, 2,000 and 2,500 years old and the cypress of Mexico, which are considered the oldest trees in the world.

These figures are taken from the data of Dr. Legend, a well-known French naturalist. He also points out singular differences in the longevity of animals of varying species. The crocodile and the carp live, he says, three hundred years, the elephant and the whale two hundred, the falcon one hundred and fifty, the parrot and the eagle one hundred, the lion and the rhinoceros sixty, the goose, common pike and pelican fifty, the ass, bull and camel thirty, the pig, cow, pigeon, cat, dog, deer, wolf and the fresh-water lobster twenty, the duck, nightingale, lark, fox and pheasant fifteen, the canary and the cricket average ten, the rabbit lives eight, the squirrel and hare seven.

Insects which undergo metamorphosis live usually from one to two years and there are flies whose span of life is one day. Nature, it will be seen, shows man no special favor or disfavour among the animals. The great epidemics which have disappeared at the edict of science together with intelligence in the matter of living, are the chief causes which are favoring and will in the future favor man's longevity.

English statistics show that women born of large families live to the greatest age. The United States census in 1890 showed seventy-seven women and thirty-four men over ninety years of age.—Exchange.

POTATO SALAD.

The potatoes used may be either boiled or baked and the salad should be mixed while the potatoes are warm as the flavors of the ingredients of the dish blend better than when cold. Peel four baked potatoes while warm and cut in small cubes. Add one small cucumber, half an onion and one stalk of celery or a little radish chopped fine. A quarter of a cup of nut meats may be used also if liked. Cover with salad dressing, mix well together and set away in a cool place until needed.

A ROYAL TESTOTALLER.

The Berlin despatches of Aug. 22nd proclaim the fact that the Emperor of Germany has joined the ranks of the testotallers, and that his favorite drink is now lemonade, with a dash of orange juice.

It is reported that the Kaiser did not touch any alcoholic beverages throughout his northern cruise. Persons who are in close contact with him say that this is the result of the Emperor's conviction that alcohol lessens the working capacity of a man. He often expresses the opinion to members of his entourage that immoderate drinking is one of the greatest factors in retarding the development of nations.

Some time ago the Kaiser demanded the latest alcoholic statistics which resulted from immoderate drinking, accidents, and crimes, drinking. After a study of these statistics he experimented on himself, and found that even small quantities of liquor lessened his energies and capacity for work, whereupon, with characteristic impulsiveness, he cut alcohol entirely. He never misses an opportunity to decant on the value of temperance, and the result is that the members of his suite who like their wine, touch it lightly when dining in his presence.

While he was swearing in the naval recruits at Wilhelmshaven recently, the Emperor took occasion to deliver a lecture on temperance and drank a toast to water. He also recently told army officers who asked if there would be any objections if his health were drunk in water, that, on the contrary, he would be well pleased.—Westlyan.

A friend of Mark Twain once asked him if he remembered the first money he earned.

"Yes," he said, "it was at school, and a very painful recollection it is, too. There was a rule in our school that any boy marking his desk, either with pencil or knife, would be chastised publicly before the whole school or pay a fine of \$5. Besides the rule there was a ruler; I knew it because I had felt it; it was a hard one, too."

"One day I had to tell my father that I had broken the rule and had to pay a fine or take a public whipping, and he said: 'Sam, it would be too bad to have the name of Clemens disgraced before the whole school, so I'll pay the fine. But I don't want you to lose anything, so come upstairs.' 'A few minutes later I came down with a bad feeling and the \$5, and I decided that as I had been punished once, and got used to it, I would not mind getting the other linc at school. So I did and kept the \$5.'"

An article that has real merit should in time become popular. T. at such is the case with Chamberlain's Cough Remedy has been attested by many dealers. Here is one of them. H. W. Hendrickson, Ohio Falls, Ind., writes, "Chamberlain's Cough Remedy is the best for coughs, colds and croup and is my best seller." For sale by all dealers.

The Home

BUTTERMILK PIE.

Beat together a heaping cup of sugar and four eggs, add half a cup of butter, beat very well, then add one and a half pints of fresh butter-milk, line the pie tins with pastry, slice an apple thin and lay in each pie, fill the crust with the mixture and bake with no upper crust.

PACKING EGGS IN SALT.

To preserve eggs, an old way was to take nice, fresh eggs, some white-wash and a brush, and paint the egg all over, giving them a good thick coating of the wash. After they are dry, pack them in salt, with the small end down, covering with salt each layer and putting in layer after layer until the box is full. Cover with several inches of salt on top. When you wish to use, take them out of the box, wash off and wipe dry with a soft towel. The lime fills the pores of the shell and preserves the contents. Some advise that dipping the egg in the white wash serves the same purpose as brushing it.

KEEP AIR TIGHT.

Many housekeepers have trouble with keeping airtight anything that is put up in jars. If, however, after a bottle or jar is corked it is sealed with a mixture of beeswax and rosin there is no danger of air getting at it. To make this sealing mixture put two ounces of rosin in a small tin can, which is then set in a larger pan of hot water. Stir constantly until the wax and rosin are well blended. Apply while still liquid to the outside of the corked jar or bottle.

Summer drinks are often too sweet for the masculine taste, but a lime-ade made with juice of limes, three of the latter to one large glass, and sugar to suit, can be tart as desired. Fill the glass half full of shaved ice, then with water or carbonated water and serve with a straw.

ABOUT THE HOUSE.

If you desire to obtain a beautiful lustre on cut glass, try washing it in two quart of fairly hot water to which one tablespoonful of turpentine has been added and you will find the results are very satisfactory.

When greasing a cake pan use sweet lard rather than butter. The cake will not be so likely to stick to the pan.

When beating the whites of eggs be careful that there is no grease on the beater, as it will prevent the eggs from frothing.

For those who use many herbs in cooking it will be found a good plan to make up many tiny bags of cheesecloth. Fill these with herbs, tie securely and keep in a covered can or jar. When making soup or sauces a bag of the mixed herbs is convenient to use.

Where dishes are washed in the sink stretch a piece of white rubber tubing about two inches long, over the ends of the faucets, letting it extend about two inches below. This will prevent the breaking and nicking of china that is caused by striking them against the faucets.

Paint marks can be removed by soaking them a short time in benzine and turpentine, then rubbing them with emery paper or a little pulverized pumice stone.

If dumplings are kept boiling steadily from the time they are in the pot until they are taken out they will be much lighter. Do not take the lid off oftener than necessary.

To remove rust from steel, cover it with sweet oil and let it remain covered for a day, then rub it with a lump of fresh lime and it will then polish in the ordinary way.

To prevent an iron sink getting rusty, wipe it dry and rub it with a cloth dampened with kerosene.

Wipe out the laundry tubs after each wash day with a cloth, using either kerosene or a good cleansing powder.

If a square piece of board measuring a foot across is fitted with casters at each corner it will be found of the greatest convenience when scrubbing the floor or the piazza. The scrubbing pail may be moved along instead of having to be lifted.

A novel idea for hat hangers is the following: screw up hooks to the ceiling of your clothes closets. Then fasten strong cord to them, the length to be measured by the space allowed to hang the hats. Then to the end of the cord fasten a safety pin, to use in pinning to whichever part of the hat it is most convenient so it can hang loose and free, to save the hat and trimmings from getting muddled and broken.

To soften brushes which become dry and hard, heat some vinegar to boiling point, immerse the brushes and allow them to simmer for ten minutes then wash in strong soapuds.

Minard's Liniment cures Diphtheria.

Joker's Corner

POORLY PRINTED.

"My wife is learning to cook by cook book."
"How are things coming out?"
"The book must be full of typographical errors, judging by the way things turn out."

Young Lawyer (having passed his exams.)—"Well, I'm glad its over. I've been working to death the last few years trying to get my legal education."

Old Lawyer—"Well, cheer up, my boy; it'll be a long time before you have any more work to do."

The old family physician being away on a much-needed vacation his practice was intrusted to his son, a recent medical graduate. When the old man returned the youngster told him, among other things, that he had cured Miss Ferguson, an aged and wealthy spinster, of her chronic indigestion.

"My boy," said the old doctor, "I'm proud of you; but Miss Ferguson's indigestion is what put you through college."

WHAT A PAIR!

John D. Rockefeller tells this story of himself.

"Golfing one bright winter day I had for caddie a boy who didn't know me.

"An unfortunate stroke landed me in a clump of high grass.

"My, my," I said, "what am I to do now?"

"See that tree?" said the boy, pointing to a tall tree a mile away. "Well, drive straight for that."

"I lofted vigorously, and, fortunately, my ball soared up into the air; it landed, and it rolled right on to the putting green.

"How's that, my boy?" I cried.

"The caddie started at me with envious eyes.

"'Gee, boss,' he said, 'if I had your strength and you had my brains what a pair we'd make!'"

IT COUNTED WITH HER.

Paderewski arrived in a small western town about noon one day and decided to take a walk in the afternoon. While strolling along he heard a piano, and, following the sound, came to a house on which was a sign reading:

"Miss Jones. Piano lessons 25 cents an hour."

Pausing to listen he heard the young woman trying to play one of Chopin's nocturnes, and not succeeding very well.

Paderewski walked up to the house and knocked. Miss Jones came to the door and recognized him at once. Delighted, she invited him in and he sat down and played the nocturne as only Paderewski can, afterward spending an hour in correcting her mistakes. Miss Jones thanked him and he departed.

Some months afterward he returned to the looking at the sign, he read: "Miss Jones. Piano lessons \$1.00 an hour. (Pupil of Paderewski.)"

WHEN NYE HELPED RILEY.

Bill Nye and James Whitcomb Riley, when they were giving readings together, were on a train one day when Nye abstracted Riley's ticket stuck in the hand being laid on the seat between them.

"They'll want our tickets here, Jim," said Nye casually, and Riley began an exhaustive search for his missing ticket. When he had searched everywhere at least ten times over, and looked on seat and floor again and again, but in vain, he exclaimed: "Say, Nye, I have lost my ticket! They'll make me pay over again."

"Pay over again!" said Nye. "I wouldn't. I'd see them hanged first. You get under the seat, Jim, and it will be all right."

So Riley got under the seat and lay there gasping with nervousness as the ticket collector came to the compartment.

"Tickets, please," said the conductor. Nye handed the man two tickets.

"Two tickets here, sir! Where's the other gentleman?"
"Oh," replied Nye nonchalantly, "the other gentleman prefers to travel under the seat."

And from under the seat came poor Riley indignantly and as mad as a wet hen.

For nursing mothers Na-Dru-Co Laxatives

offer the important advantage that they do not disturb the rest of the system or affect the child.

25c. a box at your Druggist's.
National Drug and Chemical Co. of Canada, Limited. 175

THE END OF THE WAY.

My life is a wearisome journey, I'm sick of the dust and the heat, The rays of the sun beat upon me, The briars are wounding my feet. But the city to which I am hastening Will more than my trials repay; All the toils of the road will be nothing When I get to the end of the way.

There are so many hills to climb upward, I often am longing for rest. But He who appoints me my pathway Knows just what is needed and best. I know in His Word He has promised That my strength shall be as my day And the toils of the road will seem nothing When I get to the end of the way.

He loves me too well to forsake me, Or give me one trial too much; All His people have been dearly purchased, And Satan can never claim such. By and by I shall see Him and praise Him In the city of unending day. And the toils of the road will seem nothing When I get to the end of the way.

When the last feeble step has been taken, And the gates of the City appear, And the beautiful song of the angels Floats out on my listening ear, When all that now seems so mysterious Will be plain and clear as the day, Yes, the toils of the road will seem nothing When I get to the end of the way.

Though now I am footsore and weary I shall rest when I'm safely at home. I know I'll receive a glad welcome For the Saviour Himself has said "Come."

So when I am weary in body And sinking in spirit, I say, All the toils of the road will seem nothing When I get to the end of the way. Cooling fountains are there for the thirsty, There are cordials for those who are faint, There are robes that are whiter and purer Than any that fancy can paint. Then I'll try to press hopefully onward, Thinking often through each weary day All the toils of the road will seem nothing When I get to the end of the way.

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A Sound Canadian Company
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Insure your buildings in the OLD RELIABLE

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DALY & CORBETT, Provincial Agents, HALIFAX, N. S.
FRED E. BATH, Local Agent, Bridgetown
May 14, 1923—1y

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A new assortment of Depos-Art Ware will be here in a few days. This is a new line and is especially attractive to those wanting Wedding Gifts. Don't fail to see this line before purchasing.

ROSS A. BISHOP

Real Estate

HOME FOR SALE.

Fine country residence, just on the limits of the town, suitable for summer house or all-year-round residence. House modern, commodious and convenient, with good stable. Orchard yielding over three hundred barrels of apples, besides other fruit. Fine situation, beautiful view of river and valley. For information apply to The MONITOR PUBLISHING COMPANY, Limited.

FARM FOR SALE.

At Albany, farm of 250 acres; 10 acres under cultivation, part orchard, 50 acres pasture, balance wood and timber land, including 25 acres hard wood never cut. Good house of 4 rooms, barn, carriage house, etc. For terms and other information apply to The MONITOR PUBLISHING COMPANY, Limited.

Railway & S. S. Lines

DOMINION ATLANTIC RAILWAY

—AND—
Steamship Lines
—TO—
St. John via Digby
—AND—
Boston via Yarmouth
"Land of Evangeline" Route.
On and after Aug. 7, 1913, train service of this railway is as follows:
Express for Yarmouth 12:05 p.m.
Bluebonnet for Halifax 4:13 p.m.
Bluebonnet for Yarmouth 1:47 p.m.
Express for Halifax 2:02 p.m.
Express for Annapolis, Saturday only 7:50 p.m.
Express for Halifax, Monday only 4:13 a.m.

Midland Division

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 6:55 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 Bluebonnet and Mail Express trains.

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DOUBLE DAILY SERVICE (Sunday Excepted.)
S. S. "YARMOUTH," leaves St. John 7:00 a.m., arrives in Digby about 10:15 a.m.; leaves Digby 1:15 p.m., arrives in St. John about 4:30 p.m.
S. S. "ST. GEORGE," leaves St. John 12:15 p.m., arrives in Digby 2:30 p.m.; leaves Digby 3:15 p.m., arrives in St. John 5:25 p.m.
S. S. "St. George" connects with inward and outward bound Canadian Pacific trains at St. John to and from Montreal and the West.

Boston Service

Steamers of the Boston & Yarmouth S. S. Company sail from Yarmouth for Boston after arrival of Bluebonnet train from Halifax and Truro daily, except Sunday.
P. GIFFKINS, General Manager, Kentville

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Aug. 23 —(via St. John's, Nfld.)	Sept. 18
—Rappahannock	Sept. 18
Sept. 5 —Kanawha	Sept. 26
From Liverpool:	From Halifax:
—Tabasco	Aug. 25
Aug. 19 —Digby	Sept. 5
Sept. 6 —Tabasco	Sept. 25
Sept. 20 —Digby	Oct. 6
From Halifax to Liverpool direct:	
—Durango	Sept. 2

FURNESS, WITBY & CO., LTD. Agents, Halifax, N. S.

H. & S. W. RAILWAY

Accom. Mon. & Fri.	Time Table in effect June 16th, 1913.	Accom. Read up
11:52	Lv. Middleton Av.	16:00
11:58	* Clarence	15:52
12:15	Fridgetown	15:16
12:43	* Grayville Centre	14:51
12:59	Grayville Ferry	14:36
18:15	* Karsdale	14:20
18:35	Ar. Port Wade Lv.	14:00

*Flag Stations. Trains stop on signal. CONNECTION AT MIDDLETON WITH ALL POINTS ON H. & S. W. RY AND D. A. RY.
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