



Try this Thirsty Flour

A very thirsty flour. Absorbs a lot of water. Because it contains so much gluten. Manitoba wheat is wonderfully rich in sturdy gluten. And, think of it, FIVE ROSES is milled exclusively from the very cream of the Manitoba wheat berries. So FIVE ROSES must be awfully thirsty, don't you see. In your mixing bowl it greedily absorbs more water. So you get more loaves than usual without using more flour. You use less. Your flour lasts longer, doesn't it? Less trips to your dealer. That's how FIVE ROSES saves money. Actually saves YOU money. Use this economical flour.

Five Roses Flour

Not Bleached Not Blended



West Paradise

Mrs. Manetta Prall of Windsor, was the guest of her daughter, Mrs. E. J. Poole over Sunday. Our school teacher, Miss Annie Longley, is visiting friends at Wolfville during the Empire vacation. At time of writing Mr. Elden Parker is very ill with pneumonia. We hope to hear of his improvement at Clementsport.

Port Lorne

Stme. Margaretville called here on Friday. We are glad to see Capt. F. A. Beardsley out again. Mr. Percy Anderson has gone to Shelburne to join a schooner at that port. Mrs. S. M. Beardsley and family is spending a few days with her parents Mr. and Mrs. James Anthony. Ten young people were baptized by our pastor Rev. Asaph Whitman on Sunday afternoon, May 17th. A large number was present.

Paradise

Miss Beatrice Elliott is spending a few days with friends in Nictaux. Miss Hilda Longley of Deep Brook, as been visiting her mother, Mrs. I. M. Longley. Mr. Albert Potter of Acadia College, has been a guest of Mr. and Mrs. Milledge Daniels. The Misses Annie and Gladys Jackson have been visiting their mother Mrs. C. Jackson. Mrs. L. C. Marshall, who has been visiting friends in Yarmouth the past few months, returned home on Saturday.

Clementsvalc

A. L. Danielson left on the 26th for a short trip to Boston. Miss Ruby Wood spent Sunday with her parents at Annapolis. Mrs. A. L. Danielson is attending the closing exercises at Acadia. Mrs. Starratt of Lynn, is the guest of Mr. and Mrs. Beniah Potter. Dr. Dukeshire drove to Maitland and Caledonia on the 23rd, returning on Monday. Miss Edie Potter of Wilmot, spent Sunday with her friend, Mr. and Mrs. H. G. Potter.

Miss Ida Poole, Mrs. H. Trimmer and children, also Mr. Fletcher Durling are visiting friends and relatives at Clementsport. Mr. J. W. Saunders, who has been confined to the house with an attack of chronic bronchitis, we are pleased to report convalescent. We notice in the items of last week's issue of the Monitor mention of a quilt containing 2,132 piec's. We can beat this. Mrs. B. W. Saunders has one containing 2,970. Next: The "match" shoot between the officers and N. C. O's of the 69th Regiment was shot over the rifle range in this place on Saturday last. None of the officers appeared, so it was shot off by the N. C. O's alone. Some good shooting was done. The highest scores were made by Sergt. Major B. W. Saunders and Pioneer Sergt. H. Sanford, each scoring 99 points. Sergt. J. I. Foster came next with a score of 96 points. The ten men who shot in this match made a score of 930 points, or an average of 93 points per man. It is a good thing the officers stayed at home for they had a team to contend with that is hard to beat.

Mrs. James Miller of Dochester, Mass., was called home last week on account of the illness of her father and mother, Capt. and Mrs. John Anthony. Mrs. Benjamin Neaves, who has been sick for some time, passed away on Tuesday last, aged seventy-one years. Her husband, two sons and two daughters survive her. Mr. Addy Nichols and son Coy of Kentville, spent last week with friends here. Mr. Nichols has improved the appearance of his cottage with a coat of paint.

Hampton

Miss Estella Brooks spent Sunday with her parents, Mr. and Mrs. L. D. Brooks. Mr. George Gaskill, who has been very poorly, we are pleased to learn is better. There have been a few fine days of late and the farmers have improved the time. The weir of Templeman and Bezanon has been put in and now look out for salmon. Mr. and Mrs. Elias Messenger leave on Wednesday for their annual trip to Nahant and Lynn. Miss Ritcey and Miss Annie McGarvie spent the week end with Major and Mrs. Ritcey at Nictaux. Congratulations to Mr. and Mrs. Clinton Collins on the birth of a son Friday, May 22nd. —James Edgar. Mr. Reed Farnsworth, proprietor of the Sea Side House, has erected a flag pole fifty-two feet in height, —the nicest one in the place.

St. Croix Cove

Mr. Silas Beardsley is making an improvement in his house. Mr. B. R. Hall arrived home from Acadia College last Friday. Mr. and Mrs. Judson Chute, Clarence West, visited Mr. and Mrs. Zachens Hall, Friday. Mr. and Mrs. Charles Poole and Miss Goldsmith, Bridgetown, and Mr. and Mrs. Reuben Chute, Hampton, were guests of Mr. and Mrs. Bradford Poole yesterday.

Springfield

Mr. Clyde Veinot of Albany, visited friends here recently. Mrs. J. G. Morrison spent Monday last at Middleton. Mr. Wilford Carder is visiting friends at Clementsport. E. V. Thomas of Middleton, recently visited friends here. Miss Gertrude Roop of Kentville, is spending a week at her home here. Miss Bernice Bentley of Middleton, is the guest of her aunt, Mrs. J. C. Roop. Mrs. Charles Phinney of Middleton, is the guest of her sister, Mrs. Z. T. Harlow. Mr. Hallett Allen and Miss May Deamone spent the week end at New CornRill. Miss Laura Morrison of Halifax, has been spending a few days at her home here. C. N. Roop of Middleton, spent the week end the guest of his parents, Mr. and Mrs. M. C. Roop. Little Reta and Margaret Freeman of Middleton, are guests of their grandmother, Mrs. J. C. Grimm. Miss Flossie Young, accompanied by her friend, Miss Veinot of Albany, spent the week end at her home at Lake Pleasant. The sum of over \$32.00 was realized at the pie social held in the sample room on J. S. Mullock on Tuesday evening last, for the benefit of the baseball team.

Parker's Cove

Mr. Harry Longmire of Litchfield, was the guest of Mrs. Austin Weir on Sunday. Mrs. Selma Halliday of Hillsburn, is the guest of her niece, Mrs. W. H. Anderson, this week. Mr. Harry Longmire of Litchfield, called on his parents, Mr. and Mrs. David Milner, the 25th. Mr. Alfred Gauthier and Mr. Malberg of D. C. are here and are going to occupy Mr. Gauthier's summer residence. Work has begun on the west pier here, with Mr. John Clarke as foreman. The work is being carried on by Mr. McDonald, contractor. Quite a number of men are employed. Sche. Lloyd, Capt. W. H. Anderson, arrived from St. John quite recently, and discharged her cargo, and then proceeded to ports up the Bay, looking after his lobster business. Mr. Fred Milner and family have moved on their new place, which he recently purchased from Mrs. May Rice. Mrs. Rice is going to move to Upper Clements. Sorry to see our neighbors leaving us. The silent messenger called at the home of Mr. and Mrs. Austin Weir on May 17th and claimed their infant babe of only a few weeks old. —Rosella Pearl. Much sympathy is felt for the young parents. Rev. Mr. Davis, Methodist, officiated at the home and grave. Interment took place in the cemetery here.

North Williamston

Fred Charlton spent the week end with friends at Kingston. Mrs. M. A. Charlton of Berwick, is visiting her son D. M. Charlton. Mr. and Mrs. S. C. Turner of Bridgetown, spent the 24th with their friend, Mrs. A. Stevenson. Miss A. E. Pierce of Wolfville, has been a recent guest of Mr. and Mrs. W. E. Halsey and other friends here. Mrs. James Moore and daughter Miss Ida Moore of Waterford, N. B., spent a few days with Mr. and Mrs. John Moore and other friends here the first of this week. As a result of the special services held here a few weeks ago by Rev. E. O. Steeves of Nictaux, the ordinance of baptism will be administered to several candidates on Sunday afternoon at two o'clock.

MINARD'S LINIMENT Lumberman's Friend.

Clan MacKinnon Praises Cobequid Hero

Kentville, May 5.—Captain J. Edgar MacKinnon, the hero of the Cobequid disaster, is at the provincial sanatorium, where in the past few weeks he has made marked physical improvement. It was most gratifying to the captain to recently receive a letter from the headquarters of the Clan MacKinnon. The letter reads: Clan MacKinnon Society, 124 Gloucester Street, Glasgow, Scotland. Capt. J. Edgar MacKinnon, S. S. Westport. Dear Fellow Clanman: A full account of the Cobequid disaster was read at a meeting of my directors held on the 4th of March, and they were greatly moved by your heroism and full admiration for your gallantry shown on this occasion. I was, therefore, instructed to communicate to you their congratulations for rescuing without loss the passengers and crew of that ill-fated ship. At the same time I was instructed to offer you honorary life membership of the Clan for the heroism and I shall be glad to hear that you will accept. DONALD MACKINNON, Honorary Secretary.

PROMINENT PHYSICIANS ENDORSE NEWBRO'S HERPICIDE

When a doctor endorses a preparation it means more than an ordinary testimonial. His opinion is always that of the professional man devoted to the welfare of the people. Dr. J. J. Boyd, Covington, Tenn., says: "I feel it my duty to write this for the benefit of those suffering from dandruff. In the average case a few applications of Newbro's Herpicide will remove dandruff. It is advisable to continue its use for several weeks." The words of J. B. Thompson, M.D. No. 2 Burroughs' Place, Cor. Hollis St., Boston, Mass., are not less enthusiastic: "I can only speak in praise of Newbro's Herpicide. It is all that is claimed and perhaps more. Herpicide not only cleanses the scalp but brightens the hair, gives it life and makes it soft." Dr. T. A. Moore, Duncan, Ariz., writes of his experience: "My scalp was in places covered by patches of dry, scaly material and the itching was incessant. Since using Herpicide all these evils have disappeared and my hair is soft, smooth and growing. Hair has grown on spots before but thinly covered." Newbro's Herpicide is "the original remedy to kill the dandruff germ" and stop falling hair. The terrible itching which goes with dandruff is allayed almost at once. Newbro's Herpicide in 50c and \$1.00 sizes is guaranteed to do all that is claimed. If you are not satisfied your money will be refunded. Applications may be obtained at the leading barber shops. Be sure you get genuine Herpicide. Bear River Drug Store, Bear River, N. S., special agents.

Eel-Grass is Expensive

Boston paper.—Every year a cargo of eel-grass goes south from Yarmouth and probably not one person in a thousand knows what it is used for. A whole lot of people who spend a few weeks at a seacoast place in the summer months, and have tried to do some swimming where the tall, rough eel-grass abounds, have figures out that it isn't good for much of anything except to be cursed. It seems, however, that eel-grass is of some use; indeed, of so much use that Boston persons paid \$2,393 for a single cargo of it. It is used in the big Chelsea paint concern in the manufacture of lamplack. The grass could be gathered somewhat nearer home than Yarmouth, N. S., but the best quality of the grass is easily to be secured off the Nova Scotia coast. As a rule one cargo of the grass is enough to furnish the paint manufacturers for a year, and the gathering of the grass cannot be especially profitable. Exceptionally low tides are taken advantage of by the reapers of the grass, who cut acres in short time.

Helen Keller, the Girl Who Found the Blue Bird

The following extract from an article in "Pictorial Review" gives some remarkable impressions of Helen Keller by Madame Masterlinck. Although I lived for centuries, I could not forget a color, a shade, a line, nor any single detail of the thousand that form the memory of my visit to Wrentham, the home of Helen Keller, the celebrated deaf, dumb, blind American girl. I first heard the name of Helen Keller, some years ago, through our friend Gerard Harry: "Don't leave America without seeing Helen Keller. What Mark Twain said about her has become a classic: 'The two most interesting characters of the nineteenth century are Napoleon and Helen Keller.'" "What has she done?" "She is deaf, dumb and blind; she reads German, French, Latin and Greek; she has passed the most difficult examination at Radcliffe College; she has written her autobiography; and she is only twenty-eight." She is here, close to me, on the arm of Mrs. Macy, her teacher, her good angel, her life. I saw her coming from the far end of the three large rooms separated by wide bays. She is here! At first I could not believe that this was she, this smiling girl who seemed to be looking at me out of her fine blue eyes; and I instinctively turned to Mrs. Macy, who herself was blind until the age of twenty and who still wears a white veil to temper the light to her weak eyes. But Helen spoke! With an effort, she pronounced a few words of welcome; and, when I hear that voice which comes from an abyss! that laugh, that terrible laugh, which echoes through her silence like revellers' foot-steps in the stillness of the night, I feel the hateful distance that parts us and I am filled with dread. From the moment, therefore, when I first set eyes on Helen Keller, I was excited, anguish-stricken, shuddering, tossed incessantly between enthusiasm and horror, by turns astounded and revolted, incapable of estimating, grasping, analyzing, my impressions; my imagination was distraught, my reason unbalanced, my whole mind in disorder; and this first visit was wholly dominated by the force and novelty of my sensations. While Helen, with gently stamped upon her brow, but yet curious about my life, spoke and asked me a thousand questions, gathering unwitting answer from my mouth; it was I who was deaf and dumb and blind in the presence of that being who seemed to see me without seeing, to hear me without hearing and to speak to me from the heart of the unknown, for my senses had suddenly become useless and surged blindly against faculties which I perceived without being able to understand them. The person who would venture to speak dogmatically of Helen Keller after an hour's visit, may be taken out to the vast family of the demented, who behold without seeing, listen without hearing and speak without understanding.

Terrible Scalding Accident

ZAM-BUK GAVE QUICK RELIEF. For taking the pain out of a burn or scald there is nothing equal to Zam-Buk. Mrs. Eugene Demers, of Pembroke, Ont., who was the victim of a painful scalding accident, proved this. She says: "I was carrying a boiler of steaming water from the stove to the wash-tub, when suddenly my strength failed. As the boiler was falling in spite of my efforts, I heard my babies cry, and to avoid scalding them I gave the vessel a quick turn. The effect of this was that every drop of the boiling water poured over my feet and limbs, scalding me from my waist down. "As soon as I saw the children had escaped, I told my oldest boy to bring the Zam-Buk (which we always keep in the house). I applied Zam-Buk freely, and the pain was soon eased. I continued using Zam-Buk, and in a wonderfully short time the sores were completely healed. Zam-Buk is equally good for cuts, bruises, eczema, ulcers, piles, pimples, etc. Price 50c. per box at all druggists and stores, or post free from the Zam-Buk Co., Toronto, on receipt of price. Refuse substitutes and imitations. There is nothing "just as good."

CASTORIA For Infants and Children In Use For Over 30 Years Always bears the Signature of J. C. Atchison

Advertisement for John Lockett & Son featuring 'New Spring Goods' including Prints, Crinkle Cloths, Galateas, Bedford Cords, and Durbar Suitings. It lists 5 cases of Prints, Crinkle Cloths, Galateas, Bedford Cords, and Durbar Suitings, and 3 cases of Ladies' Blouses, House Dresses, and Whitewear. It also advertises 'SNAPS IN HOUSE FURNISHINGS' with various items like Tapestry Squares, Velvet Hearth Rugs, and Stair Pads. The ad concludes with the name 'JOHN LOCKETT & SON'.



Now is the time to do a little fixing up around the house. A little paint or varnish will work wonders. The old worn floors can be made to look bright and fresh with Sherwin-Williams Inside Floor Paint, or Sherwin-Williams Floorlac. Don't throw away the old furniture but make it look bright and new by giving it a coat of Sherwin-Williams Varnish Stain. Do away with the dust and germ collecting wall paper by using the new sanitary wall finish, Sherwin-Williams Flat-tone, a durable oil paint that dries with a soft velvety surface—can be washed with soap and water. There is a Sherwin-Williams paint or varnish to give you every kind of finish. Come and see us about your painting. KARL FREEMAN HARDWARE, PAINTS, OILS, GLASS, WIRE FENCING, ETC. BRIDGETOWN

Advertisement for 'No More Headaches For Me' featuring a woman's portrait and text describing the benefits of the medicine for various ailments.