DOMINION ATLANTIC RAILWAY

—AND—

Steamship Lines

—TO—

St. John via Digby

—AND—

Boston via Yarmouth

"Land of Evangeline" Route.

On and after October 30th, 1909 the Steamship and Train Service on this Railway will be as follows (Sunday excepted):

Accom. from Annapolis. ... 7.20 a. m.
Accom. from Richmond ... 5.40 p. m.
Express from Yarmouth, 1.46 p. m.
Express from Halifax, ... 12.21 p. m.

Midland Division

Trains of the Midland Division leave Windsor daily, (except Sunday) for Truro at 6.45 a. m., 7.30 a. m. and 5.35 p. m. and from Truro at 6.50 a. m., 12.00 m. and 3.20 p. m. connecting at Truro with trains of the Intercolonial Railway, and at Windsor with express trains to and from Halifax and Yarmouth.

Boston Service

Commencing Monday, Oct., 18 the Royal Mail S. S. Boston will leave Yarmouth, N. S., Wednesday and Saturday, immediately on arrival of Bluenose trains from Halifax, arriving in Boston next morning. Returning, leaves Long Wharf, Boston, at 1.00 p. m., Tuesday and Friday.

St. JOHN and DIGBY

ROYAL MAIL S. S. YARMOUTH.

Daily Service (Sunday excepted.)
Arrives in Digby ....10.45 a. m
Leaves St. John .... 7.45 a. m

Leaves Digby same day after arrival express train from Halifax.

P. GIFKINS,
Kentville.
General Manager.

FURNESS, WITHY & CO., LTD.

STEAMSHIP LINERS.

London, Halifax and St. John, N. B.

From London.		From Halifax.
Steamer.		...
	—Kanawha	Mch. 15
March 19	—Rappahannock	April 1.
March 8	- Shenandoah ...	Mch. 29
April 2	— Kanawha	April 26

From Halifax to Liverpool via St. John's Nfld.

From Liverpool.		From Halifax.
Steamer.		...
	—Durango	March 15
March 12	—Almeriana	...Mch. 30
March 19	—Tabasco	April
April 2	—Durango	April 20

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

H. & S. W. RAILWAY

Accom. Mon. & Fri.	Time Table in effect Oct. 18th. 1909	Accom. Mon. & Fri.
Read down.	Stations	Read up.
11.30	Lv. Middleton AR.	16.15
12.01	* Clarence	15.44
12.18	Bridgetown	15.26
12.45	* Granville Centre	14.57
13.01	Granville Ferry	14.40
13.19	* Karsdale	14.24
13.40	AR. Port Wade Lv.	14.00

* Flag Stations. Trains stop on signal.

CONNECTIONS AT MIDDLETON WITH ALL POINTS ON H. & S. W. RY. AND D. A. RY.

P. MOONEY
General Freight and Passenger Agent
HALIFAX, N. S.

In Stock and Landing this Week

100,000 CEDAR SHINGLES.
20,000 SPRUCE SHINGLES.
40 barrels CEMENT.
50 casks LIME.

J. H. LONGMIRE AND SONS

By the Way, Madam, What's An Ideal Food?

Once, Madam, a June Bride asked the heroine of *three* matrimonial ventures the secret of "How to be happy though married."

And the Experienced One's startling recipe was *"Feed the Brute!"*

Many a housewife feeds the partner of her joys and cares with mere *filling concoctions without nutrition.*

The poor man is fattened by the process about as much as the chicken which swallows sand and thinks it is being fed.

What—did you speak, Madam?

By the way, Mistress Housewife, what's an *Ideal Food?*

Dr. Robt. Hutchison (an eminent authority on such matters) has already defined it: *"An Ideal Food would contain about one part of Proteid to 4.2 parts of Carbohydrates."*

Sounds very scientific, eh?

Protein for bone, and brain, and brawn building; Carbohydrates for fat just to fill out the hollows and prevent the corners from hurting.

Once, Madam, a fellow who loved statistics evolved the idea that *the average man at moderate work* requires about .28 lb. of protein to .28 lb. of fat and .99 lb. carbohydrate in his daily food.

A woman takes care of eight-tenths as much as a man.

* * * *

But, plain white bread—made from FIVE ROSES flour contains these three classes of nutrients in the *right* proportions. Therefore, feed *your* man on this ideal food: FIVE ROSES rolls and breadstuffs.

Such bread contains the highest nutrients of the prime Manitoba spring wheat consistent with *proper* elimination of the hard outside skin.

But a man won't eat your bread simply because it's *wholesome* or because it's *cheap.* You know *that,* don't you, Madam, he wants it *appetizing and tasty as well.*

* * * *

Would you like, Madam, every bakeday to take from your oven piping hot a batch of rolls and loaves with an aroma, color, flavor which are *your* own monopoly:

A crisp, tooth-teasing crust that breaks with a snap; an elastic snowy crumb that springs back into shape after being pressed with the finger?

Lofty, well-piled loaves that bring that glow of pride to the maker.

All yours for the asking, Madam—If *you* ask FIVE ROSES from your grocer.

LAKE OF THE WOODS MILLING CO., LTD., MONTREAL

(J)

ANY MERCHANT

who is not having a Brisk, Lively Tea Trade, should note the fact that merchants who make a leader of

MORSE'S TEAS

find their trade increasing daily.

Fresh Family Groceries

at the

Bridgetown Central Grocery

Canned Vegetables

Beans, Corn, Peas, Pumpkin, Squash and Tomatoes. One dozen each, or assorted, for $1.00.

Canned Fruit

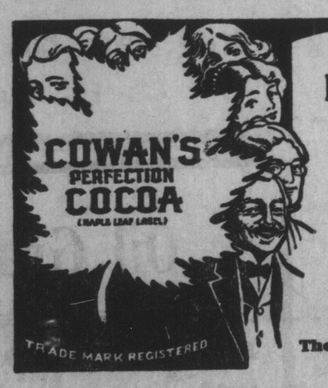
Blueberries, Raspberries, Strawberries Plums, Peaches, Pears and Pineapples.

Dried Fruit

London Layer Table Raisins, Valencia Layer Table Raisins, California Muscatel Raisins, California Seeded Raisins, Figs, Dates, etc., at the LOWEST PRICES.

Buy at the "Central Grocery", get reliable goods and save money.

J. E. LLOYD



It Suits Them All

Old and young delight in the richness and deliciousness of COWAN'S PERFECTION COCOA.

It suits every taste.

The Cowan Co. Limited, TORONTO. 136

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.

WESTERN OIL PIONEER.

Alfred Von Hammerstein Has Had Adventurous Career.

In 1897 there proceeded from Edmonton, with a party of three bound for the Klondike a young German of good family, named Alfred von Hammerstein. He reached Fort Liard, and even proceeded a short distance beyond, but then decided to retrace his steps and locate in the region round Lake Athabasca, which appeared to him to offer exceptional advantages to the prospector. Reaching Athabasca Landing, he opened a store there as an immediate means of livelihood, and, incidentally, with a view to acquainting himself with the habits of the country and its latent natural wealth. After a few months he decided to devote his attention especially to prospecting for petroleum in the vicinity of Fort McMurray, and for years he has been carrying on borings there at great expense, the necessary capital being provided by himself and friends in Europe and Canada. Besides superintending the boring operations he has been prospecting for gold and other minerals, and with the exception of a few weeks each winter spent in Ottawa his time has been devoted, in his own words, to "travelling, trading, mining and hunting." Mr. von Hammerstein (he democratically resents the use of the title "Count" to which he is entitled) is once more back in Ottawa, corresponding with his principals in Europe and at the same time consulting with officials of the Geological Survey regarding the showings made on some of his recent prospecting work. He is a most interesting, and in many respects, picturesque, personage, this German pioneer of the Athabasca oil fields, and during his stay at the capital he is always quite a social lion. It is at first a little difficult to identify the well-groomed gentlemen in evening dress one meets in Ottawa drawing-rooms with the roughly-clad and unkempt prospector, miner, mechanic and hunter who figures in many of the wilderness photographs he shows to his friends in his rooms.

Mr. von Hammerstein's life in the distant Northwest has been full of adventure and peril. A couple of years ago, while hunting he was dangerously, in fact it was feared at first fatally, wounded. He had only one companion with him, and to save the life of the wounded man the companion had to leave von Hammerstein alone for two days while he went in search of messengers to despatch for a surgeon at Edmonton, nearly four hundred miles away by trail and stream. While on his way to Ottawa this autumn, his boat upset in the rapids of the Athabasca River and his two companions were drowned. He himself, was saved as if by a miracle the rapids throwing him ashore in a half-stunned and bruised condition.

Mr. von Hammerstein is most enthusiastic about the undeveloped natural resources of the region which is the scene of his activities, and remarked to the writer of these notes that while, in justice to himself and his associates, he cannot divulge the exact results of experimental borings which have cost a large fortune, he is delighted with results. He predicts that the Athabasca region before many years will be the most productive oil field in the world. "The results of our work this year," he remarked, "have been more gratifying than ever before." Mr. von Hammerstein states that there is no doubt about there being plenty of gold in the Peace River, for he has worked banks at several points with good results. He expects to return to Edmonton soon, so that he will be able to make the trip to McMurray before the snow and ice go.

A World's Record.

Viper II., the fastest type of power-boat hull in the world, was designed by Mr. Albert Hickman and Mr. Sanford Munsie, of Pictou, N.S. Though only 20 feet long, this extraordinary little craft, with a 30-horse-power engine, has devolped a speed of about 26 miles an hour. Her nearest rivals of at all similar length are two American boats, the Hadajr and Haida Papoose, and a French boat, Mais-Je-Piquer II., that distinguished herself at Monaco. With considerably greater power than Viper II., these racers develop from 21 to 23 miles an hour. Mr. Hickman, who is at present in Montreal, gave the following particulars concerning Viper II. to a Montreal Standard's representative: "The hulls of Viper I. and II. were built roughly for experimental purposes. They must not be looked upon as giving any idea of the speed of which the boat is capable. Carefully-built and full-powered, even a 20-foot Viper should be able to make 30 miles an hour. In fact, we have no right to set a limit even here, as the Viper type of hull, so far as we have been able to discover, develops absolutely no hull defects at high speed. We have installed engines of 3, 7, 12 and 30 horsepower in the same hull, and in all cases we have found that the hull maintained the same position relative to the surface of the water. She neither rises unduly by the bow, in the manner of the round-bilged boats, nor does she stumble or jump like the hydroplanes.. Of what speed this type of boat might be capable when driven by the 250 horse-power of Dixie III. or the 800 horse-power of Wolseley-Siddeley, it would be hard to conjecture. (The Duke of Westminster's Wolseley-Siddeley, now called Ursula, is 50 feet in length, and has a speed of 40 miles an hour.) In principle and construction the Viper type departs from practically every accepted law of present-day speed-boat design."

Galician Houses.

The typical Galician house in Yorkton, Saskatchewan, is built of squared poplar logs covered with a plaster made of clay and straw. The ceiling and floor are of the same material. The roof is a thick thatch of marsh grass, fastened to the rafters with grass ropes. All the appointments of the house are home-made—all except the glass in the windows.

MINARD'S LINIMENT CURES DIPHTHERIA.

Joker's Corner

WHY HE MOURNED.

A Rochester man who had been visiting friends in his home village up in the northern part of the state brings back this story of Joe Langto, a French Canadian.

Joe's wife was taken ill and died. Joe thought so much of his wife and her family that he married his wife's sister within a week. To let the people understand that his grief was real Joe continued to wear the sign of mourning on his arm after the wedding. Two days after the second event a friend said:

"Joe, I hear you have var bad trouble."

"Yas," said Joe sorrowfully. "I bury my sister-in-law a week ago come tomorrow."

ON A PARTY LINE

The lady of the house where they use a "party line" told the new maid to report to her any message. Then the lady went shopping. When she returned she summoned the maid.

"Did ---- receive a message for me, Jane?" she inquired.

"Only one, ma'am. I thought I heard th' bell ring, ma'am, an' I took down the receiver ma'am an' just then a voice said: 'Listening again, are you, you old snoop?"—Cleveland Plain Dealer.

A witty as well as a soft answer will sometimes turn away wrath. A candidate, in the midst of a stirring address, was struck with a rotten egg full in the face. Pausing to wipe away the contents of the missile he calmly continued: "I have always contended that my opponent's arguments were very unsound." The crowd roared, and he was no longer molested.

No Disordered Kidneys

or a Weak Bladder if You Take a Few Doses of

FIG PILLS

All Backache and Distress from out-of-order kidneys orBladder Trouble will vanish, and you will feel fine. Lame Back, Painful Stitches, Rheumatism, Nervous Headache, Dizziness Sleeplessness, Wornout, Sick Feeling and other Symptoms of Sluggish, Inactive Kidneys and Liver disorder Smarting, Frequent Urination and all Bladder Trouble ends. FIG PILLS go at once to the disordered Kidneys Bladder and Urinary System, and complete a cure before you know it. There is no other remedy, at any price, which will effect so thorough and prompt a cure as a 25-cent box of FIG PILLS. Only curative results can come from taking FIG PILLS and a few doses mean clean active healthy Kidneys, Bladder and Liver—and No Backache.

For sale at all first-class drug stores. 25c. a box, or five for one dollar. Warren's Drug Store, special agent.

I'm sure no prima donna
Adored from East to West.
Feels half the satisfaction,
Or is so truly blest
As I, when singing to my child
Held closely to my breast.

Not all the fame and glory
Of divas can compare
With that deep thrill of pleasure
Which is my humble share;
For precious are the laurel wreaths
That singing mothers wear!'

ANOTHER MIRACLE IN NOVA SCOTIA

Thought the Disease was Cancer of the Stomach

"FRUIT-A-TIVES" Cured Him

SYDNEY MINES, N. S., JANUARY 25TH 1910

"For many years I suffered torture from Indigestion and Dyspepsia. Two years ago, I was so bad that I vomited my food constantly. The agony I endured all these years, I cannot describe and I lost over 25 pounds in weight. I also suffered with Constipation which made the stomach trouble worse. I consulted physicians, as I was afraid the disease was cancer but medicine gave only temporary relief and then the disease was as bad as ever.

I read in the "Maritime Baptist" about "Fruit-a-tives" and the cures this medicine was making and I decided to try it. After taking three boxes, I found a great change for the better and now I can say "Fruit-a-tives" has entirely cured me when every other treatment failed, and I reverently say 'Thank God for Fruit-a-tives'!!"

EDWIN ORAM, SR.

"Fruit-a-tives" sweetens the stomach, increases the flow of gastric juice, strengthens the stomach muscles, and insures sound digestion. The wonderful powers of this famous fruit medicine are never more clearly shown than in curing the apparently hopeless cases of Dyspepsia and Constipation. 50c a box, 6 for $2.50, or trial size, 25c. At dealers or from Fruit-a-tives Limited, Ottawa.

COURTSHIP POINTERS

When she says the clock's correct,
She is neutral, we suspect.
When she says the clock is fast,
You are making time at last.
When she says the clock is slow,
You are done for. Better go.

Commander Wakeham-s report on the lobster fishing industry of the Bay of Fundy does not appear to meet with the approval of fishermen interested. The report recommends that in district No. 1, which includes the Bay of Fundy from the Maine border to Cape Sable, and a portion of the southwestern shore of Nova Scotia, there should be an open season of five and a half months with a size limit of ten and one half inches while in the other districts the size limit should be abolished. It is alleged by the representatives of the Fishermen's union of western Nova Scotia that Commander Wakeham has given undue weight to the arguments of parties interested in the packing industry or some big merger reaching out its tentacles to grab the fisheries of the maritime provinces, and bring the fishermen who have attained a fair measure of independence to a state of slavery.—St. John Standard.

THE HIGHEST DIGNITY

There joined the police force of London a young Scotchman but recently arrived from his native land. Being detailed one day to block the traffic on a certain thoroughfare where members of royalty were expected to pass, he was accosted by a lady hurrying to keep an appointment who thrust her head from the carriage window to remonstrate with him over the delay. "I canna let you pass, ma'am," answered the man on the baton. "But, sir, you do not know who I am. I am the wife of a cabinet minister." "It disna mak' na difference, ma'am," he answered. "I couldna let you pass if you were the wife of a Presbyterian minister."

DYEING is Such a SAVING

And it's as simple as A. B. C. with

"Dy-o-la"

Just Think of It!

With the SAME Dye you can color ANY kind of cloth PERFECTLY—No chance of mistakes. All colors 10 cents from your Druggist or Dealer. Sample Card and Booklet Free from The Johnson-Richardson Co., Limited. Dept. E. Montreal, Que.

UNION BLEND TEA

the Tea that satisfies

TRY EVEN A HALF POUND

THE best customers I have are people who simply cannot learn to like ordinary tea—they find in Union Blend a richness and delicacy coupled with a strength that other teas do not even approach.

They gladly pay the price—forty cents a pound—because they realize it is tea economy. It is economy, because it goes half as far again as ordinary tea; indeed, being unaccustomed to its strength, most people make it too strong at first. Then, they learn that a little Union Blend makes more tea and makes it far better than can be made from a good deal of the common kind.

40¢

Go to your grocer and get a pound packet of Union Blend—be sure my picture is on the end—and try it for yourself. One single pound carries conviction.

¶ *Union Blend one pound packets—the pound packets only—contain coupons that are worth money to you. But this is only an advertisement—the tea itself is worth the price, fully.*

THERE is only one way for you to prove that Union Blend Tea is all I claim—better than other teas. Try it. If it is not up to your expectations, I stand to lose more than you do. For my advertising can only induce you to try it once—can only introduce Union Blend to you; after that, its own quality must continue to sell it. Yet I am not only willing but anxious to risk the test—will you give me that chance? Go to your grocer, get a single pound,—or a half pound if you prefer—and I shall be perfectly satisfied to accept your decision.

Harry W. Forest

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