

### GRATITUDE PROMPTED THIS LETTER

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



MR. TIMOTHY MCGRATH

330 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.**  
 soc. a box, 6 for \$2.50—trial size, 25c. At dealers or from Fruit-a-tives Limited, Ottawa.

#### AN INDIAN FISHING CAT.

(London Times.)

Mr. J. S. E. Walker, of Meerpoore, Motihari, has sent for presentation to the Zoological Society an unusually fine example of the Indian fishing cat (*Felis viverrina*), obtained near the frontier of Nepal. It was sent down to Bombay, where it was received and forwarded by Mr. W. S. Millard, the secretary of the Bombay Natural History Society, and a Fellow of the London Zoological Society who takes an active interest in the welfare of the Gardens in Regent's Park. The fishing cat is rather larger than the domestic cat, reaching nearly three feet in length with a tail relatively rather short, about ten inches, and with the limbs short and very strong. The general appearance is cat-like, but the head is elongate and the ears wide and rounded. The color is dull grey with shades of brown, spotted with very dark brown or black. The head is marked with narrow parallel bands which are continued along the back as rows of elongated spots, and the tail is ringed with black above. The example that has just come to London is rather savage, and thus bears out the reputation of the species, as these cats have been known to attack and kill parish dogs, lambs and even calves. It is said to frequent swampy ground or even tidal creeks, and to be fond of fish, and to eat mussels and water snails. It certainly does not limit its diet to such Lenten fare, but takes any kind of animal food that it can obtain.

Ask for Minard's and take no other.

### FRESHEN THE PASTURES.

When Run Out Should be Reseeded and Made New.

The scarcity of farm help has driven many to seed a large portion of their farms down to pasture, and stock them, where it is possible to get the cattle, with stocker or feeder steers and heifers. Such practice may save labor, but the cattle pasturing business, like any other undertaking, cannot be expected to run itself and bring success, says Farmer's Advocate. It should be the aim of every man in the business to make the most of his cattle. Pastures run out, if kept seeded year after year without breaking up, and get to such a state as to provide very little feed of rather inferior quality. It is not possible to get highest returns in pasture from land unless that land is in the best condition to grow grass, and land infested with grubs and wire worms from being seeded down too many years and the grass all killed out with the exception of a little wily Canadian blue grass which heads early in June and is dry the remainder of the season, is not in a condition to produce green feed. Grass on it grows much as do plants, which become root-bound in two or three small pots—scrubby and sickly. Even where pasturing is the main reliance of the farm, a certain amount of crop rotation, or, at least, an attempt at reseeding the old pastures once in a while is essential.

Good pasture is necessary to develop the frame of each young steer or heifer on the grass. Profits are made on gain in weight, and gains in weight in stockers or young feeders come chiefly through the growth and spreading of the frame. The man who buys these cattle to finish wants a large frame, not too thin, that he may have room in plenty to put on a large amount of beef in finishing them. The better the grass the better the growth the greater the gains, and the larger the frame-work for the finisher. Besides, the feeder gets his cattle in a more favorable condition to respond to heavy feeding in the stalls.

To get good pasture, two mixtures we can again recommend. These are the annual pasture mixture and the permanent pasture mixture, recommended by Prof. C. A. Zavitz, O. A. C., Guelph. For the annual sow, 5 lbs. of oats, 30 lbs. early amber sugar cane and 7 lbs. of red clover per acre, and for the permanent try alfalfa, 5 lbs.; alsike, 2 lbs.; white Dutch clover, 2 lbs.; orchard grass, 4 lbs.; meadow fescue, 4 lbs.; tall oat grass, 3 lbs.; timothy, 2 lbs. and meadow foxtail, 2 lbs.—24 lbs. per acre.—The Maritime Apple.

A vast amount of ill health is due to impaired indigestion. When the stomach fails to perform its functions properly the whole system becomes deranged. A few doses of Chamberlain's Tablets is all you need. They will strengthen your digestion, invigorate your liver, and regulate your bowels, entirely doing away with that miserable feeling due to faulty digestion. Try it. Many others have been permanently cured—why not you? For sale by all dealers.

Statistics compiled by the Bureau of Commerce of the United States, show that \$500,000,000 of American capital was placed in Canada in 1912.

### SMILING MOODS HELP DIGESTION.

That smiles should help your digestive organs seems an odd theory, yet it has just been put forward by an influential physician. Digestion, he affirms, depends very largely on the state of mind!

Be merry when you eat is more than a mere saying. There is real wisdom in it.

It is best not to sit down to a meal when you are tired out, physically or mentally. It is best not to eat in solitude, and to the accompaniment of unpleasant thoughts.

It may sound strange to the average person to say, "Watch your thought while you are at the table." But it is good common sense when you think it over, and get at the reason. Watching your thought simply means that you will by intention, think of and talk of pleasant, bright things.

Thinking and talking of bright things simply means your mind will be in a proper frame. And then your several points nearer properly digesting your food.

The next important matter, which by the way is just as "firstly" as the state mind question, has to do with the way you eat your food.

Do you masticate it, or do you swallow it almost whole.

Hurrying through a meal is poor policy. Many foods should be acted upon, in part, by the mouth secretions. If they lose this part of the process of digestion entirely.

And do you know that the preservation of the teeth depends very largely on the use of them in masticating food.

That which we do put to good use is very likely to disappear.

Thirdly and lastly, do not get into the habit of reading or studying while at a meal. It is a heavy tax on the digestive organ, and in the end will not prove either a saving of time or a relaxation.

### OLD AGE AND MEMORY.

General Duff recalls a conversation on the recollections of old men in the course of which Lord Houghton mentioned that he had once been present when Lord Lyndhurst and Doctor Lushington were asked what was the most interesting thing that they remembered. "Oh," said Lyndhurst, "undoubtedly the day which I spent with Washington at Mount Vernon." "Oh," said Doctor Lushington, "undoubtedly the week which I spent with Burke at Beaconsfield." But when they were asked to tell the company something of what had passed neither of them could remember anything whatever.

Emerson was often at a loss for the names of common objects. Once when he wanted an umbrella, he said: "I can't tell its name, but I can tell its history. Strangers take it away!" This failing led to a pathetic scene at Longfellow's funeral. After gazing long at the face of his life-long friend as he lay in his coffin, Emerson said to a bystander: "That gentleman was a sweet, beautiful soul, but I have entirely forgotten his name."

Switzerland will not exhibit at the Panama Exposition.

### The Home

#### THE WEARING OF WHITE.

The Canadian summer makes the wearing of light dresses a necessity, and there is nothing in which one feels so much in harmony with the season as one does in white. But, to many girls, a white dress is something of an extravagance, on account of the frequent laundering it requires because unless it is perfectly clean and fresh-looking, a white gown is not beautiful. It may be extremely simple, it may be inexpensive, so long as it is immaculate.

Often a dress or suit looks "mussy" when it is not really soiled at all, but is only crumpled. Linen is the worst offender in this direction, but pique, corduroy, Bedford cord, even ratine, show creases and wrinkles after even a short period of wear.

The girl who wants to wear white dresses and suits through the summer should provide herself with a spirit burner, a smoothing iron, and a skirt board padded and covered with an old sheet—unless she lives at home where she has access to laundry utensils. If one has an electric iron, the problem is still more easily solved.

It takes only a few minutes to press a skirt or one-piece dress, and the attention makes it look fresh enough to pay for the small amount of trouble. To remove the wrinkles, it will usually be sufficient to dampen them slightly with a moist rag.

Sometimes it helps to use water with a little starch dissolved in it, applying it to a small portion with the wet rag, and then ironing with quite a hot iron.

Never use a hot iron to press linen or any material while dry. A dress that has been worn should not be pressed until it has been hung up and thoroughly aired.

It is not every housekeeper who has an ice-cream freezer among her kitchen utensils, but it is possible to make ice cream enough for family use without the regular freezing apparatus. Take an ordinary water bucket or a large granite-ware saucepan, and a glass fruit jar with a metal top which screws on tight. Put the sweetened and flavored cream in the jar, but do not fill it more than two-thirds full. Screw on the top. Put a layer of cracked ice and a layer of salt in the bottom of the pan, set the jar on this, and pack it with alternate layers of ice and salt, using twice as much ice as salt. Get a piece of stout cord and pass it around the metal top of the jar, so that the cord will lie in creases. By pulling on the ends of the cord first with one hand, then with the other, the jar is rotated from side to side, accelerating the freezing of the mixture evenly. After five or six minutes, take off the cover, and scrape the frozen cream from the sides, then put on the top again, and rotate the can as before. When the cream is frozen, drain off the brine from the bucket, pack the jar in with ice and salt, cover with a thick wet cloth, leave to "ripen" for three or four hours before serving. Of course, the glass jar must be quite cold when it is packed into the ice. If a custard mixture is to be frozen, do not put it warm into the jar, and then set the jar in the ice, or the sudden contraction will break the glass. A small, cylindrical tin pail with a close-fitting cover can be used in the same way as the jar.

Ice to be used in packing the freezer should be broken into small pieces. This is usually done by putting it in a canvas bag, and breaking with a pounder. Coarse rock salt is much better to use than table salt, as the latter melts the ice too rapidly.

#### GREEN GOOSEBERRY PUDDING

Weigh a pound and a half of green gooseberries, pick them over and put to stew with a couple of tablespoonsful of water, a tablespoonful of butter and a strip of lemon rind. When the fruit is tender pass it through a sieve, keeping back the skins. Add to the pulp the beaten yolks of two eggs and sugar to sweeten. Line a deep pie-dish with good paste, tuck in the gooseberry mixture, and bake. Make a meringue of the whites of the two eggs, beaten stiff and sweetened with two tablespoonsful of powdered sugar. Fill lightly on the pudding, set in the oven to brown the meringue lightly, and serve hot or cold.

#### ORANGE ICE

Squeeze the juice of six oranges and the juice of one lemon into a bowl. Let stand until the sugar is completely dissolved, then strain, and pack in ice and salt, and freeze. When frozen to a pulpy mass, work in the beaten whites of two eggs.

"Were all medicines as meritorious as Chamberlain's Colic, Cholera and Diarrhoea Remedy the world would be much better off and the percentage of suffering greatly decreased," writes Lindsay Scott, of Temple, Ind. For sale by all dealers.

### Joker's Corner

Willie—"Paw, what is a boy scout?" Paw—"A woman of thirty who chases a youth of eighteen, my son."

"Some adjectives," said the teacher, "are made from nouns, such as dangerous, meaning full of danger; and hazardous, full of hazard. Can any boy give me another example?" "Yes, sir," replied the fat boy at the end of the form, "pious, full of pie."

The motorist emerged from beneath the car and struggled for breath. His helpful friend, holding an oilcan, beamed on him.

"I've just given the cylinder a thorough oiling, Dick." "Cylinder?" howled the motorist. "That wasn't the cylinder; it was my ear."

An old colored man who could neither read nor write, and who had been found by his master to be deficient in his market-book account, blamed the butcher for tampering with his book. The gentleman of the house reprimanded by saying: "No, Tom, figures don't lie." "No," answered the old man, "but liars do figger."

A very homely clergyman was severely battered in a railroad wreck, in which he suffered the loss of a foot.

One day, soon after marrying a beautiful woman, the ill-used minister met an old friend on the street, who banteringly asked how in the world such a pretty girl came to marry him.

"Oh, ladies like remnants!" was the cheerful reply.

"Was the sermon today to y'r liking, Pat?" inquired the priest.

"Troth, y'r Reverence, it was a grand sermon entirely," said Pat with a genuine admiration.

"What seemed to take hold of ye?" the priest inquired.

"Well, now, as ye are for axin' me, begorra, I'll tell ye. What tuck hold of me most was y'r Reverence's perseverance—the way ye wint over the same thing agin and agin."

A country vicar is telling a story of an incident which happened in his church the other Sunday. During the sermon a baby began to cry, and its mother picked it up and began to carry it toward the door.

"Stop!" the vicar exclaimed. "Don't go away. The baby is not disturbing me."

The mother continued her way to the door with the remark: "Oh, he ain't, ain't he? But you're a-disturbin' of 'im!"

A Scotchman was riding a donkey one day across a sheep pasture, but when the animal came to an open drain he would not go over. So the man rode back a short distance, turned and applied the whip, thinking of course, that the donkey, when at top speed would jump the drain.

But when the donkey got to the drain he stopped sharply, and the man went over his head, and cleared the drain. No sooner had he touched the ground than he got up, and looking the beast straight in the face, said: "Verra weel pitched, but then, hoo are ye goin' to get over yerse!"

Sandy MacNab was a widower and had fallen in love with Eliza McFarlane, an elderly spinster, who lived in the next street. All his advances, however, were rewarded by cold rebuffs, and at last in desperation, asked the minister to put in a good word for him, so the next time the minister visited the lady he was bold enough to plead the cause of Sandy.

"Just think," he said, "how nice it would be to have a husband, some one to protect you and shield you from the cold blasts of a cruel world."

"A husband," replied the spinster sourly. "I dinna need ane. Why should I tak' a husband? Ma dog growls, ma parrot swears, and ma cat stays oot a' night."

Robert Burns was once standing on a long pier on the water front of Edinburgh. A well-known and wealthy merchant, walking by, stumbling and fell into the water. He could not swim and so sank. When he arose for the third time nobody dared to save him, but an old weather-beaten sailor, at the risk of his own life, ran up the pier and, jumping in, rescued the man.

The gentleman had been worked over quite a while before he became conscious, and when he realized the situation he rewarded his rescuer with what in our money would amount to twenty-five cents. At this the crowd which had gathered, knowing his wealth, hooted and jeered. But Burns, who was standing by, quieted them and said: "Surely the gentleman knows what his life is worth!"

**PRIVATE OFFICE**

Some to Lunch Back in ten minutes

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Cramming down ill-chosen food, and rushing back to work, leads straight to dyspepsia, with all it means in misery.

Proper habits of eating, with a Na-Dru-Co Dyspepsia Tablet after each meal, restore good digestion, health and happiness.

A box of Na-Dru-Co Dyspepsia Tablets costs but 50c. at your Druggist's. National Drug and Chemical Co. of Canada, Limited.

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#### FAIRY TALES.

Once upon a time a large motor car passed slowly through the city.

"Do not let that bother you," said the landlord, "Your rent is only a few months overdue. There is no need for you to pay it for a year or two."

It so happened that once upon a time a man arrived at his home at four o'clock in the morning in a most boisterous condition, and was greeted pleasantly by his wife.

Once upon a time a waiter drew himself up haughtily and in deeply injured tones, exclaimed: "Sir, it is against my principles to accept tips. Your offer of money is an insult."

### Bridgetown Meat Market

Having purchased the Meat Market conducted in the past by Mr. Joseph Moses, I am now offering to the public a choice line of

#### Meats, Fish, Etc.

I will continue the cash system introduced by Mr. Moses and will therefore be in a position to sell at lowest prices.

THOMAS MACK

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#### A Sound Canadian Company

**SURPLUS TO POLICY HOLDERS \$560,486.90.**

For rates and further information, ask or write

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### FIRE INSURANCE

Insure your buildings in the OLD RELIABLE

## "NORTHERN"

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May 14, 1913—1y

### SEPTEMBER SECOND

is the best day in the whole school year on which to begin one of the following courses:—

BUSINESS, SHORTHAND, CIVIL SERVICE, ACCOUNTING

Free course of study on application to

### Maritime Business College

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PRINCIPAL

### The First Week In September

is the beginning of our busy season. It is better not to wait till then. Get started before the rush begins.

SEND FOR CATALOGUE

S. KERR, Principal

### The First Week In September

is the beginning of our busy season. It is better not to wait till then. Get started before the rush begins.

SEND FOR CATALOGUE

S. KERR, Principal

### 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; 18 acres under cultivation, part orchard, 50 acres pasture, balance wood and timber land, including 25 acres hardwood never cut. Good house of 8 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

"Lane of Evangelists" Route.

On and after Aug. 7, 1913, train service of this railway is as follows:

Express for Yarmouth	12.09
Bluebonnet for Halifax	4.13 p.m.
Bluebonnet for Yarmouth	1.47 p.m.
Express for Halifax	2.02 p.m.
Express for Annapolis	7.50 p.m.
Express for Halifax, Montserrat	4.13 a.m. daily

#### 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 8.59 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 Elpenore and Mail Express trains.

### St. JOHN and DIGBY

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 12.30 p.m., arrives in Digby 2.30 p.m.; leaves Digby 3.25 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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—Kanawha Steamer.	—Kanawha Steamer.
Aug. 23 (via St. John's, Nfld.)	Sept. 16
—Rappahannock	Sept. 16
Sept. 5—Kanawha	Sept. 26

From Liverpool.	From Halifax.
—Tabasco Steamer.	—Digby Steamer.
Aug. 7—Tabasco	Aug. 27
Aug. 19—Digby	Sept. 5

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

### H. & S. W. RAILWAY

Accom. Mon. & Fri.	Time Table in effect June 16th, 1913.	Accom. Mon. & Fri.
Read up	Stations	Read up
11.32	Lv. Middleton Ar.	16.00
11.58	* Clarence	15.32
12.43	Bridgetown	15.16
12.59	* Granville Centre	14.51
13.15	Granville Ferry	14.36
13.35	* Karadale	14.20
	Ar. Fort Wade Lv.	14.00

\*Flag Stations. Trains stop on signal. CONNECTION AT MIDDLETON WITH ALL POINTS CAN. & S.W.R.Y. AND D. A. RY.

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The red, white and blue jockey cap—on every plug—is the tag which tells the quality of the new DERBY Smoking Tobacco.

A plug which always gives you a fresh, cool smoke.

A tobacco which is distinctively mild, yet satisfying in the pipe. 10c—all dealers.