

## PRACTICALLY GIVEN UP TO DIE

### "Fruit-a-tives" Cured Kidneys and Bladder

WILLIAMSTOWN, ONT., JULY 27th, 1910

"I have much pleasure in testifying to the almost marvellous benefit I have derived from taking 'Fruit-a-tives'. I was a lifelong 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. Also, last spring, I had a severe attack of Bladder Trouble coupled with Kidney Trouble, and 'Fruit-a-tives' cured these complaints for me, when the physicians attending me had practically given me up.

I am now over eighty years of age and I can strongly recommend 'Fruit-a-tives' for Chronic Constipation and Bladder and Kidney Troubles."

JAMES DINGWALL.

"Fruit-a-tives" is the only medicine in the world made of fruit juices—and is the greatest kidney, bladder and liver medicine ever put on the market.

See a box, 6 for \$2.50 trial size, 25c. At dealers or sent postpaid on receipt of price by Fruit-a-tives Limited, Ottawa.

## TEN COMMANDMENTS

First: Thou shalt not wait for something to turn up, but thou shalt pull off thy coat and go to work that thou mayest prosper in thy affairs and make the word "failure" spell "success."

Second: Thou shalt not be content to go about thy business looking like a bum for thou shouldst know that thy personal appearance is better than a letter of recommendation.

Third: Thou shalt not try to make excuses, nor shalt thou say to those who chide thee, "I didn't think."

Fourth: Thou shalt not wait to be told what thou shalt do, nor in what manner thou shalt do it, for thus may thy days be long on the job which fortune has given thee.

Fifth: Thou shalt not fail to maintain thine own integrity, nor shalt thou be guilty of anything that will lessen thy good respect for thyself.

Sixth: Thou shalt not covet the other fellow's job, nor his salary, nor the position that he has gained by his own labor.

Seventh: Thou shalt not fail to live within thine income, nor shalt thou contract any debts when thou canst not see thy way clear to pay them.

Eighth: Thou shalt not be afraid to blow thine own horn, for he who faileth to blow his own horn at the proper occasion findeth nobody standing by to blow it for him.

Ninth: Thou shalt not hesitate to say "No" when thou meanest "No," nor shalt thou falter to remember that there are times when it is unsafe to bind thyself to hasty judgment.

Tenth: Thou shalt give every man a square deal. This is the last and greatest commandment, and there is no other like unto it. Upon this commandment hangs all the law and the profits of the business world.

## PITFALLS OF THE AIR.

The apparently calm atmosphere above abounds with air pockets, wind eddies and treacherous gusts ever ready to toss the unwary airman and his machine to earth.

At the cost of many valuable lives a number of these death traps set by Nature have been discovered, but although the experienced airman knows they are there he is never really certain of emerging unscathed from such encounters.

One of the best known and most dreaded air traps is the air pocket, "remous," as it is called in flying parlance. This is a kind of hole in the air of irregular shape, which renders no support to the wings of an aeroplane, neither can propeller blades "grip" in those portions of the atmosphere.

These pockets are often found over wooded country or in valleys surrounded by irregular ranges of hills. But they are mainly formed by the sun shining on damp ground. The head of the solar rays draws the moisture from the ground and dots the atmosphere around with patches of vacuum. This is why airman always flight shy of flying in bright sunlight.

Airmen are always nervous of flying low over wooded country, although a low altitude is often necessary if landmarks are to be picked out and the proper flying route taken. For trees have a dangerous knack of throwing off treacherous currents which may easily spell disaster to the airman.

A breeze near the ground, as it strikes the tree branches is directed straight up through the air. The airman flying low over the tree catches this upward current under one of his wings, which pushes the machine over at a dangerous angle, and the inevitable side slip intervenes. The one great precaution against air currents of this description is high speed, which gives the aeroplane sufficient stability to withstand diverse currents of this kind.

For similar reason, no aviator, unless forced to do so, will fly low over a congested city. The uprising smoke from the chimneys, especially tall factory shafts, send up powerful currents of air, which are certain to wreck his machine should they strike it unawares.

The skillful airman can now fly his machine in high winds thirty to forty miles an hour with amazing ease, but the danger of such flying is that once let a strong wind get behind the aeroplane, then trouble is pretty certain to come. It requires airmanship of the highest merit to turn an aeroplane when the wind is blowing hard in its wake, for as the machine swings round the wind catches it broadside on and robs it of the speed necessary for stability.

The aviator who is caught by a strong wind in this way is in a sorry plight. Without big risk he cannot land with the wind behind him, as the speed at which he would hit the ground would probably cause the machine to stand on its head.

The only thing to do in such circumstances is to turn in a circle several miles in circumference, by slowly edging the machine round till it can land in the teeth of the gale.

Even the most expert aviator has an attack of "cold feet"—the name given to nervousness in flying circles—when making a sharp right-hand turn in the air. A machine when turning to the left travels with the whirling blades of the propeller, but when swinging round in the opposite direction the whole force of the propeller blades are up against it. The result is that the tail of the machine drops in alarming fashion, and, unless the aeroplane is a fast one, it is likely to slide downward to the earth tail first.—Philadelphia Public Ledger.

## A RASPBERRY-STRAWBERRY.

The Canadian Horticulturist says:—Eight years ago Mr. J. E. Hopkins, of 35 Kippendave Avenue, Toronto, started an attempt to produce a fruit that would combine the desirable qualities of the raspberry and strawberry. For two years he worked and there was very little to show for it, but at the end of four years there was a little bloom and the plant began to assume the shape of a bush.

At six years the bloom again appeared, and a small, half-matured fruit appeared, but never developed or ripened. Last year, about August 1st, the fruit began to appear plentifully and hung in great clusters on the bushes, and later matured and ripened.

The bushes are about eighteen inches in height. The branches have thorns similar to the common garden raspberry, but the bushes are unlike the raspberry, as they have branches more like a tree. The leaf resembles the strawberry leaf, except for a deeper marking where the veins are and probably a little greater length than the strawberry leaf.

At first sight the fruit looks like overgrown raspberries, but it has not the number of seeds that there is in the raspberry. The outside of the berry is smoother than the raspberry and the color is more of a brilliant red. The flavor is a mixture of both the raspberry and the strawberry, and the shape of the fruit is something like that of the raspberry. Mr. Hopkins has several hundred plants, and already has been offered a considerable sum for them.

Rev. Daniel Strachan, of Toronto, an eminent Presbyterian divine, was given an honorary degree at Queen's University recently. Though Dr. Strachan is not noted for his sprightliness in the pulpit he "brought down the house" at convocation by one remark.

"I am deeply grateful for this honor," he said. "I am personally grateful because it is one of the few things which a man gets in life which he is not compelled to take home and turn over to his wife."

Dr. Strachan also told a good story of examinations, referring to "those subjects which we could write most about because we knew least." He said he was one day talking to a distinguished professor and examiner at Queen's about a certain student. The professor said that this student had written a very voluminous paper on a certain subject. "But," he added "if he had had another half hour to write he would certainly have plucked himself."—Canadian Courier.

## The Home

### PRACTICAL IDEALS.

I wonder how many of us live up to our ideals. For surely it is the exception when one of us has none!

Of course we all know that we must go either up or down, we cannot stay at a stand-still. But how many of us ever think of whether we are going up or down? And how many of us care?

Let's stop a moment and think—ideals are lovely things, wonderful things—I don't mean illusions, that could never be realized, but everyday practical work-a-day ideals, such as are well within the reach of any of us.

Which ever way we look we come across them—ideals of orderliness, ideals of honesty, ideals of truthfulness, ideals of dress; of habit, of speech, of thought, of conduct, of effort, of work, of recreation, of example to others—all the little and big things we pause to think about in our better moments, when we have time to think at all. Do we live up to them?

We haven't time? Oh, but we have! Does it take more time to hang up a parment than to throw it down and to pick it up afterwards? It surely takes twice the time to do the latter. Does it take less time to throw a newspaper on the floor than into the waste-basket? Does it take more time to be truthful than to tell a lie? We know that truth is short and to the point and lying ever evasive. Does it take more time to keep one's clothes neat and well mended? "A stitch in time saves nine," and is less expensive. Do not bad habits waste time, and youth and money? Is not simplicity of speech more lucid, and can one not explain using good English than when using slang? Does it not take a longer time to perpetrate a black thought than to plan a good deed? And does it not take longer to carry out a plan for evil than an action for good? Does it take any more time to go to the bank than to go to a candy store? Does poor work take a shorter time than good work? Does a short recreation take longer than carrying out the doctor's orders? Isn't it quicker, in the long run, to set a good example than to set a bad one?

On the whole aren't practical ideals worth while?

I think I know why so few of us live up to our ideals. It seems so much easier not to. We go on living in a haphazard fashion, drifting with the tide, up on a wave of splendid purpose one day and down near the undertow the next—what an aimless, aimless existence.

What, oh, you of the unlyved ideals what are you going to do with your life? Do you think it was given to you to waste—to throw away? Do you think the Supreme Being placed you here in the same haphazard fashion, to be tossed about by every breeze—to rise and fall with the swirl of the tide of life? Surely, surely you are not so small as to think that! Every big thought, every high ideal, every wish for better things, was placed in your heart with a purpose—for no useless thing was ever put into this universe. Let's think about it.

## NEEDLEWORK NOTES.

To thread a needle with woolen thread of zephyr, thread it first with a white strand of white cotton doubled, then catch the woolen thread through the loop in the doubled end of the cotton, and pull it through the eye of the needle in this way.

A neat way to mark clothing where it is not advisable or convenient to use ink is to mark the name in initials with a pencil; then stitch over the markings with white or the desired color of thread using a coarse thread with a long stitch.

A very desirable seam for wash goods, skirts, sleeves or waists is made by laying the edges you wish to sew together with the edge of the under piece projecting about an eighth of an inch beyond the upper edge; give it a turn over the top edge, then another turn and the seam will resemble a hem, row of stitching with the machine along the edge of the hem, and the seam will be perfectly made without any rough edges. This is better and quicker than a French seam.

It is now well known that not more than one case of rheumatism in ten requires any internal treatment whatever. All that is needed is a free application of Chamberlain's Liniment and massaging the parts at each application. Try it and see how quickly it will relieve the pain and soreness. Sold by all dealers.

## FRUIT FRITTERS.

One cup of milk, pinch of salt, cup of flour, one teaspoonful baking powder and one tablespoonful of melted butter. Add fruit, bananas, apples or oranges, cut into medium sized pieces Fry in deep fat.

Keep Minard's Liniment in the house.

## Joker's Corner

"Young man, we need brains in our business."  
"I know you do. That is why I'm looking for a job here."

Customer—"Confound you, that's a piece of my ear."  
Barber—"Only a small bit, sir, not enough to affect the hearing."

"Never count your chickens before they are hatched."

"Of course!" sneered Mr. Crosslots "You're another of those people who want to take the chief pleasure out of the poultry business."

"Come in and have it charged," was the inviting sign in front of a place of business in a Jersey town. A stranger, being somewhat low in funds walked in briskly.

"I understand that I can get things charged here," he said, addressing one of the employes.

"Only storage batteries," replied the other man.

A lion tamer of the fair sex brought a lion into the cage and allowed the beast gracefully to take a lump of sugar from her mouth. (Great applause.) "I can do that, too!" cried a young man from the front row of the audience. "You?" said the lion's bride, with some show of contempt. "Certainly," replied the youth, "just as well as the lion!"

Little Dote—"I know something my teacher doesn't know."

Mamma—"indeed! What is it?"  
"I know when the world is coming to an end, and she doesn't I asked her and she said she didn't know."

"Well, who told you?"

"Uncle John. He said that the world would come to an end when children stopped asking questions that nobody could answer."

A school teacher recently received the following note from the mother of one of her pupils:

"Dear Miss. You write me about whippin' Sammy. I give you permission to beat him up any time he won't learn his lesson. He is just like his father and you he to beat him with a club to learn him anything. Pound nolege into him. Don't pay no attention to what his father says. I will handel him."

A country youth travelling in a railway carriage proudly exhibited upon his breast a large silver medal. A military gentleman sitting opposite noticing the medal, and curious to learn the nature of the gallant deed for which the brave had been rewarded, ventured to remark—"Pardon me, my friend, but may I ask what decoration it is you are wearing?" "Oh, ay," was the proud reply, "that's the prize our cow won at the cattle show."

When Lord Thurlow first opened a lawyer's office in London, he took a basement room which had previously been occupied by a cobbler. He was somewhat annoyed by the previous occupant's callers, and irritated by the fact that he had few of his own. One day an Irishman entered. "The cobbler's gone, I see," he said, "I should think he had," tartly responded the lawyer. "And what do ye sell?" inquired the Irishman, looking at the solitary table and a few law books. "Begorra," said Pat, "ye must be doing a mighty fine business; ye ain't got but one left."

## For Loss of Hair

We will pay for what you use if Retall "93" Hair Tonic does not promote the growth of your hair.

In all our experience with hair tonics the one that has done most to gain our confidence is Retall "93" Hair Tonic. We have such well-founded faith in it that we want you to try it at our risk. If it does not satisfy you in every particular, we will pay for what you use to the extent of a 30 day treatment.

If Retall "93" Hair Tonic does not remove dandruff, relieve scalp irritation, stop the hair from falling and promote a new growth of hair, come back to us and ask us to return the money you paid for it, and we will promptly hand it back to you. You don't sign anything, promise anything, bring anything back, or in any way obligate yourself. Isn't that fair? Doesn't it stand to reason that we would not make such a liberal offer if we did not truly believe that Retall "93" Hair Tonic will do all we claim for it—that it will do all and more than any other remedy?

We have everything there is a demand for, and are able to judge the merits of the things we sell. Customers tell us of their success. There are more satisfied users of Retall "93" Hair Tonic than any similar preparation we sell.

Start a treatment of Retall "93" Hair Tonic today. If you do, we believe you will thank us for this advice. Two size bottles, 50c and \$1. You can buy Retall "93" Hair Tonic in this community only at our store: ROYAL PHARMACY, Bridgetown, Nova Scotia.

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#### Steamship Lines

St. John via Digby

#### Boston via Yarmouth

"Land of Evangeline" Route.

On and after June 9, 1913, train service of this railway is as follows: Express for Yarmouth 12.04 p.m., Express for Halifax 2.00 p.m., Accom. for Halifax 7.50 a.m., Accom. for Yarmouth 5.50 p.m.

#### Midland Division

Trains of the Midland Division leave Windsor daily (except Sunday) for Truro at 7.30 a.m., 5.35 p.m. and 7.45 a.m., and from Truro at 6.50 a.m., 8.20 p.m. and 12.45 noon, connecting at Truro with trains of the Intercolonial Railway, and at Windsor with express trains to and from Halifax and Yarmouth.

#### St. JOHN and DIGBY

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St. John daily except Sunday at 7.00 a.m.; returning, leaves Digby at 1.55 p.m. making connection at Digby with express trains east and west and at St. John with Canadian Pacific trains for Western points.

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Steamers of the Boston & Yarmouth S. S. Co. sail from Yarmouth for Boston after arrival Express train from Halifax and Truro on Monday, Wednesday, Friday and Saturday afternoons.

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June 18—Shenandoah	July 9

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May 27—Durango	June 15
June 14—Digby	June 25
June 28—Tabasco	July 15

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.
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Read down.	Stations	Read up
11.32	Lv. Middleton A.R.	16.09
11.58	Clarence	15.52
12.15	Bridgetown	15.16
12.43	Granville Centre	14.51
12.59	Granville Ferry	14.36
13.45	Karsdale	14.20
13.55	Ar. Port Wade Lv.	14.00

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

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We will have shipped, freight paid to any address an all steel

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BRIDGETOWN FOUNDRY Co. Ltd, Bridgetown, N. S.

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My residential property on Grandville street, including house, stable and half acre of land in garden. A number of fruit trees and small fruits. Possession given on or about July 1st.

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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.

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## NOTICE

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